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.

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.
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 on 0113 246 8338 for further 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: Gina or Sarah on 0113 887 3597 or 0783 475 2858 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 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

OASIS Cafe
Trinity United Church, Roundhay Road, Harehills, Leeds, LS8 5PX
Last Wednesday of the month, 11.30am-1.30pm
Contact: Mary Saddler on 0113 248 8422

Decaf East Cafe
Garforth NET, The Firthfields Day Centre, Dover Street, Garforth, Leeds, LS25 2LJ
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 Cafe
Parish Centre (behind Salutes), Church Street, Rothwell, Leeds, LS26 0QL
First Saturday of each month, 9.15am-11.30am
Entrance including breakfast: £3.00.
Contact: Peter Smith on 0113 288 9068 or 07845 935233 for further details.

Care n' Hounds Cafe
Hare and Hounds, Commercial Street, Rothwell, Leeds, LS26 0QD
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, Commercial Street, Rothwell, Leeds, LS26 0AY
Every Tuesday, 2pm-4.00pm
Entrance: Free
Contact: Peter Smith on 0113 288 9068 or 07845 935233 for further details.

Cosy Corner Memory Cafe
Woodlesford Methodist Hall, Church Street, Leeds, LS26 8RD
Every 3rd Thursday in the month, 2pm-3.30pm
Entrance and refreshments: £2.00.
Contact: Pauline on 0777 0601917 for further details.

St Mary's Memory Cafe
St Mary's in the Wood URC, Commercial Street, Morley, Leeds, LS27 8HY
First Tuesday of each month, 1.30pm-2.30pm
Entrance and refreshments: £1.00
Contact: Heather on 0777 1572 850.

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.
Forget Me Not Cafe (Yeadon)
Yeadon Cricket Club, High Street, Yeadon, LS19 7TA
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.

Memory Lane Café (Otley)
Over 60’s Welfare Club, Nelson Street, Otley, LS21 1ST
Third Friday of the month. 1.00pm-3.00pm.
Transport available for a small fee—please call 01943 463965 to book.
Contact: Sarah Guiers at Otley Action for Older People 01943 46 3965 for further details.

Meet Up Mondays
Wetherby Social Club, 1 Sandbeck Way, Wetherby, LS22 7DN
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

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

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.

Perks Cafe
Richmond Hill Community Centre, Long Close Lane, Leeds, LS9 8NP
Last Monday of the month. 1.30pm-3.00pm (week before if a bank holiday)
Entrance and refreshments: £2.50.
Contact: Nicola Farley/RHEA on 0113 248 5200—transport available to book at a cost of £1.00.

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

The Holbeck Feast Café
Ingram Gardens Community Centre, 17 Ingram Gardens, Holbeck, Leeds, LS11 9SA
Last Saturday of the month, 9.15am-11.00am
Entrance including cooked breakfast: £3.00.
Contact: Margaret on 07538 273945

The Holbeck Feast Café
Ingram Gardens Community Centre, 17 Ingram Gardens, Holbeck, Leeds, LS11 9SA
Last Saturday of the month, 9.15am-11.00am
Entrance including cooked breakfast: £3.00.
Contact: Margaret on 07538 273945
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.
Enterance 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.
Enterance and refreshments: £2.00
Contact: Matthew Springthorpe, Holbeck Elderly Aid on 0113 2455553 for further information.

Corner Flag Café
Leeds United Football Ground, Elland Road, Leeds, LS11 0ES
(Continue 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, 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—PLEASE NOTE TO ATTEND THIS CAFÉ YOU MUST BE REFERRED BY ARMLEY HELPING HANDS.

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@crossgatesgn.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@opall-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 Memory 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 12888133