



# Leeds Heritage Theatres Welcome Pack

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**CITY VARIETIES**  
MUSIC HALL · LEEDS

*The* **GRAND**  
Theatre & Opera House Leeds



## Welcome pack and guide to Leeds

### ABOUT LEEDS HERITAGE THEATRES

Leeds Heritage Theatres (LHT) is Leeds Grand Theatre, City Varieties Music Hall and Hyde Park Picture House. A charitable trust, together we are united by a single cause; to bring people together, create the extraordinary and provide a positive environment in which to entertain and educate.

#### Leeds Grand Theatre

Built in 1878 by architect George Corson, Leeds Grand Theatre is a major milestone in Victorian design; famed for its sumptuous interior, plasterwork and other decorative features.

Seating 1466 at full capacity, the auditorium provides a home for performances of all types, including its resident companies Opera North and Northern Ballet. Since its Heritage Lottery Fund and Arts Council supported 'transformation' in 2006, the theatre has hosted the best of the West End and other touring productions, including large musicals, drama from the National Theatre, comedians and music. The theatre played host to the world premieres of Gary Barlow and Tim Firth's, *The Girls* (2015), and Kay Mellor's *Fat Friends The Musical* (2017) and *Band of Gold* (2019).

#### City Varieties Music Hall

Recognised by the Guinness World Records as the nation's longest-running music hall, The Varieties is Leeds' oldest theatre, beginning life in 1865 as a room above a pub, established for the working class.

Widely known as the home of the BBC's *Good Old Days* from 1953-83, The Varieties' stage has welcomed many of the world's greatest entertainers, from Harry Houdini and Lilly Langtree to John Bishop and Russell Crowe.

Following major restoration work (2009-11), The Varieties is still regarded as one of the nation's best venues for live comedy, music and variety, plus National Theatre live and delayed screenings and the hugely popular Rock 'n' Roll Pantos that showcase the very best of live actor-musicians in a break from the traditional pantomime.

#### Hyde Park Picture House

First opened in 1914, the Grade II listed Picture House is one of the UK's oldest cinemas.

Beginning its life shortly before the outbreak of the First World War, it gained popularity by screening patriotic dramas and newsreels to boost morale during the action. Surviving the advent of 'talkies' in the 1920s, The Picture House continues to screen the very best independent, art house and classic films from around the world, as well as special live events with filmmakers, artists and academics.

Today, the cinema still attracts devoted visitors and counts some famous faces amongst its fans, including patron, BAFTA-nominated writer and director of the acclaimed 2017 hit *God's Own Country*, Francis Lee, plus Hollywood actor Chris Pine (*Star Trek*), and broadcaster and film critic Mark Kermode.

In June 2023, The Picture House reopened following the completion of a major redevelopment project. Alongside vital conservation work, we also introduced new accessible facilities including a second screen, ramped entrance, expanded foyer, new Cafe Bar and Community Room.

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### UK THEATRES 10 PRINCIPLES FOR SAFE AND INCLUSIVE WORKSPACES

1. Everyone is responsible for creating and maintaining an inclusive workplace that is positive and supportive.
2. We recognise that harassment or discriminatory language or behaviour may be unlawful under the Equality Act 2010.
3. We will explicitly address and seek to prevent racism and all other forms of discrimination and bias, their manifestations and effects.
4. Those of us who are employers accept our responsibilities under the Equality Act 2010 and the Health and Safety at Work Act 1974.
5. We do not tolerate bullying, harassment or discrimination on any grounds, and will ensure that processes are in place for the reporting and investigation of these serious issues.
6. We recognise that bullying, harassment and discrimination can have significant adverse impacts on the productivity, long-term physical and mental health and well-being of affected people and we will work to eradicate it. This will mean providing adequate protection for complainants and victims, and, where bullying, harassment or discrimination is found to have occurred, taking appropriate action against the perpetrators.
7. We value inclusivity, appreciate difference, encourage self-education and consider people equal without prejudice or favour. We build relationships based on mutual respect. We will all work to give and receive feedback in a constructive way, which we know will improve creativity and productivity.
8. We understand that reporting bullying, harassment or discrimination can be intimidating. If anyone comes forward to report any of this behaviour, we will endeavour to make the process of reporting clear and straightforward, investigate objectively and respect confidentiality where possible. Individuals who have made complaints or participate in good faith in any investigation into bullying, harassment, or discrimination should not suffer any form of reprisal or victimisation as a result.
9. We will respect each other's dignity and differences, regardless of the seniority of our role in an organisation.
10. As we continually work to better understand, develop and deliver this work, those of us who are employers commit to paying professionals with lived experience and/or specialist knowledge in these areas to advise us.

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LHT is a PiPA (Parents and Carers in Performing Arts) partner. PiPA enables and empowers parents, carers and employers to achieve sustainable change in attitudes and practices in order to attract, support and retain a more diverse and flexible workforce.



Family information, including childcare recommendations, can be found by clicking on [this link to Leeds City Council's Family Service webpage](#).

## NUT AND SHELLFISH-FREE VENUES

Please note that all our venues are strictly nut and shellfish-free. Therefore, please refrain from consuming or bringing nuts or shellfish onto the premises.

## KEY CONTACTS

Who	What	Email
Ian Sime	General Manager	<a href="mailto:ian.sime@leedsheritagetheatres.com">ian.sime@leedsheritagetheatres.com</a>
Frank Birkett	Programmer CVMH	<a href="mailto:frank.burkitt@leedsheritagetheatres.com">frank.burkitt@leedsheritagetheatres.com</a>
Technical		
Alan Dawson	Head of Technical and Property	<a href="mailto:alan.dawson@leedsheritagetheatres.com">alan.dawson@leedsheritagetheatres.com</a>
Dave Greaves	Property Manager	<a href="mailto:dave.greaves@leedsheritagetheatres.com">dave.greaves@leedsheritagetheatres.com</a>
Mark Waters	Technical Manager	<a href="mailto:mark.waters@leedsheritagetheatres.com">mark.waters@leedsheritagetheatres.com</a>
House Management		
Anne Shaw	Head of House Management	<a href="mailto:anne.shaw@leedsheritagetheatres.com">anne.shaw@leedsheritagetheatres.com</a>
Kat Ellis	House Manager	<a href="mailto:kathryn.ellis@leedsheritagetheatres.com">kathryn.ellis@leedsheritagetheatres.com</a>
Ian Hartley	House Manager	<a href="mailto:ian.hartley@leedsheritagetheatres.com">ian.hartley@leedsheritagetheatres.com</a>
Stage Door (The Grand) tel		0113 245 6014
Communications and Box Office		
Amy Sanderson	Head of Communications	<a href="mailto:amy.sanderson@leedsheritagetheatres.com">amy.sanderson@leedsheritagetheatres.com</a>
Kelly Scotney	Communications Manager	<a href="mailto:kelly.scotney@leedsheritagetheatres.com">kelly.scotney@leedsheritagetheatres.com</a>
Rachael Rix-Moore	Sales and Ticketing Manager	<a href="mailto:rachael.rixmoore@leedsheritagetheatres.com">rachael.rixmoore@leedsheritagetheatres.com</a>
Pat Bruce	Assistant Box Office Manager	<a href="mailto:pat.bruce@leedsheritagetheatres.com">pat.bruce@leedsheritagetheatres.com</a>
Box Office tel		0113 243 0808
Learning & Engagement		
Learning & Engagement		<a href="mailto:learning@leedsheritagetheatres.com">learning@leedsheritagetheatres.com</a>

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### WIFI PASSWORDS

LGT Visiting Company  
CMVH – Visiting Company

AskDaveGreaves  
LizardBunHarmonyScrew!

