

## *How to Get Here*

### **LAF Yorkshire Ltd is on the Third floor of 6-8 The Headrow, Leeds, LS1 6PT.**

LAF is on the third floor together with the Grandparent's Association, it is situated on The Headrow between Vicar Lane and Briggate above the BOSE Hi Fi shop. The entrance can be found next door to Primark and is shared with Carers Leeds and First Buses. We have a door entry system, please press the button marked LAF, identify yourself and you will be buzzed in. Enter and go to the third floor in the lift or via the staircase. Staff will await for you at the office where you will register and be given a name badge.

#### ▪ ***Arriving by car***

**Parking** –there are plenty of car parks in the centre of Leeds, however they do tend to be busy and expensive. The nearest car parks to the LAF training rooms are: Templar Street, Claypit Lane, West Yorkshire Playhouse, The Light, Merrion Centre, St Johns Centre and Kirkgate Market car parks. These can vary from price from £7 to £12 as at September 2009. For more details on car parking in the centre of Leeds, Leeds City Council have a map on their website that can be found at:

[http://www.leeds.gov.uk/files/Internet2007/2009/7/citycentre%20parking3\(1\).pdf](http://www.leeds.gov.uk/files/Internet2007/2009/7/citycentre%20parking3(1).pdf) – or Google “Leeds City Centre Parking map”.

This also outlines disabled parking spaces. Cheaper car parking can be found on street in Mabgate or St Mary's Street or at the car park at Emmaus Leeds on the far side of the A64 across from The Playhouse. We suggest that you use the West Yorkshire Playhouse car park if possible. Entrance to the West Yorkshire Playhouse is from Regent Street. Drive past the West Yorkshire Playhouse on your right and under the A64M flyover into Regent Street. Continue along Regent Street to the roundabout at the white Re'New building. Go round the roundabout and back on yourself towards the A64M flyover. At the traffic lights by the flyover there is a left filter (not a left turn) that takes you under the flyover and across the road into the West Yorkshire Playhouse car park. Long-stay parking is available at the top, far end of the car park, by Quarry House. The lower part of the car-park is short stay parking only. There is a bridge across the A64M which joins St Mary's Street to the Playhouse car park.

**If approaching from North Leeds** via Scott Hall Road, Chapeltown Road or Meanwood Road; at the Sheepscar Junction follow signs for City Centre. Continue into Regent Street, and past the white Re'New building on your left. Follow the road bear left (not turn left) into the slip road running towards the West Yorkshire Playhouse car park and go under the York Road flyover.

**If approaching from M1 or M62 motorway**; follow the M621 Leeds Centre signs, then follow signs for A58 Wetherby. Proceed past the Bus Station on your left to the roundabout and then turn back on yourself past the West Yorkshire Playhouse. Proceed as above.

#### ▪ ***Arriving by bus***

There is a frequent bus service to the main Kirkgate Bus Station. For bus times or more information call Metro Services on 0113 245 7676. From the bus station exit towards St Peter's Street and the Princess Diana roundabout. At the roundabout take Eastgate, cross to the far side and follow the road upwards to Vicar Lane. Cross over Vicar Lane into The Headrow. Continue up the hill to a large hi-fi shop with predominantly BOSE equipment. Just past this shop is the entrance to LAF.

