



Produced by:-

Alzheimer's Society, Hillside Enterprise Centre, Unit 5, 1st Floor, Beeston Road, Leeds, LS11 8ND

Telephone: 0113 231 1727 (9.00am to 5.00pm)

Email: leeds@alzheimers.org.uk

Web: alzheimers.org.uk

Whilst every effort has been made to ensure the information in this leaflet is correct, Alzheimer's Society cannot accept any responsibility for suitability of services and venues in this publication.

Updated 6th March 2019

Printed 6th March 2019

Alzheimer's Society is a registered charity in England and Wales (296645) and the Isle of Man (1128)

A company limited by guarantee and registered in England and Wales (2115499) and the Isle of Man (5730F)

Registered office: 43-44 Crutched Friars, London EC3N 2AE



MEMORY CAFES IN LEEDS



Come and join us at one of the many Memory Cafes taking place in the Leeds area



United Against Dementia



De-Caf Central Cafe

Carers Leeds, 6-8 The Headrow, Leeds, **LS1 6PT**
Second Wednesday of the month, 1.30pm-3pm
Entrance and refreshments: £1.50
Contact: Lisa on 0113 246 8338 for further details.

M&S Memory Cafe

M&S Company Archive, Michael Marks Building, off Clarendon Road, Leeds, **LS2 9LJ** (behind the old Grammar School now the Business School on Moorland Road)
Third Friday of the month, (except Bank Holidays), 1pm-3pm
Entrance and refreshments: FREE—crafty activities each month
Contact: Katie Entwistle on 0208 7182800 to book your place.

Open Door Cafe

The New Headingley Club, St. Michael's Road, Headingley, Leeds, **LS6 3BG**
Last Monday of the month, (except Bank Holidays), 1.30pm-3pm
Entrance and refreshments: £1.50
Contact: Fiona Porteous at Carers Leeds on 0113 2468338 for details.

Chapel Allerton Good Neighbours Cafe

Inkwell Arts, (Shoulder of Mutton) 31 Potternewton Lane, Leeds, **LS7 3LW**
Every 2nd and 4th Monday of the month from 12.30pm-1.30pm
Entrance: £2.00
For lunch, please book. £4.00 (soup/sandwiches, tea or coffee)
Contact: Stephanie on 0113 887 3597 for further details.

Al-Khidmat Dementia Cafe

Al-Khidmat Centre, 48 Spencer Place, Leeds, **LS7 4BR**
Every Wednesday from 10.30am to 2.30pm
Entrance and refreshments: £1.50
Primarily persons of Pakistani and Kashmiri origin.
Contact: Asghar Ali on 07851 259392 or 07429 270815 email alkhidmat@live.com for further details.

Roscoe Cafe

Roscoe Methodist Church, Francis Street, Chapeltown, Leeds, **LS7 4BY**
Every Thursday of the month, 11.30am-1.30pm
Entrance and refreshments: Free. Telephone to book a meal.
Contact: Grace Hickson on 0113 262 5131 for further details



If you or someone you know has questions or concerns about dementia, we are here for you.

Talk to us—our national Dementia Helpline can provide information, support and guidance.

Call **0300 222 122** 9am-8pm Monday to Wednesday, 9am-5pm Thursday and Friday, 10am-4pm at weekends or email helpline@alzheimers.org.uk.

Talk to others - Talking Point is our online community for anyone affected by dementia open 24-7. Visit alzheimers.org.uk/talkingpoint.

Find the information you need—our wide range of publications provide Information about all aspects of dementia and dementia care. See alzheimers.org.uk/publications.

Support near you - search our online services directory by post-code, town or city to find information about services and support groups in your local area.

Go to alzheimers.org.uk/dementiaconnect.

Memory Support Worker service—Leeds

Support for people experiencing memory problems

If you are registered with a GP in Leeds our Memory Support Workers can help you with: information and advice for you (or the person you know) about memory problems. Family and carers support and details on how to contact services that could help. Be a contact person for people living at home with dementia/memory problems and their family and carers.

For more information

Contact Tracy Brierley, Service Manager on 0113 231 1727.

This is an NHS service provided by Leeds and York Partnership NHS Foundation Trust supported by the Alzheimer's Society.

Dementia Action Week
Monday 20th to Sunday 26th May 2019

- There's lots of ways to get involved and be a part of the Week. Whether in your workplace, school or community, we'll have Dementia Action Week kits tailored for you full of ideas and advice on the simple actions to take part.
 - Sign up for further updates by visiting alzheimers.org.uk/DAW
- We believe everyone living with dementia should be supported to live a fulfilling life and we can all be a part of making the UK a more dementia-friendly place to live.