### SOCIAL MEDIA

Leeds Grand Theatre: Instagram - @GrandTheatreLS1 Facebook - @leedsgrandtheatre  
City Varieties: @CityVarieties

### PARKING

There are several car parks around the venue but we have a discounted rate at all Q Parks in the city centre. You will need to pre-book via the website or App and use the code LEEDSGT30.

### HOTELS

#### LUXURY/BOUTIQUE

Dakota Leeds	<a href="https://dakotahotels.co.uk/leeds/">https://dakotahotels.co.uk/leeds/</a>	0113 322 6261
Malmaison	<a href="http://www.malmaison.com/locations/leeds/">www.malmaison.com/locations/leeds/</a>	0113 426 0047
Quebecs	<a href="http://www.quebecshotel.co.uk/home/">www.quebecshotel.co.uk/home/</a>	0113 244 8989

#### MID-RANGE

Crowne Plaza	<a href="http://www.ihg.com/crowneplaza/hotels/gb/en/leeds/leeuk/hoteldetail">www.ihg.com/crowneplaza/hotels/gb/en/leeds/leeuk/hoteldetail</a>	0113 261 6845
DoubleTree by Hilton	<a href="http://www.hilton.com/en/hotels/lbaccdi-doubletree-leeds-city-centre/">www.hilton.com/en/hotels/lbaccdi-doubletree-leeds-city-centre/</a>	0113 241 1000
Hilton	<a href="http://www.hilton.com/en/hotels/leehnhn-hilton-leeds-city/">www.hilton.com/en/hotels/leehnhn-hilton-leeds-city/</a>	0113 244 2000
Jurys Inn	<a href="http://www.jurysinns.com/hotels/leeds">www.jurysinns.com/hotels/leeds</a>	0113 283 8800
Marriott	<a href="http://www.marriott.co.uk/hotels/travel/lbadt-leeds-marriott-hotel/">www.marriott.co.uk/hotels/travel/lbadt-leeds-marriott-hotel/</a>	0113 236 6366
Park Plaza	<a href="http://www.radissonhotels.com/en-us/hotels/park-plaza-leeds">www.radissonhotels.com/en-us/hotels/park-plaza-leeds</a>	0333 400 6144
Radisson Blu	<a href="http://www.radissonhotels.com/en-us/hotels/radisson-blu-leeds">www.radissonhotels.com/en-us/hotels/radisson-blu-leeds</a>	0113 236 6000
The Queens	<a href="http://www.thequeensleeds.co.uk/">www.thequeensleeds.co.uk/</a>	0113 243 1323

#### BUDGET

Holiday Inn Express	<a href="http://www.ihg.com/holidayinnexpress/hotels/gb/en/leeds/leecc/hoteldetail">www.ihg.com/holidayinnexpress/hotels/gb/en/leeds/leecc/hoteldetail</a>	00800 80 80 0800
Ibis	<a href="http://all.accor.com/hotel/3652/index.en.shtml">all.accor.com/hotel/3652/index.en.shtml</a>	0113 396 9000
Novotel	<a href="http://all.accor.com/hotel/3270/index.en.shtml">all.accor.com/hotel/3270/index.en.shtml</a>	0113 242 6446
Travelodge	<a href="http://www.travelodge.co.uk/hotels/323/Leeds-Central-Vicar-Lane-hotel">www.travelodge.co.uk/hotels/323/Leeds-Central-Vicar-Lane-hotel</a>	0871 984 6337

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<b>Mercure Leeds Centre</b>	<a href="http://all.accor.com/hotel/B360/index.en.shtml">all.accor.com/hotel/B360/index.en.shtml</a>	0113 204 2150
<b>Premier Inn</b>	<a href="http://www.premierinn.com/gb/en/hotels/england/west-yorkshire/leeds/leeds-city-centre-wellington-street.html">www.premierinn.com/gb/en/hotels/england/west-yorkshire/leeds/leeds-city-centre-wellington-street.html</a>	0333 003 1756

### SERVICED APARTMENTS

<b>Quebecs Luxury Apartments</b>	<a href="http://www.quebecsluxuryapartments.co.uk/">www.quebecsluxuryapartments.co.uk/</a>	0113 285 6250
<b>Roomzzz</b>	<a href="http://www.roomzzz.com/aparthotels/leeds-city">www.roomzzz.com/aparthotels/leeds-city</a>	0113 285 8000
<b>The Chambers</b>	<a href="https://www.morethanjustabed.com/">https://www.morethanjustabed.com/</a>	0113 386 3300

## RESTAURANTS

Please note, the bars and restaurants listed below are predominantly independents and only a small selection of eateries available in the city centre.

### BRITISH

<b>Chef Jono at V&amp;V</b>	Stylish destination for modern British tasting menus with wine & craft cocktails plus bar snacks.	<a href="https://www.chefjonoatvandv.co.uk/">https://www.chefjonoatvandv.co.uk/</a>	0113 345 0202
<b>Harvey Nichols</b>	Brasserie dining combining award-winning design and food on the fourth floor of Harvey Nichols	<a href="https://www.harveynichols.com/restaurants/leeds/">https://www.harveynichols.com/restaurants/leeds/</a>	0113 204 8000
<b>Ox Club</b>	Light-filled space with à la carte, prix fixe, & brunch menus specializing in elevated comfort food.	<a href="https://www.oxclub.co.uk/">https://www.oxclub.co.uk/</a>	0113 487 1814
<b>Shears Yard</b>	Chilled-out Modern European bar/restaurant with steel beams, exposed bricks and a high ceiling.	<a href="https://www.shearsyard.com/">https://www.shearsyard.com/</a>	0113 244 4144
<b>Six by Nico</b>	A six-course tasting menu every 6 weeks - each one themed upon a different place, memory or idea.	<a href="https://www.sixbynico.co.uk/leeds/">https://www.sixbynico.co.uk/leeds/</a>	0113 340 6666
<b>The Ivy</b>	British menus from breakfast to late-night in a two-story space with vibrantly patterned walls & decor	<a href="https://ivycollection.com/restaurants/the-ivy-victoria-quarter-brasserie/">https://ivycollection.com/restaurants/the-ivy-victoria-quarter-brasserie/</a>	0113 388 6222
<b>The Whitehall</b>	Modern British cuisine using classic ingredients to create simple yet imaginative dishes.	<a href="https://www.thewhitehallleeds.com/">https://www.thewhitehallleeds.com/</a>	0113 244 8443

