

## Directions

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

### Main entrance on Church Lane

- As you go through the main door you need to walk to the back of the library.
- There is a small flight of stairs about halfway to the back.
- Go through the door at the back of the library.
- Once you go through this door you should see the stairs up to the meeting room.
- A stair-lift is available, just ask a member of staff for help.
- The memory drop-in session will be held in the meeting room on the first floor.

### Side entrance

- This door is at the side of the library, opposite the cafe.
- If you use this entrance you don't need to walk through the library, but you will have to go up an extra flight of stairs.
- As you go through the side entrance, you need to take the stairs to the first floor.
- A stair-lift is available, just ask a member of staff for help.
- The memory drop-in session will be held in the meeting room on the first floor.

Call in any time between 2.00 and 4.00 on the first Monday of the month.

Dates for the first three sessions are:

February Monday 6 2012	March Monday 5 2012	April Monday 2 2012
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Library enquiries 0113 2476016 [www.leeds.gov.uk/memory](http://www.leeds.gov.uk/memory)

## Memory Drop-in Sessions

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



The people featured in this leaflet are models © Positive Image Collection (NHS Leeds/Leeds City Council)

Leeds Partnerships   
NHS Foundation Trust

 **Alzheimer's Society**  
Leading the fight against dementia



Pudsey 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 take part in activities or 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 Pudsey 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. There will be different activities each month.

### 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 2.00pm and 4.00pm. 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 might like to return to keep taking part in the activities!)

### 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 in the meeting room on the first floor of Pudsey Library. Look out for posters around the library directing you to the drop-in.

### Why is the session held in the library?

The library provides an informal place to meet in the centre of Pudsey. 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 start in February 2012 and run on the first Monday of every month, from 2.00pm - 4.00pm. You don't have to be there at 2.00 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!**