

# Community Stroke Rehabilitation Team



Leeds Community  
Healthcare  
NHS Trust

## Useful contacts



### **NHS non-emergency helpline - 111**

For health information or reassurance about what to do next if you need medical help, but it's not an emergency.

### **The Stroke Association**

**0303 303 3100** [www.stroke.org.uk](http://www.stroke.org.uk)

Helpline for information and support to those affected by stroke.

### **Leeds Community Equipment Services**

**0113 378 3300**

A service that can support people to live safely and independently in their own home through the use of specialised equipment.

### **Care and Repair**

**0113 240 6009**

Independent home improvement agency. Deals with minor adaptations, private repairs, warm homes service, housing choices service.

### **Adult Social Care**

**0113 222 4401**

For help and advice on issues like home care support, carers' assessments, respite, equipment and more.

## **Wheelchair Services**

**0113 206 3855**

Information, advice and assessment related to using a wheelchair.

## **William Merritt Disabled Living and Mobility Centre**

**0113 350 8989**

Information, advice and assessment on equipment and practical aspects of daily living for people with disabilities. Includes mobility aids, equipment in the home, adaptations, wheelchairs, driving assessments and mobility scooters.

## **The Welfare Rights Unit**

**0113 376 0452**

Impartial advice on benefits, claims and appeals.

## **Carers Leeds 0113 380 4300**

Information, advice and support for adult carers across Leeds.

## **IAPT (Improving Access to Psychological Therapies)**

**0113 843 4388 [www.leedsiapt.com](http://www.leedsiapt.com)**

A service that provides psychological treatments to help people who are stressed, experiencing low mood (depressed) or are very nervous (anxious). You can self refer to this service.

## **One You – NHS [www.nhs.uk](http://www.nhs.uk)**

Free tips, tools and support to help you get healthier and feel better.