### CHINESE

<b>Mans Market</b>	Airy, industrial-hip space offers classic & modern takes on Chinese cuisine plus cocktails.	<a href="http://mansmarkets.com/">http://mansmarkets.com/</a>	0113 244 0808
<b>Tattu</b>	Contemporary Chinese Cuisine fusing traditional flavours, modern methods & exquisite presentation for a unique dining experience.	<a href="https://tattu.co.uk/leeds/">https://tattu.co.uk/leeds/</a>	0113 245 1080



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<b>Wen's Restaurant</b>	Family-run restaurant offering up home-cooked Chinese plates, dumplings & nibbles in a cosy space.	<a href="https://wensrestaurant.co.uk/">https://wensrestaurant.co.uk/</a>	0113 244 4408
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### GRILL

<b>Blackhouse</b>	Modern, glass walled venue for sustainably sourced steak and seafood or a signature cocktail menu.	<a href="https://blackhouseleeds.co.uk/">https://blackhouseleeds.co.uk/</a>	0113 246 0669
<b>Fazenda</b>	Servers carve up to 15 types of grilled meat at your table with a wide range of salads & hot dishes.	<a href="https://fazenda.co.uk/leeds">https://fazenda.co.uk/leeds</a>	0113 400 1183
<b>Flat Iron</b>	Making remarkable steak accessible to all.	<a href="https://flatironsteak.co.uk/restaurant/leeds/">https://flatironsteak.co.uk/restaurant/leeds/</a>	
<b>Gaucha</b>	Designer furnishings and cowhide fabrics create a lavish backdrop for Argentine food and wine.	<a href="https://gauchorestaurants.com/menus/leeds/">https://gauchorestaurants.com/menus/leeds/</a>	0113 246 1777
<b>Red's True Barbecue</b>	Slow cooked meat with specially crafted rubs and seasonings in casual wood and brick filled canteen.	<a href="https://truebarbecue.com/leeds/">https://truebarbecue.com/leeds/</a>	0113 345 1360
<b>The Cut and Craft</b>	Northern chain combining contemporary steak and seafood dishes with a premium list of locally-crafted drinks.	<a href="https://www.thecutandcraft.co.uk/">https://www.thecutandcraft.co.uk/</a>	0113 831 4829
<b>The Restaurant Bar &amp; Grill</b>	Enter the dining room past a notable wine fridge for European food in the old Post Office building.	<a href="https://therestaurantbarandgrill.com/our-restaurants/leeds/">https://therestaurantbarandgrill.com/our-restaurants/leeds/</a>	0113 244 9625

### INDIAN

<b>Bengal Brasserie</b>	Great award-winning food in a friendly and comfortable environment	<a href="https://www.bengal-brasserie.com/leeds-city-centre/">https://www.bengal-brasserie.com/leeds-city-centre/</a>	0113 243 6318
<b>Bundobust</b>	Casual craft beer bar serving Indian street food menu amid bare brick and wooden benches and tables.	<a href="https://bundobust.com/locations/leeds/">https://bundobust.com/locations/leeds/</a>	0113 243 1248
<b>Indian Tiffin Room</b>	Bright, open-kitchen venue offers Indian street cuisine from chaat to kebabs plus cocktails.	<a href="http://www.indiantiffinroom.com/restaurants/leeds/">http://www.indiantiffinroom.com/restaurants/leeds/</a>	0113 397 2000
<b>Kerala</b>	Colourful South Indian restaurant with carved wooden chairs, for traditional Kerala specialities.	<a href="https://www.kerala-restaurant.com/">https://www.kerala-restaurant.com/</a>	0113 234 0033
<b>Mowgli</b>	Indian street food, tiffins and larger curries set amongst trees, swings and fairy lights.	<a href="https://www.mowglistreetfood.com/restaurants/leeds/">https://www.mowglistreetfood.com/restaurants/leeds/</a>	0113 403 3215
<b>Tharavadu</b>	Indian cuisine from Kerala in a modern venue with floor-to-ceiling windows and polished wood floors.	<a href="http://www.tharavadurestaurants.com/">http://www.tharavadurestaurants.com/</a>	0113 244 0500

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### SPANISH

<b>Ambiente</b>	Casual and relaxed Spanish dining in a modern setting with balcony dining overlooking the River Aire.	<a href="https://www.ambiente-tapas.co.uk/leeds">https://www.ambiente-tapas.co.uk/leeds</a>	0113 246 1848
<b>La Taberna</b>	Informal, warm Spanish restaurant specialising in meat, seafood & veggie tapas, plus sangria & wine.	<a href="https://latabernal Leeds.com/">https://latabernal Leeds.com/</a>	0113 245 0871

### ITALIAN

<b>Bibis Italianissimo</b>	Glamorous, plant filled 20s-style dining room for wide range of Italian dishes or classic cocktails.	<a href="https://www.bibisrestaurant.com/">https://www.bibisrestaurant.com/</a>	0113 243 0905
<b>Da Vito Ristorante</b>	From classic recipes to new-age kitchen adventures, each dish reflects a passion for high-quality food.	<a href="https://www.davitoristorante.com/">https://www.davitoristorante.com/</a>	0113 234 6666
<b>LIVIN'italy</b>	Relaxed all-day bar/eatery and deli for Italian breakfast, snacks and full meals, plus cocktails.	<a href="https://livinitaly.com/">https://livinitaly.com/</a>	0113 243 0090
<b>San Carlo</b>	Italian dishes in landmark dining room with hand carved stone bar and an iced seafood display.	<a href="https://sancarlo.co.uk/restaurants/san-carlo-leeds/">https://sancarlo.co.uk/restaurants/san-carlo-leeds/</a>	0113 246 1500
<b>Sarto</b>	A bar and restaurant in Leeds with a focus on fresh, handmade pasta.	<a href="https://sartopasta.uk/">https://sartopasta.uk/</a>	0113 345 2074
<b>Stuzzi</b>	Award winning restaurateurs, importers and purveyors of fine Italian stuff.	<a href="https://stuzzi.co.uk/leeds/">https://stuzzi.co.uk/leeds/</a>	0113 245 5323

