

The Dementia Forward Messenger

Helpline: 03300 578592
Website: www.dementiaforward.org.uk



Showcasing our beautiful county!



As a North Yorkshire charity, we are proud of this beautiful county, with its moors and dales, cities and villages, coast and woodland. We think North Yorkshire is worth celebrating, and we are sure you feel the same. So we are launching the Dementia Forward **'Capture the County'** photography project, which we hope will highlight the many landmarks, scenery and sites that North Yorkshire has to offer.

We would love you to get involved by sending us your photographs of the countryside around you! Each month we will be asking for your photographs, and will pick one lucky winner who will feature in the next month's edition of the newsletter and on our Facebook page. At the end of the year, our favourite photographs will be made into a calendar. A wider selection of photos will also be chosen to feature on the walls of George Armitage House, our hub in Burton Leonard, in a permanent exhibition.

The only rules are as follows:

- The photographs should be of North Yorkshire, York or the Pocklington area.
- Please don't include any images with identifiable people in the foreground.
- Please take photographs in landscape, rather than portrait mode.
- We would love seasonal images, so that we can match them to the months of the year.



If you would like to enter the competition, please email your photographs along with your name and the location of the photo, to amy.senior@dementiaforward.org.uk or message us through any of our social media channels @dementiaforward. The deadline for the first month's photographs is the **15th February**. Good luck and enjoy your time capturing the beauty of your local area.





Intergenerational work in Giggleswick

It is a pleasure to have enthusiastic young volunteers at our services, and it has been lovely to build a relationship with Giggleswick School over the last few years. Pupils from the school, near Settle, have chosen to support our Hub Club on Friday afternoons with their volunteering time. It is wonderful to see the interaction between the club members and to see the students grow in confidence. We hope this relationship will continue for many years.

Dementia Discussion Events

We are pleased that we are continuing to bring our Dementia Discussions to more areas of North Yorkshire. These events are a chance for you to find out more about dementia and the local support available, through our panel of experts and marketplace of stalls.

Everyone is welcome to come along!

Selby

26th March, 1-3pm, Open Arms, Profiles Building, Selby YO8 4YR

Scarborough

12th April, 10am to 12 noon
Friends Meeting House, Quaker Close,
Scarborough YO12 5QZ

Service Update

Monday Hub Club availability!

Hub Clubs are our day services, running from 10am until 3pm offering a range of activities for people with dementia and giving carers essential respite. Three times a week we run Hub Clubs at Ballerina House near Barmby Moor, and we currently have availability on a Monday. There is an assessment for this day service, and it costs £45 for the day. Please get in touch to find out more.



Have you any wool?

Our George Armitage House Hub Club members love to knit so much that they are running low on wool supplies. They would appreciate any donations of double knit or chunky wool. Please drop them in to any of our Hubs, or contact us if you have wool we can collect. Thank you!



New Brain Health Cafe

Following the success of the Acomb Brain Health Cafe, we have now opened one in Wigginton Recreational Hall, near York, on Fridays from 1pm to 3pm. Anyone who is experiencing memory problems, or would like to know more about ways to keep their brain healthy, is welcome to come along. There will be support, advice and activities relating to brain health at every session, plus tips on managing memory and living well. The Brain Health Cafes are free and refreshments are provided.

Fiona, our Community Education Officer, is offering online dementia education for anyone recently diagnosed with dementia or families who want to understand more. The next session will be on Zoom on the 21st March from 2pm to 3pm. Email fiona.andrews@dementiaforward.org.uk for the link.



