



**Produced by:-**

**Alzheimer's Society, Armley Grange Drive, Armley Grange,  
Leeds, LS12 3QH.**

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

**Email: [leeds@alzheimers.org.uk](mailto:leeds@alzheimers.org.uk)**

**Web: [alzheimers.org.uk](http://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.

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## **A world without dementia**

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

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

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



# WELCOME



### De-Caf Central Cafe

Carers Leeds, 6-8 The Headrow, Leeds, **LS1 6PT**  
Second Wednesday of the month, 1.30pm-3pm  
Entrance and refreshments: £1.00  
Contact: Lisa on 0113 246 8338 for further details.

### M&S Memory Cafe

M&S Company Archive, Michael Marks Building, University of Leeds, off Clarendon Road, Leeds, **LS2 9LJ**  
Third Friday of the month, (except Bank Holidays), 1pm-3pm  
Entrance and refreshments: FREE  
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

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: £1.00  
Primarily persons of Pakistani and Kashmiri origin.  
Contact: Asghar Ali on 07851 259392 or email [alkhidmat@live.com](mailto:alkhidmat@live.com) for further details.

### Roscoe Cafe

Roscoe Methodist Church, Francis Street, Chapeltown, Leeds, **LS7 4BY**  
Last Thursday of the month, 11.30am-1.30pm  
Entrance and refreshments: £1.50  
Contact: Grace Hickson on 0113 262 5131 for further details

### The Coffee Pot Memory Cafe

Drighlington Methodist Church, King Street, Drighlington, **BD11 1EH**  
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.



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](mailto: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](http://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](http://alzheimers.org.uk/publications).

**Support near you** - search our online services directory by postcode, town or city to find information about services and support groups in your local area. Go to [alzheimers.org.uk/dementiaconnect](http://alzheimers.org.uk/dementiaconnect).

### 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.

### 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**

Forth Tuesday of the month, 2pm-4pm

Entrance and refreshments £2.00.

Contact: Pam or Pat at Pudsey Live at Home Scheme on 0113 256 2717  
for further details.

### Moor Memories Cafe

Adwalton House, Windsor Surgery, 1-3 Wakefield Road, Drighlington,

**BD11 1DH**

Forth Friday of the month, 1.30pm-3.30pm

Entrance and refreshments Free of charge—donations welcome

Contact: David Young on 0113 2852017 for further information.

### 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 Cafe

Touchstone Support Centre, 53-55 Harehills Avenue, Leeds,

**LS8 4EX**

First Thursday of the month, 1pm-3pm

Entrance and refreshments: £1.00

Contact: Ripaljeet or Vanysha at Touchstone 0113 219 2727

### Roost Cafe

Oakwood Lane Medical Practice, 2 Amberton Terrace, Leeds,

**LS8 3BZ**

First Tuesday of the month, 10.00am-12.30pm

Entrance and refreshments: FREE

Contact: Call 0113 2953750 for further details.

### Memory Cafe

Montague Burton Resource Centre, Banstead Street West, Leeds,

**LS8 5RU**

Second and fourth Monday of the month., 2.30pm-4.30pm

Entrance and refreshments: £2.50

Contact: Paula Cox, Leeds Irish Health & Homes on 0113 2625614 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.

### [The Bank Cafe](#)

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

Every Wednesday. 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..

### [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

### [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

### [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.



### [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

### [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 breakfast: £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.



### Memory Lane Café (Otley)

Over 60's Welfare Club, Nelson Street, Otley, **LS21 1ST**

Third Friday of the month. 1.00pm-3.00pm.

Entrance and refreshments: £4.00.

**Transport available for a small fee—please call 01943 463965 to book.**

Contact: Sarah Guyers at Otley Action for Older People 01943 46 3965 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: Maureen at Dementia Forward on 01765 645904 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

### Boston Spa Tea Party

Boston Spa Village Hall, Jubilee Room, 199 High Street, Leeds,

**LS23 6AA**

Second Tuesday of the month, 2pm-4pm

Entrance and refreshments: £2.00.

Contact: WISE 01937 58 8994 for further details

### Cielo Garforth Memory Cafe

41 Main Street, Garforth, Leeds, **LS25 1DS**

Fortnightly on Tuesdays (starting Tuesday 4th

July), 1pm-3pm

Entrance and refreshments £1.00

Contact: Linda Castle on 0113 286 3534 at Cielo.



### Corner Flag Café

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

*(Go to Entrance number 6 in the West Stand It is in the Leeds United Foundation Area next to the First Aid site and just inside the Ground Tunnel where there is a large blue sliding concertina door)*

Fourth Thursday of the month, 3pm-5pm

Contact: Debbie Marshall, Adult Social Care on 0789 1271 980 or Alan Schofield on 0113 3676059.

### 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.

### Forget Me Not Cafe

Hamara Centre, Tempest Road, Beeston, Leeds, **LS11 6RD**

Second Tuesday of the month, 10.30am to 12.30pm

Contact: Arif at Hamara Centre on 0113 277 3330

### Memory Lane Cafe (Armley)

Armley Helping Hands, Strawberry Lane Community Centre, Straw-

berry 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—**PLEASE NOTE TO ATTEND THIS CAFÉ YOU MUST BE REFERRED BY ARMLEY HELPING HANDS—no singles—must be accompanied by friend/family or carer.**



### Hidden Memories Café

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

First Thursday of every month, 1pm-3pm

Contact: Sandra Clibbens on 0113 2311 561 from 2.30pm to 4.30pm

Monday to Friday.

### Hug-in-a-Mug Cafe

Seacroft Grange Care Village, The Green, Seacroft, Leeds,

**LS14 6JL**

Last Tuesday of every month, 2pm-4pm

Entrance and refreshments: £2.00.

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

### St Chad's Memory Café

St Chad's Church, Otley Road, Far Headingley, Leeds, **LS16 5JT**

Second Monday of every month, 1.30pm-3pm

Entrance and refreshments: £1.00

Contact: Revd. Tom Lusty on 0113 278 2475.

### Remember When Group and Carer's Cafe

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

Every 2nd and 4th Tuesday of the month, 1.45pm-3.45pm

Entrance and refreshment: £2.00. £3.00 with transport (for OPAL members only—to book). *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-ann@opal-project.org.uk.



### Tea Cosy Café (Leeds)

Lidgett Lane Community Centre, Lidgett Lane, Leeds, **LS17 6QP**

First Wednesday of the month from 11.00am—1.30pm

Entrance and refreshments: £1.00.

Contact: Lidgett Lane Community Centre on 0113 237 0506 or 07464 837370 for further information. Email: lidgettlanecc@yahoo.co.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

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: Millfield House on 0113 855 9350

### 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.