### THAI

<b>Chaophraya</b>	Lavish restaurant and lounge bar for Thai fine dining plus a private room with sunken seating.	<a href="https://chaophraya.co.uk/thai-restaurant/leeds">https://chaophraya.co.uk/thai-restaurant/leeds</a>	0113 430 0122
<b>Mommy Thai</b>	Three locations providing authentic Thai dishes in a Thai street food atmosphere.	<a href="https://www.mommythai.co.uk/">https://www.mommythai.co.uk/</a>	0113 450 7263
<b>My Thai</b>	Industrial chic chain dining room offering familiar Thai cuisine in a lively space.	<a href="https://mythairestaurant.co.uk/">https://mythairestaurant.co.uk/</a>	0113 245 9245
<b>Sukhothai Restaurant</b>	Bamboo screens and Asian artwork decks out the interior of this Thai restaurant serving 200 dishes.	<a href="https://sukhothai.co.uk/restaurants/leeds-city-centre/">https://sukhothai.co.uk/restaurants/leeds-city-centre/</a>	0113 242 2795
<b>Thai a Roy Dee</b>	Happy hour specials on Thai meals in a simple but welcoming dining room. Closed Wednesdays.	<a href="https://www.thaiaroydeeleeds.co.uk/">https://www.thaiaroydeeleeds.co.uk/</a>	0113 245 2174
<b>Zaap</b>	Bright, casual Thai restaurant with market stalls, hanging signs and tuk tuk, for street food menu.	<a href="https://zaapthai.co.uk/locations/leeds/">https://zaapthai.co.uk/locations/leeds/</a>	0113 243 2586



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### JAPANESE

<b>Bar Soba</b>	An award-winning combination of Pan-Asian street food, indulgent cocktails and a cutting-edge soundtrack.	<a href="https://www.barsoba.co.uk/">https://www.barsoba.co.uk/</a>	0113 345 3393
<b>Blue Sakura</b>	Trendy, colourful eatery offering all-you-can-eat sushi & Pan-Asian dishes, plus sake & cocktails.	<a href="http://www.bluesakura.co.uk/">www.bluesakura.co.uk/</a>	0113 244 2989
<b>Chino Latino</b>	Pan-Asian food, cocktails and sake in a clubby space with moody lighting, plus a free car park.	<a href="https://chinolatino.co.uk/locations/leeds/">https://chinolatino.co.uk/locations/leeds/</a>	0113 380 4080
<b>House of Fu</b>	Ramen bar with karaoke bar on offer.	<a href="https://www.hellohouseoffu.com/leeds/">https://www.hellohouseoffu.com/leeds/</a>	0113 234 6907
<b>Little Tokyo</b>	Diners sit on cushions on the ground to eat sushi or bento boxes in the cosy candlelit interior.	<a href="https://littletokyoleeds.co.uk/">https://littletokyoleeds.co.uk/</a>	0113 243 9090
<b>Sushi Waka</b>	Casual Japanese spot for sushi, sashimi, colourful rolls & bento boxes.	<a href="https://sushiwakaleeds.co.uk/">https://sushiwakaleeds.co.uk/</a>	0113 243 8339
<b>Teppanyaki</b>	Japanese teppanyaki restaurant, with pared-down Asian styling and cooking on tableside hotplates.	<a href="https://www.teppanyakileeds.net/">https://www.teppanyakileeds.net/</a>	0113 245 3345

### LATIN AMERICAN

<b>Azotea</b>	A rooftop bar showcasing the best of Latin American cuisine.	<a href="https://azotea.co.uk/">https://azotea.co.uk/</a>	0113 529 7800
<b>Casa</b>	A Latin fusion of Colombian, Venezuelan, Peruvian and Mexican dishes from time honoured recipes, freshly prepared before your very eyes.	<a href="https://www.casa-leeds.com/">https://www.casa-leeds.com/</a>	07710 958118
<b>Lupe's Cantina</b>	An authentic Mexican restaurant with great range of freshly-cooked food, offering good value for money.	<a href="https://www.lupescantinamexicana.co.uk/">https://www.lupescantinamexicana.co.uk/</a>	0113 345 3070

### PUB GRUB

<b>Midnight Bell</b>	Local brewery-run gastropub with courtyard serving menu of British classics and own brand cask ales.	<a href="https://midnightbell.co.uk/">https://midnightbell.co.uk/</a>	0113 244 5044
<b>The Adelphi</b>	Striking period decor in a Victorian tavern with wood panels and old tiles, plus real ale and grub.	<a href="https://www.theadelphileeds.co.uk/">https://www.theadelphileeds.co.uk/</a>	0113 245 6377
<b>The Brunswick</b>	Serving seasonal locally sourced food a wide range of beers and ales.	<a href="https://www.thebrunswick.co.uk/">https://www.thebrunswick.co.uk/</a>	0113 247 0546
<b>The Cross Keys</b>	Smart gastropub with cosy alcoves and an open fire, serving classic British dishes and local ales.	<a href="https://thecrosskeysleeds.co.uk/">https://thecrosskeysleeds.co.uk/</a>	0113 831 3156
<b>The Ship</b>	Cosy pub with wood-panelled walls, bookshelves, locally brewed hand-pulled ales and homestyle food.	<a href="http://www.theshipleeds.co.uk/">http://www.theshipleeds.co.uk/</a>	0113 246 8031

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<b>The White Swan</b>	Pub next to City Varieties serving simple, homemade food and range of local, European and American beers.	<a href="https://whiteswanleeds.co.uk/">https://whiteswanleeds.co.uk/</a>	0113 242 0187
<b>Wapentake</b>	Cozy tavern with a Yorkshire theme offering pub eats, baked goods & brunch alongside coffee & pints.	<a href="https://www.visitleeds.co.uk/things-to-do/view-all/wapentake/">https://www.visitleeds.co.uk/things-to-do/view-all/wapentake/</a>	0113 243 6248
<b>Whitelocks Ale House</b>	Former marketman's pub with old wooden bar and stained glass serving British menu and local ales.	<a href="https://whitelocksleeds.com/">https://whitelocksleeds.com/</a>	<a href="tel:01132453950">0113 245 3950</a> / 0113 242 3368

### VEGETARIAN/VEGAN

<b>Cantina</b>	Leeds' original all vegan canteen. Delicious diner-inspired grub at The Old Red Bus Station.	<a href="https://theoldredbusstation.com/cantina-brings-a-new-take-on-vegan-food-in-leeds-city-centre">https://theoldredbusstation.com/cantina-brings-a-new-take-on-vegan-food-in-leeds-city-centre</a>	0113 345 1661
<b>Döner Summer</b>	Trendy chain outlet specializing in vegan comfort food & cocktails, plus a take-out option.	<a href="https://www.donersummer.com/">https://www.donersummer.com/</a>	0113 345 1930
<b>Manjit's Kitchen</b>	A chalkboard menu featuring Indian street food dishes in a lively space with bright interiors.	<a href="https://www.manjitskitchen.com/menu">https://www.manjitskitchen.com/menu</a>	07941 183132

### THE BEST OF THE REST

<b>Eat Your Greens</b>	Organic restaurant in Leeds city centre serving seasonal food and natural wines.	<a href="https://eatyourgreensleeds.co.uk/">https://eatyourgreensleeds.co.uk/</a>	0113 244 6896
<b>Friends of Ham</b>	Laid-back hangout on 2-bijou floors for artisan charcuterie and cheese platters, plus craft beers.	<a href="https://friendsofham.com/">https://friendsofham.com/</a>	0113 242 0275
<b>Leeds Kirkgate Market</b>	Where Street Food Meets Market	<a href="https://www.leeds.gov.uk/leedsmarkets">https://www.leeds.gov.uk/leedsmarkets</a>	0113 378 1950
<b>Pieminister</b>	Home to the legendary Mothership and Tower of Power, this is two floors of pie heaven overlooking the Corn Exchange in the centre of Leeds.	<a href="https://pieminister.co.uk/">https://pieminister.co.uk/</a>	0113 859 1681
<b>Trinity Kitchen</b>	Lively, colourful shopping centre space housing global street food restaurants and pop-up carts.	<a href="https://www.trinityleeds.com/en/eat-listing?page=1&amp;sort=asc">https://www.trinityleeds.com/en/eat-listing?page=1&amp;sort=asc</a>	0113 394 2415

### BARS AND COFFEE HOUSES

Listed below are a selection of bars that are near the theatre; there are plenty more in Leeds City Centre.

