



Do you look after a family member or friend?

Carers Leeds can help.



Call us Mon, Wed, Thu, Fri: 9am - 4.30pm
Tue: 9am - 6.30pm
Email advice@carersleeds.org.uk

Website carersleeds.org.uk
Facebook Carers Leeds
Bluesky @carersleeds

What do we do?

Carers Leeds offers free support and information to unpaid carers across Leeds.

A carer is someone who, without payment, provides support to a family member or friend, who, due to illness, disability, dementia, mental health issues or an addiction cannot manage without their help.

We can help carers with:

- How you are feeling
- Managing at home
- Taking a break
- Finance, grants and benefits
- Your rights at work
- Your health & wellbeing

How do we do it?

- One to one support
- Group support
- Someone to talk to
- News and events
- Advice & Information
- Training
- Signposting
- Social activities

Get in touch

Visit us

Mon to Fri: 10am - 4pm

Mill 6, Ground Floor One,
Mabgate Mills, LS9 7DZ

Advice Line

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Tue: 9am - 6.30pm

Call 0113 380 4300 or email
advice@carersleeds.org.uk

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our newsletter