OASIS Cafe

Trinity United Church, Roundhay Road, Harehills, Leeds, **LS8 5PX**
Last Wednesday of the month, 11.30am-1.30pm
Entrance FREE but refreshments pay on site.
Contact: Mary Saddler on 0113 248 8422

Companionship Cafe

Terry Yorath Centre, 18 Devonshire Close, Leeds, **LS8 1BF**
Last Monday of the month, 10.30am-12noon
Entrance and refreshments: £2.00
Contact: Heather Welsh at Home Instead on 07923 025299

Hamari Yaadain—South Asian Dementia Cafe

Touchstone Support Centre, 53-55 Harehills Avenue, Leeds, **LS8 4EX**
First and Third Thursday of the month, 1pm-3pm
Entrance and refreshments: £1.00
Contact: Ripaljeet at Touchstone 0113 219 2727

Roost Cafe

Oakwood Lane Medical Practice, 2 Amberton Terrace, Leeds, **LS8 3BZ**
First Tuesday of the month, 10.00am-12.00pm
Entrance and refreshments: FREE
Contact: Call 0113 2953750 for further details.

Down Memory Lane Cafe

Wm Dodgson & Son, Lupton Avenue, Harehills, Leeds, **LS9 6EQ**
First Wednesday of the month., 12.30pm-3.00pm
Entrance and refreshments: FREE
Contact: Helen Phelan on 01132 498849 or email wmdodgson.harehills@funeralpartners.co.uk for further details.

Memory Cafe

St Vincent's Support Centre, 4 Berking Avenue, Leeds, **LS9 9LF**
Second Thursday of the month., 2.00pm-4.00pm
Entrance and refreshments: FREE
Contact: Victoria Prout, St Vincent's Support Centre on 0113 2484126 for further details.

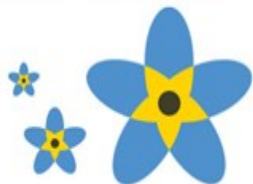


**Become a
Dementia Friend**

Visit
dementiafriends.org.uk
to find out more

**Dementia
Friends**

An Alzheimer's Society initiative



HELP BEAT DEMENTIA –
register your interest in dementia
research today

*'Join Dementia Research'
allows people to register
their interest in volunteering for
dementia research studies.
People with dementia, carers
or anyone interested in
research can find out about
participating in studies.*

Sign up today
Phone: 0300 222 1122 (local
rates apply)
Online:
www.joindementiaresearch.uki

[The Bank Cafe](#)

Richmond Hill Community Centre, Long Close Lane, Leeds,
LS9 8NP

Every Monday 11am - 1pm (for over 55's)

Entrance is free and all food and drink is sold at low cost.

Contact: Nicola Farley at RHEA on 0113 2485200 for further details.

[Valley Café Get-Together](#)

Wykebeck Valley Complex Needs Centre, Wykebeck Valley Road,
Leeds, **LS9 6NR**

Last Thursday of the month, 1.00pm-2.30pm.

Entrance is free, donations welcome. Buns on sale.

Contact: Claire, Kelly or Marilyn on 0113 3789991 for further information and to let them know you are coming.

[Reflections Dementia Café](#)

Trinity Network, Nesfield Road, Belle Isle, Leeds, **LS10 3LG**

Second Saturday of each month. 10.30am-12.30pm

Entrance and refreshments: £1.50.

Contact: 0113 270 3935 for further details.

[Parnaby Pals](#)

Parnaby Tavern, 1 Middleton Road, Hunslet, Leeds, **LS10 2AB**.

Every Wednesday, 2pm-4pm

Entrance Free

Contact: Mark on 0113 271 2322 or Peter on 0113 288 9068

[Arm in Arm Memory Cafe](#)

Middleton Elderly Aid Social Centre, Acre Road, Leeds, **LS10 4LF**.

Last Wednesday of the month, 1.30pm-3pm

Entrance: Free

Contact: Samantha Bickerdike on 0113 272 1050

[Pot O' Tea Cafe](#)

St Andrews Community Centre, Old Lane/Cardinal Road, Beeston,
Leeds, **LS11 8AG**

First Wednesday of the month, 1.30pm-3.30pm.

Entrance and refreshments: £1.50

Contact: Janice Newsome, Carers Leeds on 0113 2468338

[Penny Lane Cafe](#)

Pudsey Congs Cricket Club, Intake Road, Pudsey, Leeds, **LS28 9BZ**

Second Tuesday of the month. 2pm-4pm

Entrance and refreshments: £2.00.