#### BARS

<b>Bar Fibre</b>	Featuring four floors of partying, this gay-friendly club in offers neon lights, sofas, and a courtyard and cocktails.	<a href="https://barfibre.com/">https://barfibre.com/</a>	0113 344 9550
<b>Belgrave Music Hall &amp; Canteen</b>	3-floor 1930s venue for live gigs, comedy, film and art, plus fast food, 2 bars and a roof terrace.	<a href="https://www.belgravemusic hall.co.uk/">https://www.belgravemusic hall.co.uk/</a>	0113 242 2066

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<b>Below Stairs</b>	Hideaway bar for a variety of refined craft cocktails, beer and wine in a sophisticated setting.	<a href="https://www.belowstairsbar.com/">https://www.belowstairsbar.com/</a>	07810 177836
<b>Blind Tyger</b>	Cocktails inspired from around the world. In the sanctuary that is Blind Tyger.	<a href="https://blindtyger.co.uk/blind-tyger-leeds/">https://blindtyger.co.uk/blind-tyger-leeds/</a>	0113 246 0770
<b>BrewDog</b>	No-nonsense chain bar specialising in the Scottish brewery's craft beers, with regular guest brews.	<a href="https://drink.brewdog.com/uk/brewdog-north-street-leeds">https://drink.brewdog.com/uk/brewdog-north-street-leeds</a>	0113 391 2950
<b>Brew York</b>	Craft beer bar in Leeds. 20-line beer selection, cocktails, craft spirits and wine.	<a href="https://brewyork.co.uk/our-venues/new-briggate/">https://brewyork.co.uk/our-venues/new-briggate/</a>	01904 848448
<b>Brotherhood</b>	Bar serving cocktails, craft beer and pub fare in a trendy space with pool tables and televisions.	<a href="https://www.thisisthebrotherhood.com/">https://www.thisisthebrotherhood.com/</a>	0113 243 4060
<b>Hifi</b>	A friendly and welcoming spot with DJ led and live music nights based around a variety of musical genres including Soul, Funk, Hip Hop, Reggae and Disco.	<a href="https://www.thehificlub.co.uk/">https://www.thehificlub.co.uk/</a>	0113 242 7353
<b>Queens Court</b>	A leading LGBTQIA+ bar in the heart of Leeds' Freedom quarter.	<a href="https://www.queenscourtleeds.co.uk/leeds">https://www.queenscourtleeds.co.uk/leeds</a>	0113 245 9449
<b>Latitude Wine Bar</b>	Specialist bottle shop and wine bar with platter selection.	<a href="https://latitudewine.co.uk/">https://latitudewine.co.uk/</a>	0113 245 3393
<b>Mean-Eyed Cat</b>	Food, drinks, champagne receptions, private DJs, magicians, bands and more.	<a href="https://meaneyecatbar.co.uk/">https://meaneyecatbar.co.uk/</a>	0113 242 3966
<b>Mix Karaoke</b>	Disco-like setting for karaoke in a variety of rooms suitable for small gatherings or big parties.	<a href="https://mixkaraoke.co.uk/">https://mixkaraoke.co.uk/</a>	0113 246 9997
<b>MOJO</b>	Halfway between stylish cocktail bar and laidback pub. Music is the centre at this timeless venue.	<a href="https://www.mojobar.co.uk/leeds">https://www.mojobar.co.uk/leeds</a>	0113 360 4810
<b>North Bar</b>	Small glass fronted bar serving over 50 whiskies, 10 gins, 30 rums and loads of hard-to-find beers.	<a href="http://www.northbar.com/">http://www.northbar.com/</a>	0113 242 4540
<b>Roxy Ball Room</b>	The home of competitive social gaming all set to a rock and indie soundtrack, and a fantastic food and drink selection! Booze & Ball Games.	<a href="https://www.roxyballroom.co.uk/leeds/">https://www.roxyballroom.co.uk/leeds/</a>	0113 467 2230
<b>Santiago Bar</b>	Live rock, punk & alternative bands regularly play at this casual hangout serving cocktails & beer.	<a href="https://www.visitleeds.co.uk/things-to-do/view-all/santiago-bar/">https://www.visitleeds.co.uk/things-to-do/view-all/santiago-bar/</a>	0113 244 4472
<b>Sela Bar</b>	Global artisan beers, cocktails and pizzas in a hip hangout for eclectic live music and local art.	<a href="http://www.selabar.com/">http://www.selabar.com/</a>	0113 242 9442
<b>Smokestack</b>	New Orleans-inspired bar and speakeasy.	<a href="https://smokestackleeds.co.uk/">https://smokestackleeds.co.uk/</a>	0113 245 2222

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<b>Tailors</b>	Come 6pm, Thursday to Saturday, the tape measure drops at this tailor's and the illustrious gin lounge comes alive, as the roaring twenties are unleashed.	<a href="https://www.tailorsgin.com/">https://www.tailorsgin.com/</a>	0113 450 6527
<b>The Assembly</b>	Bringing understated charm to an intimate home-from-home setting, The Assembly serves craft beer, cocktails and a carefully selected wine list, alongside locally sourced charcuterie, bar snacks and speciality coffee.	<a href="https://www.theassemblyleeds.co.uk/crossgates/">https://www.theassemblyleeds.co.uk/crossgates/</a>	0113 318 8486
<b>The Social</b>	Modern, spacious bar with bare brick walls and a mix of seating: wooden chairs, bar stools and comfy sofas.	<a href="https://www.instagram.com/thesocialleeds/?hl=en-gb">https://www.instagram.com/thesocialleeds/?hl=en-gb</a>	0113 244 4401
<b>The Domino</b>	Classic bar drinks in a lively setting with daily performances & Friday/Saturday-only cover charge.	<a href="https://www.thedomino.co.uk/">https://www.thedomino.co.uk/</a>	0113 513 2086
<b>Viaduct</b>	Fully choreographed drag cabaret venue.	Glam gay bar with a stage for cabaret performances by drag artists and tribute acts.	0113 344 9552
<b>Wax Bar and Juke Joint</b>	Trendy, funky new bar with an old school theme featuring a jukebox and vinyl records and player.	<a href="https://www.instagram.com/waxbar_leeds/?hl=en">https://www.instagram.com/waxbar_leeds/?hl=en</a>	0113 245 9067

