



**Carers  
Leeds**

Working together to support carers

carers advice line  
**0113 380 4300**

## Do you care for an adult with Learning Disabilities?



**We offer advice,  
information and support  
to you.**

 /carersleeds  @carersleeds

[www.carersleeds.org.uk](http://www.carersleeds.org.uk)

## What do we do?

Our service offers information, advice and emotional support.

## How do we do it?

Through one to one and group support we can offer carers:

- Information and advice
- An opportunity to talk about your caring role and future planning
- Help in claiming benefits, accessing services and getting a break
- Support in managing stress and anxiety



## How do you find us?

Meet: 6 - 8 The Headrow, Leeds LS1 6PT

Call: 0113 380 4300

E-mail: [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk)

Visit: [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

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**Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds. Carers Leeds is a LGBT friendly service.**



Leeds and York Partnership **NHS**  
NHS Foundation Trust