Contact: Pudsey Live at Home 0113 256 2717 or Farsley Live at Home 0113 290 9340 for further details.

[Sunflower Memory Cafe](#)

St Johns the Evangelist Church Hall, New Street, Farsley, Pudsey,
LS28 5DJ

Third Saturday of the month. 10am-12pm

Entrance and refreshments: £1.00.

Contact: Lorna on 0113 2298066 for further information.

[Caring Sharing Café](#)

Pudsey Congs Cricket Club, Intake Road, Pudsey, Leeds, **LS28 9BZ**

Fourth Tuesday of the month, 2pm-4pm

Entrance and refreshments £2.00.

Contact: Mikayla at Pudsey Live at Home Scheme on 0113 256 2717 for further details. S

[The Coffee Pot Memory Cafe](#)

Drighlington Methodist Church, King Street, Drighlington,
BD11 1EL

Second Friday of the month, 1.30pm to 3.30pm

Entrance and refreshments Free of Charge—donations welcome

Contact: Trevor Martin on 0113 2854165 for further information.

[Monday Memory Meet](#)

The Spotted Cow, 122 Whitehall Road E, Drighlington, Bradford,
BD11 1LJ

Last Monday of every month, 1.00pm to 3.00pm

Entrance and refreshments Free of Charge—donations welcome

Contact: Julie or Paul on 0113 2852558 for further information.



Tea Cosy Memory Cafe

Parish Centre (behind Salutes), Church Street, Rothwell, Leeds,

LS26 0QL

First Saturday of each month, 9.30am-12.30am

Entrance including full breakfast + unlimited tea/coffee: £3.00.

Contact: Peter Smith on 0113 288 9068 or 07845 935233 for further details.

Care n' Hounds Cafe

Black Bull, 15 Commercial Street, Rothwell, Leeds, **LS26 0AX**

Every Monday, 2pm-4.00pm

Entrance: Free

Contact: Peter Smith on 0113 288 9068 or 07845 935233 for further details.

Buddies at the Bull

Black Bull, 15 Commercial Street, Rothwell, Leeds, **LS26 0AX**

Every Tuesday, 2pm-4.00pm

Entrance: Free

Contact: Peter Smith on 0113 288 9068 or 07845 935233 for further details.

Cosy Corner Memory Cafe

The Methodist Church, Church Street, Leeds, **LS26 8RD**

Every 3rd Thursday in the month, 2pm-3.30pm

Entrance and refreshments: £1.00.

Contact: Pauline on 0778 0601917 for further details.

St Mary's Memory Cafe

St Mary's in the Wood URC, Commercial Street, Morley, Leeds, **LS27 8HY**

First Thursday of each month, 1.30pm-2.30pm

Entrance and refreshments: £1.00

Contact: Heather on 0777 1572 850.

Morley Elderly Action Memory Cafe

32 Wesley Street, Morley, Leeds, **LS27 9ED**,

Second Wednesday of the month, 1.30pm to 3.30pm

Entrance and refreshments: £1.50 (carers free)

Contact: Joanne Farrar on 0113 2534484 for further information.

Young Dementia Cafe

Young Dementia Leeds, Cottingley Drive, Leeds, **LS11 0JP**

Every second Saturday of the month, 2.00pm-4.00pm.

Entrance and refreshments: 50p

Contact: Liz Menacer, Service Manager, Community Links on 07391 685565/07391868726.

Corner Flag Café

Leeds United Football Ground, Elland Road, Leeds, **LS11 0ES**

(Go to East Stand Reception and the session will be in the Eddie Gray Suite)

Fourth Thursday of the month, 1.30pm-3.30pm

Contact: Debbie Marshall, Adult Social Care on 0789 1271 980 or Alan

Schofield on 0113 3676059. **Attendance to this café is by referral only - please call Debbie Marshall on 0789 1271 980 before attending this café.**

Cop Shop Memory Cafe

West Yorkshire Police HQ, Leeds District HQ Community Room, Elland Road, Beeston, Leeds, **LS11 8BU** (entrance through the main reception doors)

Last Wednesday of the month, 1pm-3pm

Contact South Leeds Live at Home Scheme on 0113 271 6201.

Email: southleeds.liveathome@mha.org.uk.

Memory Lane Cafe (Armley)

Armley Helping Hands, Strawberry Lane Community Centre,

Strawberry Lane, Armley, Leeds, **LS12 1SF**

Third Thursday of the month, 12pm-2.30pm

Entrance and meal: £2.00. £2.50 with transport.