### COFFEE HOUSES

<b>Flamingos</b>	Leeds's only late-night LGBT+ friendly Coffee House.	<a href="https://flamingosleeds.co.uk/">https://flamingosleeds.co.uk/</a>	0113 244 8699
<b>Just Grand Vintage Tearoom</b>	Unique afternoon tea experience	<a href="https://www.just-grand.co.uk/">https://www.just-grand.co.uk/</a>	0113 243 1306
<b>IF...Call Lane</b>	Counter service menu specializing in breakfast & brunch fare with cosy, rustic interior details.	<a href="https://www.ifupnorth.co.uk/">https://www.ifupnorth.co.uk/</a>	07535952805
<b>Laynes Espresso</b>	Carefully sourced and freshly roasted coffee beans prepared by trained baristas with a snacky menu.	<a href="https://www.laynesespresso.co.uk/">https://www.laynesespresso.co.uk/</a>	07828 823189
<b>Kapow Coffee</b>	Independent coffee shop in the city centre.	<a href="https://www.kapowcoffee.co.uk/">https://www.kapowcoffee.co.uk/</a>	
<b>La Bottega Milanese</b>	Trained baristas brew locally roasted coffees to serve with Italian patisserie and light snacks.	<a href="https://www.labottagamilanese.co.uk/">https://www.labottagamilanese.co.uk/</a>	0113 245 4242
<b>North Star Coffee Shop</b>	Award-winning coffee roastery, providing ethically sourced coffees of the highest quality by working with speciality focused producers.	<a href="https://www.northstarroast.com/cafe/">https://www.northstarroast.com/cafe/</a>	0113 824 4230
<b>Olive &amp; Rye</b>	Independent café in the stunning Queens Arcade in the heart of Leeds.	<a href="https://www.oliveandrye.co.uk/">https://www.oliveandrye.co.uk/</a>	0113 318 1233
<b>Out of the Woods</b>	Small but perfectly formed with a cosy and friendly atmosphere.	<a href="http://outofthewoods.me.uk/">http://outofthewoods.me.uk/</a>	0113 245 4144

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<b>Raw Coffee</b>	Small and sleek coffee joint serving coffee using its own roasted beans, Yorkshire Tea and bagels.	<a href="https://www.instagram.com/raw.coffeeleeds/">https://www.instagram.com/raw.coffeeleeds/</a>	
<b>San Co. Co</b>	Café serving freshly ground coffee, breakfast, sandwiches with home-made bread and Italian pasta.	<a href="https://www.instagram.com/san_co.co/?hl=en-gb">https://www.instagram.com/san_co.co/?hl=en-gb</a>	0113 244 3956
<b>Sonder</b>	<b>10% off food and beverage when you mention you work at The Grand.</b> A 'Japanro' lifestyle brand, Sonder is a unique blend of Japanese & Retro inspirations, delivering worldly wares, exquisite refreshments and more, nestled in the historic Grand Arcade.	<a href="https://www.sonderleeds.com/">https://www.sonderleeds.com/</a>	

## THINGS TO DO IN LEEDS

### MUSEUMS

<b>Abbey House Museum</b>	Family-friendly Museum exploring social history and childhood in Victorian era Leeds.	<a href="https://museumsandgalleries.leeds.gov.uk/abbey-house-museum/">https://museumsandgalleries.leeds.gov.uk/abbey-house-museum/</a>
<b>Leeds City Museum</b>	Six galleries and a programme of family friendly exhibitions in the heart of Leeds.	<a href="https://museumsandgalleries.leeds.gov.uk/leeds-city-museum/">https://museumsandgalleries.leeds.gov.uk/leeds-city-museum/</a>
<b>Leeds Discovery Centre</b>	Explore the incredible museum store, where you'll find an astonishing collection of over one million objects, captivating stories, and passionate experts all under one roof.	<a href="https://museumsandgalleries.leeds.gov.uk/leeds-discovery-centre/">https://museumsandgalleries.leeds.gov.uk/leeds-discovery-centre/</a>
<b>Leeds Industrial Museum</b>	The Leeds Industrial Museum at Armley Mills is a museum of industrial heritage, including collections of textile machinery, railway equipment and heavy engineering.	<a href="https://museumsandgalleries.leeds.gov.uk/leeds-industrial-museum/">https://museumsandgalleries.leeds.gov.uk/leeds-industrial-museum/</a>
<b>National Coal Mining Museum</b>	The National Coal Mining Museum for England provides a unique day out filled with grit and charm.	<a href="https://www.ncm.org.uk/">https://www.ncm.org.uk/</a>
<b>Royal Armouries Museum</b>	The Royal Armouries is the United Kingdom's National Museum of Arms and Armour.	<a href="https://royalarmouries.org/">https://royalarmouries.org/</a>
<b>Thackray Museum of Medicine</b>	A museum of the history of medicine adjacent to St James's University Hospital.	<a href="https://thackraymuseum.co.uk/">https://thackraymuseum.co.uk/</a>

### LEISURE

<b>Electric Shuffle</b>	A lively bar on the Headrow with shuffleboard, drinks and food.	<a href="https://electricshuffle.com/uk/leeds">https://electricshuffle.com/uk/leeds</a>
<b>Junkyard Golf Leeds</b>	The home of crazy golf, fun cocktails and all things junk. Go wild for weird & epic mashed up 9-hole crazy golf courses.	<a href="https://www.junkyardgolfclub.co.uk/leeds/">https://www.junkyardgolfclub.co.uk/leeds/</a>



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<b>The Great Escape Leeds</b>	Immersive escape room games. Create amazing memories, racing against the clock in our 12 award-winning adventures.	<a href="https://thegreatescapegame.co.uk/experiences/escape-rooms-leeds">https://thegreatescapegame.co.uk/experiences/escape-rooms-leeds</a>
<b>Arcade Club Leeds</b>	Arcade Club is Europe's largest free play video and pinball arcade. More than 300 well maintained classic arcade machines in an ever-expanding library.	<a href="https://www.arcadecub.co.uk/leeds/">https://www.arcadecub.co.uk/leeds/</a>
<b>Laser Zone</b>	Explore our multi-level fully marshalled arena, equipped with state of the art 'Helios' laser packs and phasers.	<a href="https://www.laserzone.co.uk/leeds/">https://www.laserzone.co.uk/leeds/</a>
<b>Roxy Lanes</b>	More than just your average bowling alley, at Roxy lanes you get the works.	<a href="https://roxyleisure.co.uk/location/leeds-the-light/">https://roxyleisure.co.uk/location/leeds-the-light/</a>
<b>Tenpin</b>	26 bowling lanes, arcade, table tennis, pool tables, and even beer pong for you to enjoy.	<a href="https://www.tenpin.co.uk/our-locations/leeds/">https://www.tenpin.co.uk/our-locations/leeds/</a>

