

Alternate Carer Support



Leeds Mencap run a variety of **sibling** support groups.

<https://www.leedsmencap.org.uk/what-we-offer/groups-and-activities/siblings-group/>



1:1, group support, advice and information for **parents**.

Carers Leeds – We are here to support unpaid carers across Leeds



Refresh Carers
Empowering unpaid parent carers for positive change

Leeds based charity to support **parent carers** with courses, volunteering and employment.

<https://www.refreshcarers.com/>



A forum of **parent carers** influencing health and social support in Leeds.

<https://www.leedsparentcarerforum.co.uk/>



A national charity for **general information** on rights and where you can apply for grants for things such as holidays/breaks.

<https://www.familyfund.org.uk/>