



# Carers Leeds Support Groups

January 2024



# About

## Carers Leeds

3 in 5 of us will provide unpaid care at some point in our lives.

Carers Leeds believes all care counts.

### What is an unpaid carer?

An unpaid carer is someone who provides help and support to a family member, friend or neighbour who couldn't manage without their help. This could be due to illness, disability, mental health problems or substance misuse.

Established in 1996, Carers Leeds is a charity that provides information, advice and support to unpaid adult and parent carers across our city.

This includes our Advice Line, carers support groups, one to one support and support in hospitals. Some of our services are universal – open to all carers – and some are targeted at specific groups of carers. Our services are provided to communities throughout Leeds.

We work in partnership with others to deliver our service and to influence them to act to benefit unpaid carers. This involves those working in health and social care and employers.

# Our Groups

Welcome to our January 2024 Groups booklet, where you can find our latest groups for unpaid carers in Leeds.

Some of the groups listed are open to all carers and some are only open to carers of people with specific conditions.

To attend our groups, please book your place by contacting our Advice Line on 0113 380 4300.

This ensures you get the latest information and updates on our groups, including date and time changes.

**If you would like a copy of this booklet in larger print, please call us on 0113 246 8338.**

# South Leeds

## Together Women's Group

The Vale Circle, 12 Tunstall Rd, LS11 5JF

First Thursday of the month at  
12.30pm - 2pm

Open to all carers who are women, including  
trans women.

To book, please call our Advice Line on 0113 380 4300.



## Young Dementia Support Group

Young Dementia Leeds Hub, Cottingley Drive, LS11 0JT

Second Saturday of the month, 10.30am to  
Midday (before the dementia cafe)

Open to carers of a younger person with dementia

To book, please speak to Nashima on 07375 897048



Booking is  
essential for  
all groups.

## Morley Dementia Carers Group

Church of the Nazarene, Albion Street,  
Morley, LS27 9BX

Second Thursday of the month at 1.45pm - 3pm.

Open to all carers caring for someone with  
memory problems/dementia

To book, please call our Advice Line on 0113 380 4300.



## South Leeds Carers Support Group

Middleton Family Centre 256-262 Sissons Road,  
Middleton, LS10 4JG

Second Wednesday of the month at 2pm - 3.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Last day of  
group is 7th  
Feb 2024

## MHA Communities South Leeds Bereavement Group

St Andrew's Methodist Church, Old Lane, LS11 8AG

First Wednesday of the month at 1pm - 2pm

This group is for bereaved carers aged 60+

Please contact MHA Communities South Leeds on  
0113 271 6201 more information.



## Morley Carers Support Group

Central Methodist Church, 10a Wesley  
Street Morley LS27 9SL

Third Tuesday of the month at 10.30am - 12pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Scan to see a map  
of where our  
groups are.



# North Leeds

New  
Venue

## Dementia Carers Group

St. John's Church, Barcroft Grove, Yeadon, LS19 7XZ

First Monday of the month at 1pm - 2.15pm

(January date to be held on 8th due to bank holiday).

Open to all carers caring for someone with memory problems/dementia.

To book, please call our Advice Line on 0113 380 4300.

Support for the person you care for may be available whilst you attend.

Please call Amanda at Memory Lane to enquire on 0113 345 9978



## Wetherby Support Group

Wetherby Town Hall, Market Place, Wetherby, LS22 6NE

Third Thursday of the month at  
12.15pm - 1.45pm

This group is open to all carers.

To book, please call our Advice Line on 0113  
380 4300.



## LS17 Carers Group

in partnership with Moor Allerton Elderly Care

MAECare, 57 Cranmer Bank, LS17 5JD

Second Friday of the month at 1pm - 2.30pm

Open to all carers

Please call our Advice Line on 0113 380 4300 or  
MAECare on 0113 266 0371 to book



***“The group gives me a couple of hours just  
for me, to switch off and recharge”***

**Group attendee**

# East Leeds

Booking is essential for all groups.

## Dementia Carers Group

The Miners Welfare Hall, 56 Main St,  
Garforth, LS25 1AA

First Friday of the month at 2pm - 3.15pm

Open to all carers caring for someone with memory problems/dementia

To book, please call our Advice Line on 0113 380 4300.



## Crossgates Carers Support Group

Crossgates & Whinmoor Hub, The Crossgates Shopping  
Centre (opposite Iceland) Station Road LS15 8DT

First Wednesday of the month at 2pm - 3.30pm

This group is open to all carers.

