



Produced by

Alzheimer's Society
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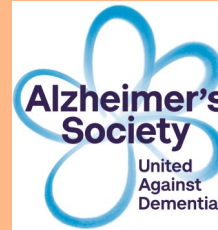
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**LEEDS
AREA**

Singing for the Brain and Singing Groups

If you enjoy singing why not come along and join in a sing-a-long and make many friends at the same time – it also helps aid relaxation and promotes positive emotions and well being.

People with memory problems and their carers/ family are welcome at these groups.



Alzheimers.org.uk

Singing Groups

Share in a sing-a-long to aid relaxation and promote positive emotions and well being.

Reminisce with familiar tunes and friendly faces.

People with Dementia and their Carers are welcome at these groups.

Happy Singalong Group

Friends Meeting House, 136 Street Lane, Roundhay, Leeds, **LS8 2BW**

Singing from 1.45pm to 3.15pm

2nd and 4th Wednesday of the month.

£1.50 includes refreshments.

For further details please telephone Maria, Service Assistant on 0113 8873595 at Royal Voluntary Service. Aimed at over 65s.

Singing Sensations

St Andrew's Community Centre, Cardinal Road, Leeds, **LS11 8AG**

Singing from 10am to 12noon

On the last Wednesday of every month.

Transport may be available from other areas within South Leeds.

£2.00 includes refreshments

For further details please telephone South Leeds Live At Home Scheme on 0113 2716201

Remember Thursdays—Singing for the Brain

Rossefield Lawn, Rossefield Approach, Bramley, Leeds, **LS13 3RU**

Led by a trained facilitator from 1.30pm to 3.00pm

On the first Thursday of every month.

£1.00 per person, per session plus 50p per person for refreshments.

Contact: Debbie on 0113 2361644 for further details.

Otley—Singing for the Brain

Otley Courthouse Arts Centre, Courthouse Street, Otley, **LS21 3AN.**

Led by a trained facilitator from 2pm to 4.00pm.

On the 2nd and 4th Monday of every month.

£1.50 per person per session includes tea and biscuits.

Contact: Rachael Savage, Centre Manager on 01943 467466. admin@otleycourthouse.org.uk for further details

Pudsey—Singing for the Brain

Community Hall, Pudsey Wellbeing Centre, Robin Lane, Pudsey, **LS28 7DE.**

Led by a trained facilitator from 1.30pm to 3.15pm.

£1.00 per person for refreshments.

On the 2nd Thursday of each month.

Contact: John or Heather Slack on 0113 2556252 for further details or Dominique Dunand-Clarke on 0113 395 5831.

Singing for the Brain

Singing for the Brain Groups are for people with dementia and their carers and are led by a trained facilitator



Giving Voice

Arts @ Trinity, Holy Trinity Church, Boar Lane, Leeds, **LS1 6HW**

Led by a trained facilitator from 6.30pm to 8pm

Every Wednesday

Free entrance—donations appreciated.

For further information please call 0113 2208528 or email givingvoice@outlook.com.

Chapel Allerton Good Neighbours Singing for the Brain Group

Inkwell Café (Shoulder of Mutton), 31 Potternewton Lane, Leeds, **LS7 3LW**.

Led by a trained facilitator from 11.00am to 12.30pm.

On the 2nd and 4th Monday of each month.

£1.50 per person for refreshments.

Contact: Rachel, Service Assistant at Royal

Voluntary service on 0113 8873596 for further details.

Sandwich and a Song

Station Road, Crossgates, Leeds, **LS15 7JY**

Singing from 12pm to 2pm

First Tuesday of every month.

£4.00 includes sandwiches.

Transport bookable for those in the Crossgates area who are scheme members.

For further details please telephone Crossgates Good Neighbours Scheme on 0113 2606565.

Singing for Fun

Halton Moor and Osmondthorpe Project for Elders, (H.O.P.E.) 8a Coronation Parade, Halton Moor, Leeds, **LS15 0AY**

Singing from 1pm to 3pm

Every Tuesday.

Free of charge—open to all ages.

For further details please telephone Georgie Spedding on 0113 249 3597 or 07946 160047.



MAECare's Singing Group

Moor Allerton Elderly Care, Activity Room, 57 Cranmer Bank, Leeds, **LS17 5JD**

Singing from 10.30am to 12.00noon

On the first Thursday of the month.

£2.00 per session includes refreshments.

Different theme each month and time to reminisce before the singing starts.

For further details please contact Moor Allerton Elderly Care on 0113 2660371.

Sing Yourself Happy

The Venue @ the MAZCC, (Eldon Suite) 311 Stonegate Road, Leeds, **LS17 6AZ**

Singing from 2pm to 3.30pm

Every Wednesday.

£2.50 per session includes refreshments.

For further details please contact Sharon Bedford at the Leeds Jewish Welfare Board on 0113 2185857.

Remini-Sing

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

Singing along with Greta, Richard and Annie and friends from 10am to 11.30am

Second Wednesday of each month

£1.00 per person includes refreshments.

For further details please contact Live at Home on 0113 2591511.

Walton—The WISEHOWLERS

Wetherby Methodist Church, 9 Bank Street, Wetherby, Leeds, **LS22 6NQ**

Singing from 1.30pm to 3pm

On the last Thursday of each month

£2.00 per session includes tea, coffee and cakes.

For further details please contact WiSE on 01937 588994

Rawdon Community Library Singalongs

Rawdon Community Library, Micklefield Park, Rawdon, Leeds, **LS19 6DD**

Singing from 2pm to 3.30pm

On the second Tuesday of each month

£2.00 per session includes refreshments at the interval.

For further details please contact Paula on P.fleming@runbox.com for further information or telephone the Library on 0113 391 0440

About Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity, providing information, advice and support to people with dementia, their families and carers. We are committed to putting you at the heart of everything that we do, and our services are continually informed by our growing understanding of dementia and what you need to live well with it.

