

The Dementia Forward Messenger

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

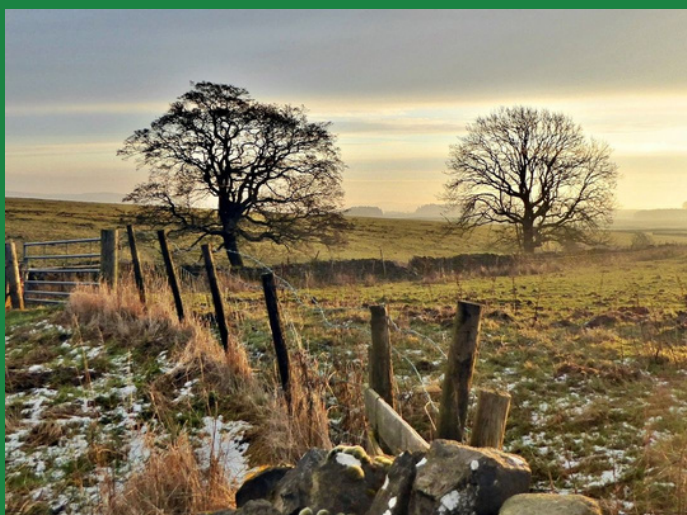


One of the highlights of February was four members of the Dementia Forward team leading a national webinar on Young Onset Dementia, for the Young Dementia Network. It was a proud moment seeing the team explaining the Dementia Forward model of support, and hearing the feedback from the attendees - one of whom even said he and his wife were thinking of moving to Yorkshire! The webinar is available on the Young Dementia Network YouTube page. Also this month, we were pleased to announce our new collaboration with the West Yorkshire and Harrogate Cancer Alliance and the team at the Sir Robert Ogden Macmillan Centre in Harrogate, with support from Leeds Beckett University. So many people affected by dementia also have a cancer diagnosis, or their carers do, and together we are working to ensure people can access the right support at the right time. The team behind this new partnership is pictured right.



Building on the fantastic Hub Games that have been happening at Ballerina House (including curling, basketball and egg and spoons races), we are planning our own Summer Olympics. While we can't get our groups to Paris, we can bring Paris to Yorkshire! The competition will be run between our 10 Hub Clubs. We are hoping to find a local Olympian or two who might be able to support the games. If you know any Yorkshire Olympians past or present, who could help us to launch the games or send a motivational message to our clients, please let us know. Many thanks!

Christopher has led his team to victory in the Ballerina House games, on more than one occasion!



Congratulations to Liz Lemal who is the first winner of our 'Capture the County' photography project. The beautiful photo overlooks **Bowland Fell Park** in Tosside, and was taken following the snowy spell in January.

We are now looking for a February winner so if you would like to enter, email your photograph along with your name and location of the photo to amy.senior@dementiaforward.org.uk or message us on our social media channels.

Service Update



New Craven Time Out Together Group

We are pleased to announce our new outward bound group for people living with young onset dementia in the Craven Area. With this service already running successfully in York, Harrogate and Scarborough - we are now able to offer age-appropriate activities for those living in Skipton, Settle and surrounding areas on a weekly basis. The group has got off to a great start, with a visit to Hellifield Station, ten-pin bowling and a game of pool! An assessment is needed to join this group, and if you would like to register interest please call our Helpline on 03300 578592. We are also looking for active volunteers, who would be interested in supporting this group.



New Services for the Ryedale Area

Fantastic news for anybody in the Ryedale area. We have now found a venue for our Ryedale Hub Club. The new day service will be opening soon in Welburn Village Hall. We will bring you more information and a start date very soon. We are also starting our next Brain Health Cafe in this area. The Norton Brain Health Cafe will open on April 11th at Trinity Church Rooms, and run every Thursday from 10am to 12 noon. The group is for anyone who has concerns about their memory and wants to explore ways to improve their brain health and live well. This is a free group and there will be activities, support and information at each session.

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

Talking Newspapers

The Talking News Federation is a national organisation that helps over 300 local Talking Newspapers to deliver news and information in audio format. It is a fantastic resource that means that people who are not able to read a traditional newspaper can get news from their local area in a way that works for them including cassettes, CDs, online and through Alexa! If you are or someone you support would benefit from this service, you can visit the website <https://tnf.org.uk/> and use the search function to find your local branch. Alternatively, contact the TNF on 01793 497555.



Dementia Awareness Walks

Keeping active continues to be important as we get older, it can improve our mood, relieve aches and pains and reduce our risk of many medical conditions. When we are walking with a group, it's also a great way to socialise! This year we are hosting Dementia Awareness Walks across the county, giving you an opportunity to appreciate all the health benefits and raise awareness of dementia. We would love you to get involved. Have a look to see which is closest to you! More information to come very soon.



Skipton - 12th May (sponsored by Home Instead Ilkley and Skipton)

Richmond - 23rd June (Part of Dementia Friendly Richmondshire)

Scarborough - September TBC (sponsored by Promedica24)

Harrogate - September TBC (sponsored by Belzona)



Skydive for Dementia Forward

Leigh Dutton from Park Lane Healthcare and The Beagle FC, with friends James, Ryan and Connor were planning to jump 10,000ft out of a plane in aid of Dementia Forward in February but their jump was delayed due to the weather! They now have a new date of March 10th, so we wish them the best of luck and hope the weather is on their side!



Ripon Theatre Festival

Once again this local theatre festival has chosen to support Dementia Forward with special performances for our groups. There will be more information soon, but please pencil in Wednesday 5th July if you fancy a bit of theatrical fun!

York Musical Afternoon Tea

The Vintage Vocalist returns to perform your favourite tunes from throughout the decades! This time we are back in York and would love to see you there.

Suggested donation of £5

Thursday 21st March

St James the Deacon Church, 1-3pm



Poppleton Community Cafe

Thank you to the team at the monthly Poppleton Methodist Church Community Cafe for choosing to support Dementia Forward. The Coffee on the Green team provide the refreshments at this coffee morning on the last Saturday of every month to raise funds for a different charity each time. With their support, we raised £720! It was brilliant that so many staff, volunteers and clients attended and helped to make the event such a success!

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.



Dates for the diary



1st March - Quiz Night, Settle

15th March - HG Thirty 3 Gig, Burton Leonard

20th March - Boot and Slipper Pub Quiz, Barmby Moor

21st March - York Musical Afternoon Tea

26th April - The History Wardrobe - 60s Frock Shop, Pannal (sold out)

27th April - Lothersdale Big Breakfast & Social Evening

5th May - Fun Dog Show

12th May - Skipton Walk

20th May - A Lunch with Bonny Snowdon, Harrogate

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