Leeds
Dementia Action Week
May 20 to 26 2019
Dementia Friends Information

Sessions

Alzheimer’s Society’s Dementia Friends programme is the biggest ever initiative to change people’s perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

Dementia Friends is about learning more about dementia and the small ways you can help.

The Living Project at Leeds Jewish Welfare Board

Thursday 23 May
5 - 6pm
Tuesday 28 May
5 - 6pm
Marjorie and Arnold Ziff Community Centre
LS17 6AZ

Booking required at
www.dementiafriends.org.uk
Search for sessions in Leeds

Carers Leeds

Tuesday 21 May
5:30pm to 7:00pm
The Headrow
LS1 6PT

Booking required:
0113 246 8338

Crossgates

Thursday 23 May
5.45 - 6.45pm
Crossgates Library
LS15 7LB

Booking required at
www.dementiafriends.org.uk
Search for sessions in Leeds

Dementia Friendly Horsforth

Sunday 19 May
1.30 - 2.30pm
Cragg Hill Baptist Church
Leeds LS18 4NU

Tuesday 21 May
12 - 1 and 1.45 - 2.45pm
Horsforth Hub Library
LS18 5BL

Wednesday 22 May
9.30 - 10.30am
Horsforth Live at Home Community Centre
Central Methodist Church
LS18 4AH

Come along on the day or book a place online
www.dementiafriends.org.uk
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Arts & Music

Dementia Friendly
Horsforth

Wednesday 22 May
10 - 11.30am
Poetry Reading at Smile Cafe
Horsforth Live at Home
Central Methodist Church LS18 4AH

Friday 24 May 6.45pm
Film Screening 'Still Alice' (cert 12)
Grove Methodist Church Centre
(Access New Street), LS18 4RJ

Thursday 23 May 7pm
The Last Memory
St Margaret's Church Parish Centre, LS18 5LA
A play inspired by a real-life situation by Alan Stockdill and Talking Stock Productions. The performance will be followed by an optional Q & A session with the writer and actors.
Free tickets at Horsforth Hub Library, on the door or here: https://www.eventbrite.co.uk

Singing Groups

Access a full listing of all the regular dementia singing groups in Leeds online - search for 'dementia singing groups in Leeds'

Wednesday 22 May
1.45 - 3.15pm
Happy Singalong Group
Friends Meeting House LS8 2BW
£1.50 includes refreshments
Contact: Maria 0113 8873595

Wednesday 22 May 2 - 3.30pm
Sing Yourself Happy
The Venue @ the MAZCC, (Eldon Suite) LS17 6AZ
£2.50 includes refreshments
Contact Sharon Bedford
0113 2185857

Wednesday 22 May 6.30 - 8pm
Giving Voice Arts @ Trinity, Holy Trinity Church
LS1 6HW
Contact 0113 2208528 or givingvoice@outlook.com

Tuesday 21 May
1 - 3pm
Singing for Fun
Halton Moor and Osmondthorpe Project for Elders, (H.O.P.E.) LS15 0AY
Contact Georgie Spedding on 0113 249 3597 or 07946 160047.
Social Cafes

**Pudsey Live at Home**

Monday 20 May  
1.30 - 3.30pm
Tea party and musical bingo 
Crimbles Court Sheltered Housing  
LS28 9AL  
(£2.50 each for the member/carer) 
Contact Sandra on 0113 2562717

**Al-Khidmat Dementia Cafe**

Wednesday 22 May  
10.30 - 2.30pm
Al-Khidmat Centre (LS7 4BR) 
Enterance 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

**The Bank Cafe**

Monday 20 May  
11 - 1pm 
The Bank Cafe Richmond Hill Community Centre LS9 8NP (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

**Meet Up Mondays**

Monday 20 May  
1-3pm 
St Joseph’s RC Church Hall LS22 6LL 
Enterance and refreshments: £3.00  
Contact: Over the Rainbow Care on 01423 223454 or WISE 01937 58 8994

**Dementia Friendly Rothwell**

Monday 20 May 2 - 4pm 
Care 'n Hounds cafe  
and 
Tuesday 21 May 2 - 4pm 
Buddies at the Bull 
Both at 
Black Bull LS26 0AY

Wednesday 22 May 2 - 4pm 
Parnaby Pals  
at Parnaby Tavern LS10 2AB

Contact: 0113 288 9068

Access a full listing of all the regular Dementia Cafes in Leeds online - search for 'Memory Cafes in Leeds'
Information & talks

