



# Carers Leeds Support Groups

Spring 2024



Carers  
Leeds

# 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 Spring 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 or by using the contact details provided.

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 897 048



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.



## 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

Date  
changes

## Dementia Carers Group

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

First Monday of the month at 1pm - 2.15pm

*New April date is 8th April 2024/New May date is 13th  
May 2024 due to Bank Holidays )*

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



New Venue  
& Day

## Wetherby Support Group

Wetherby Methodist Church. Bank Street, LS22 6NQ

Second Monday of the month  
at 11am - 12.30pm

This group is open to all carers.

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



Booking is essential for all groups.

## 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

## 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.



Booking is essential for all groups.

## 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

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

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.



## Neurodiversity 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 (age 16+)  
who is neurodivergent..

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



## 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



## 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



## 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.



# Online



Booking is essential for all groups.

## 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.





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subscribe



Subscribe to our  
newsletter and keep up  
to date with our latest  
news and events.

Visit [eepurl.com/g1rlXz](https://eepurl.com/g1rlXz)

**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.**





Do you look after a family member or friend?

Carers Leeds can help.

ਸਤ ਸ੍ਰੀ ਅਕਾਲ

ਕੀ ਤੁਸੀਂ ਪਰਿਵਾਰ ਦੇ ਕਿਸੇ ਮੈਂਬਰ ਜਾਂ ਦੋਸਤ ਦੀ ਦੇਖਭਾਲ ਕਰਦੇ ਹੋ?

ਦੇਖਭਾਲ ਕਰਨ ਵਾਲੇ ਲੀਡਸ ਮਦਦ ਕਰ ਸਕਦੇ ਹਨ।



Czy opiekujesz się członkiem rodziny lub przyjacielem?

Opiekunowie Leeds mogą Ci pomóc.

السلام عليكم

هل تعتني بأحد أفراد العائلة أو الأصدقاء؟

يمكن لمقدمي الرعاية في ليدز المساعدة.

پیشکش

کیا آپ خاندان کے کسی رکن یا دوست کی دیکھ بھال کرتے ہیں؟

ہم مدد کر سکتے ہیں۔



Ai grijă de un membru al familiei sau de un prieten?

Careers Leeds vă poate ajuta.



6-8 The Headrow, Leeds, LS1 6PT  
Admin Tel 0113 246 8338  
Email advice@carersleeds.org.uk



Website carersleeds.org.uk  
Twitter/X @CarersLeeds  
Facebook Carers Leeds



# Carers Leeds

Working together to support carers

## Carers Leeds

6-8 The Headrow  
Leeds  
LS1 6PT

### Need advice?

Tel 0113 380 4300  
Email [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)  
Website [carersleeds.org.uk](http://carersleeds.org.uk)

### Socials

Twitter / X @CarersLeeds  
Facebook Carers Leeds

carers advice line  
**0113 380 4300**

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