### FAMILY DAYS OUT

<b>Visit Leeds</b>	<a href="https://www.visitleeds.co.uk/family/">https://www.visitleeds.co.uk/family/</a>
<b>Days Out With The Kids</b>	<a href="https://www.dayoutwiththekids.co.uk/things-to-do/yorkshire/west-yorkshire/leeds">https://www.dayoutwiththekids.co.uk/things-to-do/yorkshire/west-yorkshire/leeds</a>

### GALLERIES

<b>Leeds Art Gallery</b>	Part of the Leeds Museums & Galleries group, whose collection of 20th-century British Art was designated by the British government in 1997 as a collection 'of national importance'.	<a href="https://museumsandgalleries.leeds.gov.uk/leeds-art-gallery/">https://museumsandgalleries.leeds.gov.uk/leeds-art-gallery/</a>
<b>The Henry Moore Institute</b>	One of the largest sculpture galleries in Europe with temporary exhibitions.	<a href="https://www.henry-moore.org/">https://www.henry-moore.org/</a>
<b>The Stanley &amp; Audrey Burton Gallery and Treasures of the Brotherton Gallery</b>	Collection of fine art, artefacts, rare books and manuscripts.	<a href="https://library.leeds.ac.uk/info/1905/about/117/the-stanley-and-audrey-burton-gallery">https://library.leeds.ac.uk/info/1905/about/117/the-stanley-and-audrey-burton-gallery</a>
<b>Yorkshire Sculpture Park</b>	Open-air gallery in West Bretton near Wakefield showing work by British and international artists, including Henry Moore and Barbara Hepworth.	<a href="https://ysp.org.uk/">https://ysp.org.uk/</a>

### SHOPPING

<b>Trinity Leeds</b>	High street names beneath an iconic glass roof where 120 shops, bars and restaurants are abuzz seven days a week.	<a href="https://trinityleeds.com/">https://trinityleeds.com/</a>
<b>Kirkgate Market</b>	Grade I listed historical market with over 400 stalls where Michael Marks of Marks and Spencer first plied his trade.	<a href="https://www.leeds.gov.uk/leedsmarkets">https://www.leeds.gov.uk/leedsmarkets</a>



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<b>Victoria Leeds</b>	Combining Victoria Gate and Victoria Arcade, a beautiful shopping district recognised as the premium shopping area in the North of England.	<a href="https://www.victorialeeds.co.uk/">https://www.victorialeeds.co.uk/</a>
<b>Corn Exchange</b>	Iconic independent shopping hub in a magnificent setting.	<a href="https://www.leedsinspired.co.uk/places/leeds-corn-exchange">https://www.leedsinspired.co.uk/places/leeds-corn-exchange</a>
<b>Arcades</b>	Spectacularly beautiful Victorian arcades across Leeds include Queens Arcade, Thornton's Arcade, Grand Arcade, Central Arcade and the Victoria Quarter.	<a href="https://www.visitleeds.co.uk/things-to-do/shopping/?_sft_attraction-tag=shopping-arcades">https://www.visitleeds.co.uk/things-to-do/shopping/?_sft_attraction-tag=shopping-arcades</a>

### HAIRDRESSERS & BARBERS\*

<b>BarberBarber</b>	<a href="https://www.barberbarber.com/leeds">https://www.barberbarber.com/leeds</a>	<b>0113 242 5767</b>
<b>Evolve</b>	<a href="https://www.treatwell.co.uk/place/evolve-hairdressing/">https://www.treatwell.co.uk/place/evolve-hairdressing/</a>	0113 234 1130
<b>Renegade Hair Studio</b>	<a href="http://www.renegade-hair-studio.com/">http://www.renegade-hair-studio.com/</a>	0113 245 9374
<b>Russell Eaton</b>	<a href="https://russelleatonhair.com/">https://russelleatonhair.com/</a>	0113 246 9162
<b>Teisha's Hair and Beauty Salon</b>	<a href="https://merrioncentre.co.uk/units/teishas">https://merrioncentre.co.uk/units/teishas</a>	07803 004080
<b>Temple Barbershop</b>	<a href="https://www.instagram.com/templebarbershopleeds/">https://www.instagram.com/templebarbershopleeds/</a>	0113 245 9695
<b>Tint</b>	<a href="https://www.tintleeds.com/">https://www.tintleeds.com/</a>	0113 243 3004

### GYMS\*

<b>The Core Gym</b>	<a href="https://www.thegymgroup.com/">https://www.thegymgroup.com/</a>	0300 303 4800
<b>Bannatyne Health Club</b>	<a href="https://www.bannatyne.co.uk/health-club/leeds">https://www.bannatyne.co.uk/health-club/leeds</a>	0344 477 4777
<b>PureGym</b>	<a href="https://www.puregym.com/city/leeds/">https://www.puregym.com/city/leeds/</a>	Multiple Sites

### SPAS\*

<b>Oulton Hall</b>	Set in 300 acres of landscaped gardens on the outskirts of Leeds with spa and leisure facilities.	<a href="https://www.oultonhallhotel.co.uk/">https://www.oultonhallhotel.co.uk/</a>	0113 282 1000
<b>Rudding Park</b>	An indoor and outdoor rooftop luxury spa in Harrogate.	<a href="https://www.ruddingpark.co.uk/spa/">https://www.ruddingpark.co.uk/spa/</a>	01423 871350
<b>Thorpe Park Spa Hotel</b>	Spa with 13 metre swimming pool, indoor jacuzzi, sauna and steam rooms, an extensive Technogym as well as relaxing treatment rooms and	<a href="https://www.thorpeparkhotel.co.uk/">https://www.thorpeparkhotel.co.uk/</a>	0113 264 1000

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	poolside and outdoor relaxation spaces.		
<b>Chevin Country Park &amp; Spa</b>	An alpine-feel country spa at the shore of a small lake, surrounded by birch forest, interspersed with log cabins.	<a href="https://www.chevinhotel.co.uk/">https://www.chevinhotel.co.uk/</a>	01943 467818

### MASSAGES\*

<b>Circle 8 Massage</b>	Simple, homely city centre parlour specialising in sports massages.	<a href="https://www.circle8massage.co.uk/">https://www.circle8massage.co.uk/</a>	07735 986040
<b>Holistic Bodywork with Erica</b>	A holistic therapy studio.	<a href="https://www.fresha.com/a/holistic-bodywork-with-erica-leeds-we-are-wellness-xpj0mcki">https://www.fresha.com/a/holistic-bodywork-with-erica-leeds-we-are-wellness-xpj0mcki</a>	
<b>Nuad Thai Boran</b>	Traditional Thai massage near the train station.	<a href="https://www.nuadthaiboran.co.uk/">https://www.nuadthaiboran.co.uk/</a>	07534 274897
<b>Rosa's Thai Massage</b>	Traditional Thai massage or deep tissue massage using Tiger Balm.	<a href="https://www.rosathaimassage.co.uk/">https://www.rosathaimassage.co.uk/</a>	07922 881689
<b>Direct D-Stress</b>	Small practice in Headingley specialising in physio and Chinese massages.	<a href="https://directdstress.mytreatment.co.uk/">https://directdstress.mytreatment.co.uk/</a>	07832 352350
<b>RMUK</b>	Large four-storey salon with 30 years' experience.	<a href="https://www.rm-uk.com/">https://www.rm-uk.com/</a>	0113 243 6842

### NECESSITIES

Please note Leeds Heritage Theatres is not affiliated with any of the following services and accepts no responsibility if you decide to use them.

