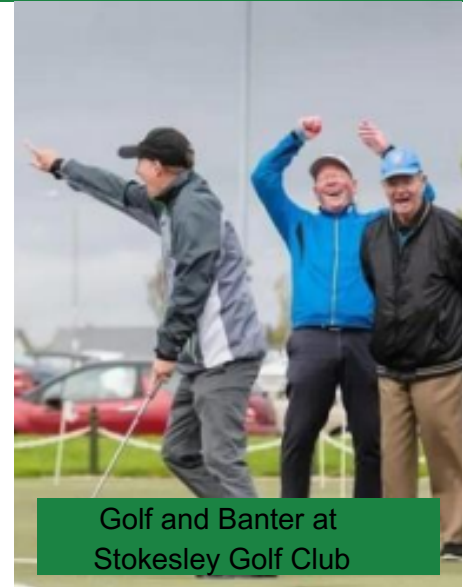




Homemade games at
Ballerina House



Bouldering at Red Goat
in York



Golf and Banter at
Stokesley Golf Club

Keeping Active with Dementia Forward

Keeping physically active is vital for us all, and has been proven to help with brain cognition, so we try and incorporate it into all our services. Pictured above is one of the ingenious ideas from our Ballerina House Hub, where they regularly create new games to get everyone moving. In addition, this month has been a great month for keeping active in all sorts of ways...

Thanks to the Zurich Community Trust we were able to host our latest Young Onset Social Gathering at the Red Goat Climbing Wall in York. We had so many people inspired and going out of their comfort zone - even saying they were going to go back for another session. Not only did we do climbing, but there was also table tennis, pizza and plenty of time for socialising. We host Young Onset Social Gatherings every month in a different area of North Yorkshire. The next one is a virtual race day on August 13th.

Low Harrogate Crown Green Bowling Club (pictured below) invited some of our groups for a taster session. We have had some great days out, with plenty of friendly competition! If you fancy giving bowling a go, it is a fairly small but very friendly club and new members are made very welcome. More information and contact details for the club are on their website.

And finally, we are partnering with Golf In Society for pilot 'Golf and Banter' sessions at Stokesley Golf Club. These are tailored golf sessions for people living with long term health conditions, teeing off every Tuesday at 10.30am, until the end of September. One of our Support Advisors is there each week to support. **Please get in touch for more information on any of the above activities.**



Northallerton Dementia Discussion

After the success of the Skipton Dementia Discussion, we are delighted to be planning a similar event for the Hambleton district at Northallerton Town Hall on World Alzheimer's Day, September 21st. This is a free event for anyone with an interest in dementia. There will be opportunity to pose questions to a panel of experts, to improve your understanding of dementia and to find out what services are available in the area, through the marketplace of stallholders.

Thursday 21st September
1pm - 3pm
Northallerton Town Hall

Including:

Dementia Awareness Education
Panel Discussion
Local Support Marketplace



Awareness Walk for Scarborough



Over the last few years, South Cliff Gardens in Scarborough has had a complete restoration and has been restored to its former glory, including reopening a 'secret' tunnel that was blocked up for nearly 50 years! Following consultation with the Coastal Dementia Pals group, facilitated by Scarborough Support Advisor Irene, an accessible pathway has been created through the gardens. So it is fitting that this will be the route for our Scarborough Dementia Awareness Walk on the 10th of September.

Everyone is welcome to come and join us for the walk, which will end with the all important tea and cake.

Registration is from 10.30am at the new Beehive Community Hub, ready to start the walk at 11am. For more information and sponsorship forms, call 01765 601224 or email amy.senior@dementiaforward.org.uk.



Service Update

Our Whitby Cafe has really taken off. Dementia Support Advisor Hannah is delighted with how it is going and to have a new team of volunteers joining her. The Whitby Welcome Wednesday Cafe is at The Coliseum every Wednesday from 1pm to 3pm. We are also planning a Dementia Discussion Event at the same venue in October - so more news on that in the next DF Messenger.



A Thank You Letter from Yvonne to the Volunteers in Selby

I've been a Dementia Support Advisor in Selby since 2008, with Dementia Forward since 2014. Now my role is changing within the organisation and I will no longer be running the Selby groups, although I do intend to be a regular visitor and I will still be covering sessions occasionally I hope. I would like to thank all my volunteers who have supported me over the years, it has been such fun running our groups with you. I am thankful for your time, for your energy, for your kindness and your encouragement. I really couldn't have done it without you.

Yvonne x

You are warmly invited to Dementia Forward's Winter Ball

Friday 10th November 2023

3-Course Dinner, Live Entertainment, Raffle and more!

Tickets £50

To book your place or a table, email amy.senior@dementiaforward.org.uk or call 01765 601224. Please also get in touch, if you are interested in sponsorship opportunities or are able to donate a raffle prize.

This event is sponsored by Promedica24

Summer Fair Burton Leonard

Last year, we held our George Armitage House Summer Fair on the hottest day of the year. This year, we are just praying that the rain will stay away. The fair will be on the 16th August from 11am to 2pm, and we are planning on having singing from our Harrogate and Burton Leonard singers, stalls, games and a BBQ. Please come along for some summer fun - whatever the weather!

Skipton Rocks Against Dementia!

...with Paisley Rehab
Saturday 21st October 2023
Niffany Farm, Skipton

Paisley Rehab is a local rock band. They are giving their time for free and we want as many people as possible to join us and help make it a night to remember. Tickets are £12.50 which includes supper, we'd love to see you there!



Musical Afternoon Tea Richmond

The Vintage Vocalist is back again to perform at our Musical Afternoon Tea in Richmond. An afternoon of singing, dancing and plenty of tea and scones too! Kindly sponsored by Promedica24, who provide specialist 24/7 companion care at home services.



1st September,
1pm-3pm
Richmond Town Hall



Thank you to everyone who has been busy fundraising for us. You are all incredible. We wish we could give you all a special mention. Every penny is spent well - on supporting people living with dementia across the areas we support.

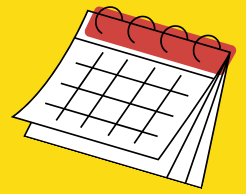
Thank you!

To keep up to date with Dementia Forward's services, events and much more, please follow us @dementiaforward on Facebook, Instagram and Twitter

The Messenger - August 2023



Dates for the diary



3rd August - Music by the Canal, Skipton **CANCELLED**

16th August - Burton Leonard Summer Fair

25th August - Ballerina House Summer Fair

1st September - Musical Afternoon Tea, Richmond

September - Skydive - let us know if you're up for a challenge!

10th September - Dementia Awareness Walk, Scarborough

21st October - Skipton Rocks Against Dementia

24th October - #YODA Day - watch this space!

10th November - Winter Ball

Visit www.dementiaforward.org.uk/events/ or email
amy.senior@dementiaforward.org.uk



**Dementia
Forward**



Care and Support for Life

For confidential support and advice around dementia,
call your local Helpline on:

03300 578592

Monday - Friday
9am - 4pm
(excluding Bank Holidays)

Website: www.dementiaforward.org.uk

Email: info@dementiaforward.org.uk

Social Media: [@dementiaforward](https://www.facebook.com/dementiaforward)