To book, please call our Advice Line on 0113  
380 4300.



## Crossgates Good Neighbours Bereavement Group

Station Road, Crossgates, LS15 7JY

Fourth Wednesday of the month at 3pm - 4pm

This group is open to bereaved carers aged 60+

Please contact CGGN on 0113 260 6565 if you would like more information.

**Cross Gates  
& District Good  
Neighbours'  
Scheme CIO**  
Working with and  
for older people

Scan to see our  
events calendar



# West Leeds

Booking is essential for all groups.

## Horsforth Carers Support Group

The Grove Methodist Centre, New Street,  
LS18 4BH

First Tuesday of the month  
at 1pm - 2.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



## Concerned Others Group

Please contact our Advice Line for more info.

Second Monday of the month

Open to people supporting a family member/friend  
who has an issue with drugs or alcohol,

To book, please call our Advice Line on 0113 380 4300.



## Pudsey Carers Support Group

Pudsey Wellbeing Centre, Robin Lane,  
LS28 7BR

*\*Change of day from October 2023\**

Last Thursday of the month at 10.30am - 12pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



*"I've been able to relate to other carers and  
listening to their experiences makes me feel  
I am not alone."*

Group attendee

# City Centre/ Online

Booking is  
essential for  
all groups.

## Mental Health Carers Group

6-8 The Headrow, Leeds, LS1 6PT

Second Thursday of each month

11am - 12.30pm

Open to all carers who support someone  
with mental health issues.

To book, please call our Advice Line on 0113 380 4300.



## Neurodiverse Carers Group

6-8 The Headrow, Leeds, LS1 6PT

Third Thursday of each month

1pm - 2.30pm

Open to all carers who support an adult with a  
neurodiverse condition.

To book, please call our Advice Line on 0113 380 4300.



## Support after Loss Group

Please contact our Advice Line for location and time information

Third Wednesday of the month

Open to bereaved carers.

Please call our Advice Line on 0113 380 4300 and one of our bereavement workers will call you back with more information.



## Parent Carers Group

6-8 The Headrow, Leeds, LS1 6PT

Third Thursday of the month at 10.30am - 12pm, term time only

Open to all parent carers.

To book, please call our Advice Line on 0113 380 4300.



## Concerned Others Group

Please contact our Advice Line for location and time information

Third Tuesday of the month

Open to people supporting a family member/friend who has an issue with drugs or alcohol.

To book, please call our Advice Line on 0113 380 4300.



New Group

## City Centre Carers Support Group

6-8 The Headrow, Leeds, LS1 6PT

Last Monday each month

10.30am - 12pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300



## Personality Disorder Carer Support Group

Microsoft Teams video Online meeting

Third Tuesday each month 5.30 – 7pm

Open to all carers of someone with a  
personality disorder

To book, please email [Zoe.Gazard@nhs.net](mailto:Zoe.Gazard@nhs.net)



*"It was lovely to join the walking group this morning. I always feel good after it."*

Walk and Talk attendee

# Social Groups

## Carers Book Group

6-8 The Headrow, Leeds, LS1 6PT

Every six weeks on a Wednesday at  
11am - 12.30pm

**CURRENTLY FULL**

Please call 0113 380 4300 to be added to the waiting list.



## Walk and Talk

Different locations around Leeds.

Last Thursday of the month at  
11am - 12.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Booking is  
essential for  
all groups.

## Time to Create Sessions

6-8 The Headrow, Leeds, LS1 6PT

First Monday of the month



Take part in a different creative activity each month.

Booking is essential

Please call our Admin Line on 0113 246 8338.

*"Absolutely loved it! It was out of my comfort zone! I never really go out and I was really nervous. I was warmly welcomed by all of the group."*

Book group attendee

**Are you a carer who  
would like some  
support with  
technology?**

**We offer digital  
support to unpaid  
carers who would  
like to build their  
confidence using  
technology.**



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# Carers Leeds

Working together to support carers

## Carers Leeds

6-8 The Headrow  
Leeds  
LS1 6PT

## Need advice?

Tel	0113 380 4300
Email	<a href="mailto:advice@carersleeds.org.uk">advice@carersleeds.org.uk</a>
Website	<a href="http://carersleeds.org.uk">carersleeds.org.uk</a>

## Socials

Twitter / X	@CarersLeeds
Facebook	Carers Leeds

carers advice line  
**0113 380 4300**

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