### DOCTORS\*

<b>St George's Road (Minor Injuries Unit)</b>	<a href="https://www.localcaredirect.org/services/walk-in-services/">https://www.localcaredirect.org/services/walk-in-services/</a>	St Georges Rd, Middleton, Leeds LS10 4UZ 0330 311 5106
<b>Shakespeare Medical Practice (Walk in)</b>	<a href="https://onemedicalgroup.co.uk/surgeries/shakespeare-walk-in-centre/">https://onemedicalgroup.co.uk/surgeries/shakespeare-walk-in-centre/</a>	Burmantofts Health Centre, Cromwell Mount, Leeds LS9 7TA 0113 2951132
<b>A&amp;E St James's</b>	<a href="https://www.leedsth.nhs.uk/patients-visitors/our-hospitals/st-james-university-hospital/">https://www.leedsth.nhs.uk/patients-visitors/our-hospitals/st-james-university-hospital/</a>	Beckett St, Harehills, Leeds LS9 7TF 0113 243 3144
<b>A&amp;E LGI</b>	<a href="https://www.leedsth.nhs.uk/a-z-of-services/emergency-medicine/">https://www.leedsth.nhs.uk/a-z-of-services/emergency-medicine/</a>	Great George St, Leeds LS1 3EX 0113 243 2799

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### DENTISTS\*

Headrow Dental Practice	<a href="https://www.headrowdental.com/">https://www.headrowdental.com/</a>	0113 243 4014
The Tooth Spa	<a href="https://www.thetoothspaleeds.co.uk/">https://www.thetoothspaleeds.co.uk/</a>	01132 625545
North Leeds Dental Clinic	<a href="https://northleedsdental.com/">https://northleedsdental.com/</a>	0113 2683137
Leeds Dental Institute	<a href="https://www.leedsth.nhs.uk/patients-visitors/our-hospitals/leeds-dental-institute/">https://www.leedsth.nhs.uk/patients-visitors/our-hospitals/leeds-dental-institute/</a>	0113 244 0111
City Dental Leeds	<a href="https://www.citydentalleeds.com/">https://www.citydentalleeds.com/</a>	0113 245 4868

### PHYSIO\*

CSPC Physiotherapy	<a href="https://www.cspc.co.uk/">https://www.cspc.co.uk/</a>	0113 2750606
Leeds Physiotherapy Clinic	<a href="https://www.leedsphysioclinic.com/">https://www.leedsphysioclinic.com/</a>	0113 245 7800
Leeds Sports Physio	<a href="https://www.leedssportsphysio.com/">https://www.leedssportsphysio.com/</a>	07974 578191
Ideal Physio	<a href="https://www.idealphysio.co.uk/">https://www.idealphysio.co.uk/</a>	0113 268 9326
The West Point Practice	<a href="https://www.westpointpractice.co.uk/">https://www.westpointpractice.co.uk/</a>	0113 244 0115
Sport and Spinal Physio	<a href="http://sportandspinalphysio.co.uk/">http://sportandspinalphysio.co.uk/</a>	0113 234 1199

### CHIROPRACTORS\*

Chiropractor First – Leeds City Centre	<a href="https://www.chiropractic-first.org/portfolio/leeds-city-centre/">https://www.chiropractic-first.org/portfolio/leeds-city-centre/</a>	0113 293 3000
Relieve Clinic – Leeds City Centre Osteopaths	<a href="https://relieveclinic.co.uk/">https://relieveclinic.co.uk/</a>	0113 451 0112
Headingley Chiropractor Clinic	<a href="https://headchiro.com/">https://headchiro.com/</a>	0113 228 9888
Freedom Care Clinics	<a href="https://freedomcareclinics.com/">https://freedomcareclinics.com/</a>	0113 345 5060

### SUPPORT CENTRES

Yorkshire MESMAC	<a href="https://www.mesmac.co.uk/">https://www.mesmac.co.uk/</a>	0113 244 4209
Samaritans Leeds	<a href="https://www.samaritans.org/branches/leeds/">https://www.samaritans.org/branches/leeds/</a>	116 123 (free from any phone)
Mental Health Services	<a href="https://www.leeds.gov.uk/adult-social-care/mental-health-services">https://www.leeds.gov.uk/adult-social-care/mental-health-services</a>	111

### Welcome pack and guide to Leeds

Support After Rape and Sexual Violence Leeds	<a href="http://supportafterrapeleeds.org.uk/">http://supportafterrapeleeds.org.uk/</a>	Freephone 0808 802 3344 Text 078 600 22 880
The Market Place Leeds (support service for 11-25-year-olds)	<a href="https://www.themarketplaceleeds.org.uk/">https://www.themarketplaceleeds.org.uk/</a>	0113 246 1659

### SPECIALIST SUPERMARKETS

Abu Bakr (Halal)	<a href="https://www.instagram.com/abubakrsupermarket/?hl=en">https://www.instagram.com/abubakrsupermarket/?hl=en</a>	37 Queen's Road, 259 Dewsbury Road 215 Roundhay Road 0113 360 8800
Sing-Kee Oriental Supermarket	<a href="https://singkeefoods.co.uk/gb/">https://singkeefoods.co.uk/gb/</a>	9 Pilot Street Leeds LS7 9NR
Ofosua's African Supermarket		171a, 173 Beeston Rd, Leeds LS11 6AW 0113 270 4449
Out of This World (Vegan)	<a href="https://veganproducts.co.uk/">https://veganproducts.co.uk/</a>	20 New Market Street, Leeds, West Yorkshire, LS1 6DG 01132 441881
Mahmood Halal Butchers		23 Alexandra Road Leeds LS6 1RF Phone number 0113 274 2840

### PLACES OF WORSHIP

A comprehensive list can be found at: <https://www.yell.com/s/places+of+worship-leeds-west+yorkshire.html>

### CARS/TAXIS

AMBER CARS:	0113 202 2112
ROYAL CARS:	0113 230 5000
INNER CITY:	0113 246 1919
PRIVILEGE EXECUTIVE CARS:	0113 264 7315
GALAXY EXECUTIVE TRAVEL:	07747 462 327

\* Please note, Leeds Heritage Theatres is not affiliated with any of these services and accepts no responsibility if you choose to use them.