

Carers Groups

Carers Leeds facilitates support groups in various locations across the city as well as from our central Leeds office. Our groups provide an opportunity to meet and share experiences with other carers in a warm, friendly and confidential environment.

Moving On Group

The Moving On Group is a social group, run for carers who have ceased caring recently or for carers who care for someone who has moved into alternative care. The group aims to help and support people through transition in their caring role.

If you would like to be on our mailing list to receive our newsletter 'Carers News' please print below. If you can receive it electronically, please give your email address.

Name

Address

..... Postcode..... Telephone.....

Email.....

I am a carer I work with carers

Where did you find this leaflet?

Please return to Carers Leeds
6-8 The Headrow
Leeds LS1 6PT

Contact Details

Carers Leeds
6/8 The Headrow
Leeds
LS1 6PT

Drop in and see us
Tues / Wed / Thurs / Fri
9.30am – 3.30pm

By appointment only
Thurs 3.30pm – 6.00pm

Contact us by telephone
Mon – Fri
9.30am – 4.00pm
Tel: 0113 246 8338
Fax: 0113 234 6255



email: info@carersleeds.org.uk
web: www.carersleeds.org.uk

Carers Leeds is a Limited Company Registered No. 3242065 and a Registered Charity No. 1058706

Carers Leeds

Who is a carer?
Someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help.

This could be due to age, physical or mental illness, addiction or disability.



Who Is Carers Leeds?

Carers Leeds is part of the Princess Royal Trust Network of Carers Centres.

Carers Leeds Support Workers provide confidential support, information and advice to carers. Our staff are experienced information and advice workers. We support carers and give advice on benefits related to caring and to disability issues, help with completion of forms and help in dealing with any problems that may arise in a person's caring role. They can offer emotional support and a listening ear to help carers 'through the system'. Our **Outreach Workers** can offer a home visit to carers who cannot get to central Leeds. Our **Minority Ethnic Support Worker** also meets carers in their homes and at different community venues. Our **Hospital Based Support Worker** can offer support and advice in hospital settings.

Carers can:

- Telephone
- Drop In to our central Leeds office
- Get one-to-one support by appointment at our central Leeds office or in their own home
- Attend a carers support group
- Come along to a community event

Information Service

We provide:

- A free Newsletter every two months containing information on all Carers Leeds events and activities together with information on all local and national services and support for carers.
- Information about help that is available to you as a carer.

For example:

- Sitting services
- Transport
- Help from Social Services
- Getting a break / Respite care
- Day care
- Carers groups
- Complaints procedure
- Welfare benefits
- Assessments
- Holidays

In addition carers can access our library and our internet service by arrangement.

We Offer:

- Group support
- Carers education courses
- Special interest courses/workshops
- Exercise and Wellbeing sessions
- Many social events for carers including a regular Carers' Café
- Celebrations and special events e.g. Carers Week and Carers Rights Day

Please refer to our newsletter for details.

We also:

- Offer training and awareness raising for professionals who work with carers
- Help to identify gaps in services and highlight the effect on carers
- Promote better support for carers by working in partnership with other organisations
- Produce leaflets and information packs for carers