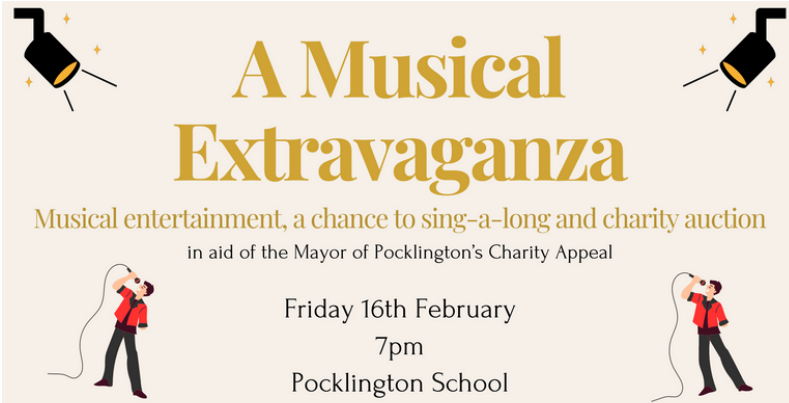
HG Thirty 3

HG Thirty 3, a recently formed band, made up of 5 local musicians based in Burton Leonard. On the 15th of March, they will be performing for us; covering a wide range of genres, from rock 'n' roll and pop, to rock and Latin. The music will span 6 decades from the late 50s, so there is certainly something for everyone! One member of the band, Richard, has been volunteering with Dementia Forward since the summer of 2017. He regularly entertains our Monday Hub Club with his guitar playing, and is also the face of our annual carol singing in Ripon.

Tickets are £10 and can be bought online at www.dementiaforward.org.uk/events/hg33, from the Burton Leonard Village Shop or from George Armitage House.

The Mayor of Pocklington's Charity Appeal

The Mayor's next event is 'A Musical Extravaganza' which will feature singer Jerome Remblance, pianist Martin Kettlewell, plus a dance band to finish the night. There are also some amazing auction prizes to be won, including a 4-day holiday in Scotland, a private chef for an evening and a guided tour of York.



A Musical Extravaganza

Musical entertainment, a chance to sing-a-long and charity auction
in aid of the Mayor of Pocklington's Charity Appeal

Friday 16th February
7pm
Pocklington School

How can you support us?

The Benefact Group run regular draws where you can nominate a charity to receive £1000. We would be delighted if you could visit www.movementforgood.com to nominate Dementia Forward.



We are one of the selected charities for the **Co-op Community Fund** in Scarborough and Selby. The amount of funding received, depends on how many people sign up and choose to support us. To become a Coop member, visit coop.co.uk/membership



Free Webinar

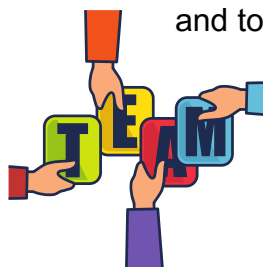
We are delighted that we have been invited to lead on the first of this year's series of webinars from the Young Dementia Network. Our CEO Jill Quinn and members of our team will be talking about our work with families at all stages of young onset dementia. You can sign up on www.youngdementianetwork.org. 'Mind the gap – navigating young onset dementia from pre-diagnosis onwards' is on Wednesday 21st February at 12.30pm.

Online Learning

The Wicking Dementia Research and Education Centre is part of the University of Tasmania, and is at the forefront of research into dementia across many fields including medicine, sociology and policy. They run fantastic online courses, which are free to attend and can be done in your own time. The next course, Understanding Dementia, is opening on February 15th. Visit www.mooc.utas.edu.au/ to sign up, or email debby.lennox@dementiaforward.org.uk, if you would like a live link.

Fundraiser Vacancy

We are looking for an energetic and enthusiastic new addition to our Community Team. Do you enjoy getting involved in your local community and developing exciting fundraising ideas? Applicants must be willing to travel across the area we cover and to work some evenings and weekends.



To apply, send your CV to debby.lennox@dementiaforward.org.uk
The deadline is the 9th of February.

The Messenger - February 2024



Dates for the diary



7th February - The first of 6 Dementia Education sessions, Ryedale

16th February - A Musical Extravaganza, Pocklington

24th February - Poppleton Methodist Church Coffee Morning

1st March - Settle Quiz Night

15th March - HG Thirty 3 Gig, Burton Leonard

21st March - York Musical Afternoon Tea

26th April - The History Wardrobe - 60s Frock Shop, Pannal

27th April - Lothersdale Big Breakfast & Social Evening

5th May - Fun Dog Show

12th May - Skipton Walk

23rd June - Richmond Dementia Awareness Walk

12th July - Skipton Golf Day

For full details of any of these events, visit www.dementiaforward.org.uk/events/
or email amy.senior@dementiaforward.org.uk



**Dementia
Forward**



Care and Support for Life

For confidential dementia support and advice
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