

Directions

Keep an eye out for signs in the library directing you to the memory drop-in session

Main Entrance on the Headrow

- As you go through the main door you will find yourself in the art gallery lobby.
- You need to turn left and walk through the cafe.
- You should leave the cafe using the second glass door which is on the right hand wall at the rear of the cafe.
- Once you go through this door you should see the lift on your right hand side.
- You need to take the lift to the third floor.
- On leaving the lift on the third floor you need to go through the double door and turn to your right.
- The memory drop in session will be held in the room at the end of the corridor.

Call in any time between 10.30 and 12.30 on the first Wednesday of the month

Accessible Entrance

- On entering you need to go to the end of the corridor where you will find the lift on the right hand side.
- You need to take the lift to the third floor.
- On leaving the lift on the third floor you need to go through the double door and turn to your right.
- The memory drop-in session will be held in the room at the end of the corridor.

September Wed 7th 2011	October Wed 5th 2011	November Wed 2nd 2011
December Wed 7th 2011	January Wed 4th 2012	February Wed 1st 2012
March Wed 7th 2012	April Wed 4th 2012	May Wed 2nd 2012
June Wed 6th 2012	July Wed 4th 2012	August Wed 1st 2012

Library enquiries 0113 2476016 www.leeds.gov.uk/memory

Memory Drop-in Sessions 2011-12

Leeds Central Library welcomes you to a monthly, informal drop-in service



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Leeds Partnerships **NHS**
NHS Foundation Trust

Alzheimer's Society
Leading the fight against dementia



Leeds Central Library welcomes you to a monthly, informal drop-in service for people with memory problems, people with dementia, their carers, or anyone who would like more information. The drop-in service provides a friendly environment to meet other people and share experiences. The sessions provide an opportunity to talk to professionals about any information and support needs you may have.

Questions you may have....

What is the memory drop-in session?

The memory drop-in session runs on a monthly basis at Leeds Central Library. A range of professionals will attend each session to answer any questions you may have. The sessions are informal and aim to provide information about memory problems and dementia in a friendly, accessible way.

Who are the sessions for?

Anyone who would like more information about memory problems or dementia is welcome. The sessions may be useful if you are concerned about someone you know, you are experiencing problems yourself or you are caring for someone with memory problems or dementia.

Do I have to make an appointment?

The sessions run as an informal drop-in service. There is no need to make an appointment, just pop in between 10.30am and 12.30pm. There is no need to let anyone know in advance that you are attending and there is no obligation to attend more than one session (although you are welcome to attend as many as you like!)

What information can I receive?

Each drop-in session will be attended by a range of professionals with expertise in this field who will be happy to answer any questions you may have. At the sessions you will be able to get information about:

- Local services
- Leisure opportunities
- Practical memory techniques
- Respite services
- Carers support
- Benefit entitlement
- Healthy lifestyles
- Access into memory services for all ages

Where are the drop-in sessions held?

The sessions are held on the 3rd floor of Leeds Central Library. Look out for posters around the library directing you to the drop-in. Simple directions can also be found on the back of this leaflet.

Why is the session held in the library?

The library provides an informal place to meet in the centre of Leeds. The library has books and information about memory loss and dementia that you may find useful. Access to computers and any assistance you may require is also available. The library can provide you with information and individual sessions to learn how to use Boardmaker software. Boardmaker contains thousands of symbols which may be helpful for people with dementia, communication barriers or language barriers.

How long do the sessions last?

The drop-in sessions are on the first Wednesday of every month from 10.30am - 12.30pm. You don't have to be there at 10.30 or stay for the whole session. Call in and stay as long as you want!

We hope we can help and look forward to seeing you!