



**Carers
Leeds**

Working together to support carers

carers advice line
0113 380 4300

Are you juggling work with caring for a friend or relative?



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

 /carersleeds  @carersleeds
www.carersleeds.org.uk

Carers Leeds is a Registered Charity No: 1058706
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If you are juggling work with looking after someone, you are not alone - there are 3 million working carers in the UK.

Juggling work and care can be very challenging, so it's important to find out about your rights and what support is there for you.

How can we help?

Our expert team can give you face to face, telephone or online support, guiding you through all aspects of your caring role.

For employers we have developed a comprehensive toolkit to help them support their working carers and we offer a workplace training.

How do you find us?

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

Call: 0113 380 4300

E-mail: info@carersleeds.org.uk

Visit: www.carersleeds.org.uk

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

