Carers Leeds also...

- Is part of the national network of Carers Centres organised by The Princess Royal Trust for Carers
- Has adopted the PQASSO Quality Assurance System
- Offers training and awareness raising for professionals who work with Carers
- Promotes better support for Carers by working in partnership with other organisations
- Maintains up-to-date listings of current Carers Support Groups in Leeds
- Helps to identify gaps in services and highlights the effect on Carers
- Produces leaflets and information packs for Carers

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

You are a Carer if you look after family, partner or friends who are in need of help because they are ill, frail or have a disability.

Carers Leeds is a Limited Company Registered No. 3242066 and a Registered Charity No. 1058706
**Who is a Carer?**

A Carer is a person whose life has changed as a result of looking after someone who is unable to manage due to illness, disability or frailty.

Carers are usually relatives, neighbours or friends of the people they care for. They are of any age and come from any ethnic or cultural background.

Some of the people may care for just a few hours a week; others for all day every day. Many care for someone in their own home, others call on someone who lives just around the corner or perhaps the person they care for could be miles away.

Caring can be both rewarding and satisfying, it can also be tiring and stressful.

Carers are often overlooked and need to be valued and supported more.

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**What can Carers Leeds offer?**

- Time to talk - in confidence and at your own pace
- Information about help that is available to you as a Carer
- A free newsletter every two months keeps people up to date with services
- Regular social and leisure activities for Carers
- Helping you “through the system” to arrange the support you need
- Putting you in touch with other Carers and support groups
- A Carers Health Project that works with health professionals to improve support to Carers
- An Outreach Service to reach hidden Carers and visit Carers at home

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**Keeping in touch with Carers Leeds**

If you would like to be on our mailing list to receive our newsletter ‘Carers News’ and other information, please print clearly below:

**Name:**

**Address:**

[ ] I am a Carer

[ ] I work with Carers

Where did you find this leaflet?

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**Please tear and return to:**

Freepost Carers
6 - 8 The Headrow
LS1 6PT