



Carers Advice Line  
**0113 380 4300**

# Carers Befriending



**We offer a befriending service  
for carers aged 16 and over.**

 /CarersLeeds  @CarersLeeds

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

Carers Leeds is a Registered Charity No: 1058706  
Limited Company Registered No: 3242065

## What do we do?

Carers Befriending is a confidential telephone or face to face befriending service for:

- Carers aged 16 or over
- Who are looking after someone who lives at home or who has moved into a care home within the previous 3 months

## How do we do it?

Our friendly volunteers make regular phone calls or meet up face to face to give carers the opportunity to:

- Talk about their caring role
- Talk about their health
- Improve their wellbeing
- Make social contacts in their local area
- Share their worries and concerns

## 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)

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