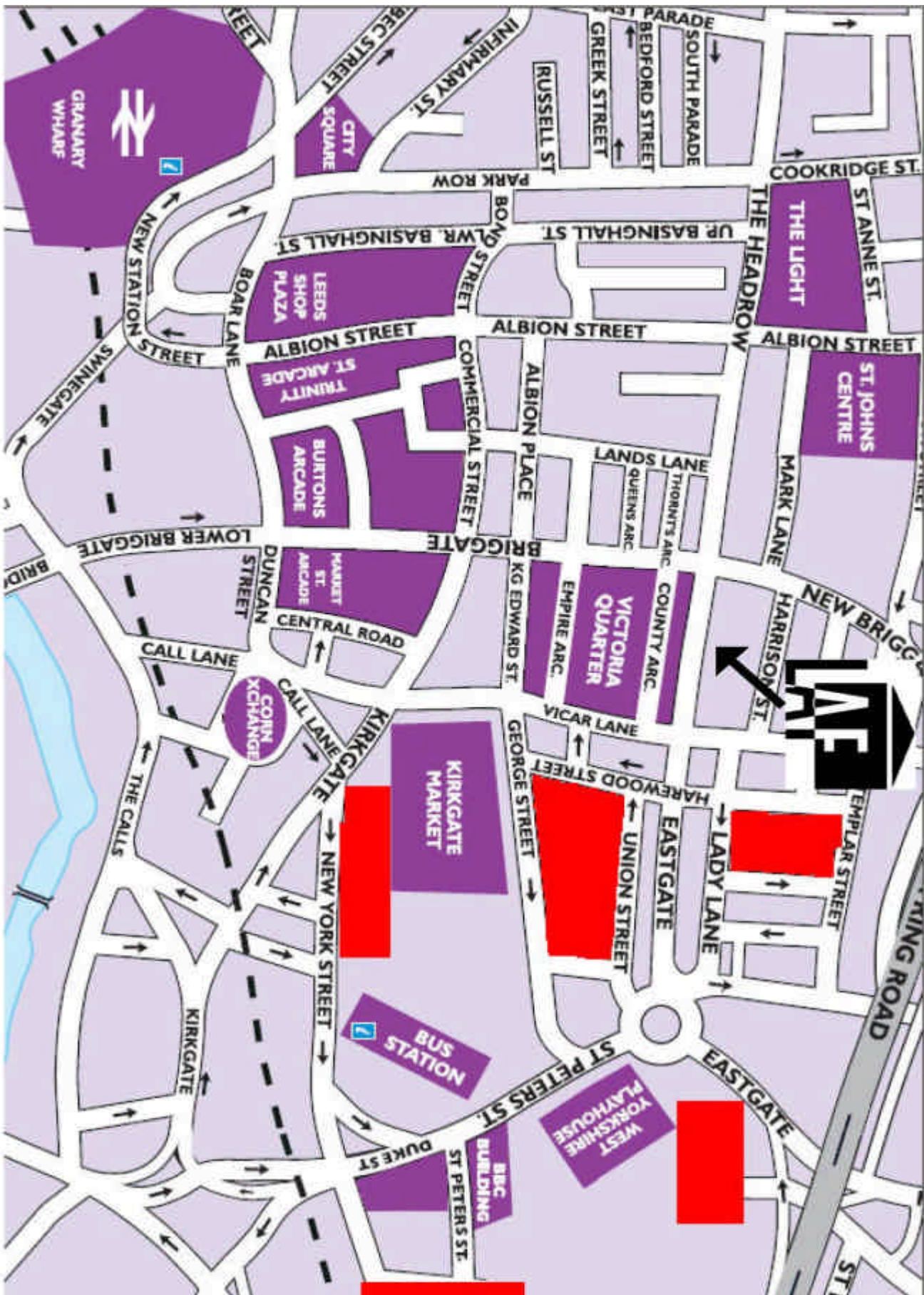
#### ▪ ***Arriving by train***

The Headrow is a short taxi journey from Leeds City Station, or exiting the station at the taxi rank, turn right and walk along the road to Boar Lane. Follow Boar Lane to the MacDonalDs on the corner of Briggate and turn left. Follow Briggate to the Headrow. Cross over The Headrow and turn right down the hill. Just after Primark look for the entrance to the LAF buildings on the left – it should have a sign with the LAF logo. If you pass the BOSE hi-fi shop, you have gone too far.

There is currently a free bus from both the station and the bus station that follows the Leeds Loop Road around the city and has a stop in The Headrow at the junction with Vicar Lane, very close to the LAF offices. It does go the long way round and takes around 15 minutes, but you don't get wet walking from the station if it is raining!

# HOW TO FIND LAF

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LAF Yorkshire Ltd Third Floor 6-8 The Headrow Leeds LS1 6PT Tel: 0113 2444221 Fax: 0113 2444221 Email: susan@lafonline.org Web: www.lafonline.org