Leeds
Dementia Action Week
May 20 to 26 2019
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
Crossgates Library
LS15 7LB

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

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

The.Dementia Friendly
Horsforth

Crossgates

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

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

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

Come along on the day or book a place online
www.dementiafriends.org.uk
Search for sessions in Leeds

Dementia Friendly
Horsforth
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 6.30 - 8pm
Giving Voice Arts @ Trinity, Holy Trinity Church
LS1 6HW
Contact 0113 2208528 or givingvoice@outlook.com

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

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 2493597 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

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

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
Entrance and refreshments: £3.00
Contact: Over the Rainbow Care on 01423 223454 or WISE 01937 58 8994

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

**Thursday 23 May 9 - 1 and Friday 24 May 11 - 4**
Information stall
Sainsbury's at Colton Retail Park LS15 9JB

Information stall
Gledhow Wing, St James' Hospital
Various Times throughout the week - see Twitter @hub_leeds for more details

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**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.

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**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**
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
The UK Network of Dementia Voices

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

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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 ___ ___ ___ ___ of perception. 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

Answers: 1. ageing 2. more 3. diseases 4. memory 5. perception 6. alzheimer's
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

Created by:
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