Contact: Karen at Armley Helping Hands 0113 279 9292.

Attendance to this café is by referral only by Armley Helping Hands. This café is unfortunately only able to support people with dementia attending with family member, friend or carer.

The Garden Cafe

Ingram Gardens Community Centre, 17 Ingram Gardens, Holbeck, Leeds, **LS11 9SA**

Second Monday of the month, 12.30pm-2.30pm.

Entrance and refreshments: £2.00

Contact: Matthew Springthorpe, Holbeck Elderly Aid on 0113 2455553 for further information.

Hidden Memories Café

Hawthorn Mill Sheltered Housing, Cobden Road, Lower Wortley, Leeds, **LS12 5HQ**

First Thursday of every month, 1pm-3pm

Contact: Louise Clarke on 0113 2311 561 from 2.30pm to 4.30pm Monday to Friday.

Hug-in-a-Mug Café (this is now a Community Café but will be Dementia Friendly)

Seacroft Grange Care Village, The Green, Seacroft, Leeds, **LS14 6JL**

Every Tuesday 10am to 12pm

Entrance and refreshments: Free cake, coffee and tea.

Contact: Angela or Iria on 0113 345 2300

Birds Of A Feather Café

Crossgates & District Good Neighbours Scheme, Station Road, Leeds, **LS15 7JY**

Third Tuesday of every month, 1.30pm-3.30pm

Entrance and refreshments: £2.50

Contact: Moira 0113 260 6565/moira@crossgatesgns.org.uk

Remember When Group and Carer's Cafe

Quaker Meeting House, New Adel Lane, Leeds, **LS16 6AZ**

Runs fortnightly every Tuesday. 1.45pm-3.45pm

Entrance and refreshment: £3.00.

You need to contact the office if you would like to come along.

Contact: Sally-Anne on 0113 2619103 for further details or email sally-anne@opal-project.org.uk.

Sweet Memories Cafe

Shadwell Independent Library, 99 Main Street, Shadwell, Leeds, **LS17 8LW,**

Second Tuesday of the month, 10.30am-12.30pm

Entrance and light lunch: £3.50. *Free transport available—contact Pam to book.* Contact: Pam on 0776 1288133

Smile Memory Cafe

Central Methodist Church, Town Street, Horsforth, Leeds, **LS18 4AP**

Fourth Wednesday of the month, 10am-11.30am

Entrance and refreshments: £1.00.

Contact: Sally Metcalfe at Horsforth Live at Home on 0113 2591511 for further details

Forget Me Not Cafe (Yeadon)

Rawdon Cricket Club, 28 Larkfield Road, Rawdon, Leeds, **LS19 6DZ.**

First Wednesday of the month, 1.30pm-3.30pm

Entrance and refreshments: £1.50.

Contact: Jean Fletcher on 0744 9535298 or Jean Deeming on 0113 2504992

Memory Lane Café (Yeadon)

Yeadon Town Hall, High Street, Leeds, **LS19 7PP**

Last Friday of the month. 1pm-3.30pm

Entrance and refreshments: £2.00.

Contact: Amanda Botterill at Yeadon Charities Association 07989 356923 for further details.

Companionship Café (Wetherby)

St James's Church, Main Hall, Church street, Wetherby, **LS22 6LP.**

First Tuesday of the month, 2pm-4pm

Entrance and refreshments: £2.00.

Contact: Heather Welsh at Home Instead Senior Care on 01937 220510 for further details.

Meet Up Mondays

St Joseph's RC Church Hall, 20 Westgate, Wetherby, **LS22 6LL**

Every Monday from 1pm-3pm

Entrance and refreshments: £3.00. *For Soup and a roll it is a £1.00 donation that is served between 1pm-1.30pm only*

Contact: Over the Rainbow Care on 01423 223454 or WISE 01937 58 8994 for further details

The Sunshine Café

Collingham Village Hall, Main Street, Collingham, **LS22 5AT**

Last Wednesday of each month. 2pm-4pm

Entrance and refreshments: £2.00.

Contact: WISE 01937 58 8994 for further details

Decaf East Cafe

Garforth NET, The Firthfields Day Centre, Dover Street, Garforth, Leeds, **LS25 2LP**

Third Thursday of the month, 1pm-2.45pm

Lunch and entrance £4.50 or entrance only £2.00 (includes entertainment)

Contact: Monica at Neighbourhood Elders Team on 0113 287 4784