Dementia Friendly Horsforth

Local Champion Phil Maud presenting Dementia Friendly Stickers to Sarah Marston, Morrisons Community Champion

Monday 20 May
Alzheimer’s Society display and information stall with a local Memory Support Worker.
Horsforth Morrisons, LS18 5LE

Friday 24 May
Walk and Talk with Horsforth Live at Home Hall Park and Cricket Club, LS18 5JY
Meet 10am Fink Hill car park

Wetherby - Dementia Awareness Roadshow

Home Instead will be joined by a range of exhibitors including Alzheimer’s Society, Oakwood Solicitors, WY Fire and Rescue and WY Police on the roadshow, taking in the following venues 10am-2pm:

Wednesday 22nd May and Saturday 25th May - Wetherby Methodist Church
Thursday 23rd May - Wetherby Town Hall
Friday 24th May - Wetherby Morrisons

Tuesday 21 May 11 - 12.30pm
Drop In event
A market place event with stalls and speakers. Come along and speak to a memory support worker, find out about support available, and listen to lived experience. Cake and refreshments will be provided.
MAECare, LS17 5JD

Phone 0113 2660371 for more information.
Other Events

'Sense of Summer
The Living Project
at Leeds Jewish Welfare Board

Wednesday 22 May 2 - 4pm
Marjorie and Arnold Ziff Community Centre, LS17 6AZ

This immersive summer experience is open to all, it will evoke the senses of the summer with relaxing beach surroundings, summer themed refreshments, summer crafts activities and sing along musical entertainment. There will also be an information stand, with information about local services and support for people living with dementia and their carers.

Please book with Katie Brown or Sharon Bedford to attend the immersive summer experience on 0113 268 4211. People are welcome to drop in for use of the information stand.

'Up and Go' DEEP Event

Friday 24th May 10.30-12pm
7 Eastgate, LS2 7LY (We will meet on the second floor – there is a lift and stairs)

Up and Go is Leeds’ very own DEEP group – we meet to influence and support the development of Leeds as a dementia friendly city. The group is for people with a diagnosis of dementia– it is supported by professionals from Leeds Playhouse, Leeds City Council’s Peer Support Service for people with dementia, and Dementia Friendly Leeds. We meet every 6 weeks and specifically welcome people living with dementia – if someone requires a supporter to attend with them they are very welcome, however we always prioritise the voices of people living with dementia.

We invite newcomers to join us for an informal meeting to find out more and explore getting involved in our friendly, supportive group. Our founding members are very keen to welcome new voices to Up and Go.

Tea and biscuits are provided. You can let us know you plan to attend by contacting Sarah Prescott or Jude Woods on 0113 244 1697 or leedsdaa@opforum.org.uk
**Roundhay Memories**

**Wednesday 23rd May 10am - 4pm Lidgett Lane Community Centre**

- 10am Tea, coffee & ‘Old Leeds’ slideshow with Robert Dyson
- 11.45 Group reminiscence and support for carers
- 12.30 Tea Cosy light lunch of sandwiches, cakes, drinks
- 2.00 - 3.30 Sing-along session by RVS
- Also access the ‘Memory library’ and make a memory box

£2.50 per person including light lunch & refreshments
Come for one or more activity or stay for the whole day

Contact: Belinda Connolly, 07483926074, belinda.connolly@alzheimers.org.uk
Revd Bridget Hawkins, St Edmund's, 07518045133, bridget_hawkins_bfc@hotmail.com

**St Aidens Wellbeing Walks**

**RSPB Fairburn Ings**

**Thursday 23 May 11am**
Meet at the visitors Centre

No booking required

If you have any questions contact:
RSPB Fairburn Ings Newton Lane Ledston WF10 2BH
01977 628191
Facts about Dementia Quiz

1. Dementia is not a natural part of _ _ _ _ _ _.

2. There is _ _ _ _ to the person than the dementia.

3. Dementia is caused by _ _ _ _ _ _ _ _ of the brain.

4. Dementia is not only about losing your_ _ _ _ _ _ _ _.

5. Dementia can also affect people’s _ _ _ _ _ _ _ _ _. For example, a black mat might look like a hole.

6. One common type of dementia is _ _ _ _ _ _ _ _ diseases. There are over 100 types of dementia.

You can live well with dementia

To find out more:
www.opforum.org.uk/dementia
www.dementiafriends.org.uk
For more information:

**Leeds**

www.opforum.org.uk/dementia
www.carersleeds.org.uk
www.leeds.gov.uk - search: Support for adults with dementia

**National**

www.alzheimers.org.uk
www.dementiavoices.org.uk