

## Dementia Action Week

13th - 19th May

Welcome to our April DF Messenger newsletter. As usual we have lots to update you with, so grab a cuppa and find out what's been happening and what we have in store.

This year Dementia Action Week runs from the 13th to the 19th of May. Taking action to improve support, understanding and awareness of dementia is our mission all year round, but this week is a time for us to focus people's minds and think about ways they too can take action. This may be sharing a social media post, attending an education session, spending time with a neighbour who is having memory problems or holding an awareness raising event. You could also attend one of the events that we and other organisations have planned to mark the week. Here's what we have lined up so far:

**Sunday 12th May: Save the Date for a Dementia Awareness Walk in Skipton**

**Tuesday 14th May, 10am - 12 noon: Pop-Up Dementia Cafe at St Mary's Church, Thornton-in-Craven**

**Tuesday 14th May, 10.30am - 11.30am: Free online dementia awareness event (email [fiona.andrews@dementiaforward.org.uk](mailto:fiona.andrews@dementiaforward.org.uk) for the link to join the session)**

**Thursday 16th May, 1.30pm- 3pm: Dementia Inclusive Drop-In at Selby Park**

**Friday 17th May, 6.30pm: Quiz Night - The Ripon Inn, Park Street, Ripon**

## 'Capture the County'



Congratulations to Kirsty Knivett who is the winner of this month's photography competition; a beautiful picture of Scarborough seafront.

Over the year we hope to showcase the beauty of North Yorkshire through a selection of seasonal photographs.

We are now taking applications for our next month's competition and the deadline is the 19th of April. To enter, email your photograph along with your name and location of the photo to [amy.senior@dementiaforward.org.uk](mailto:amy.senior@dementiaforward.org.uk) or message us on our social media channels.

# Service Update



## New Services for the Ryedale Area

We are delighted that we are bringing our Brain Health Café model into the Ryedale area. Opening on the 11th of April, the new café is an opportunity to seek support and advice and take part in activities related to improving your Brain Health. Once a month, a representative from the Memory Clinic will be available to answer any questions, and each week will focus on a different theme around keeping brains healthy. The cafes are free of charge and open to everyone, pre- or post- diagnosis, living with a variety of health conditions or simply interested in improving their brain health. For more information, call our Helpline on **03300 578592**.



## Welburn Hub Club

Another new service soon to come to the Ryedale area is our Hub Club. This will run on Fridays at Welburn Village Hall from 10am to 3pm. We don't have a start date yet, but we will keep you posted. Please get in touch to register your interest. Please note that this is a paid day service for people with dementia and an assessment is needed before attending.



## Dementia Discussion

Our next Dementia Discussion Event is taking place in Scarborough. 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!

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

## Priority Services Energy

The Priority Services Register (PSR) is a free UK wide service providing advice and support for those who may need extra help with everyday energy matters. In the unlikely event of a power cut, gas or water supply interruption, people on the register will get advance notice and priority support in an emergency. The service also helps utility companies to look after customers who have extra communication, access or safety needs. By signing up to the PSR, your request will be updated with your energy supplier and your regional network company. To find out more, or to join the PSR, visit **[www.thepsr.co.uk](http://www.thepsr.co.uk)**. If you would prefer to speak to somebody, the Yorkshire Energy Doctor can provide advice on joining the register - call 01757 249100 or 07738 818391.



## Skipton Dementia Awareness Walk

On the 12th of May, we are kicking off the first Awareness Walk of the year. Starting at the 3 Links Club, (10:30am for 11am start) the walk will meander along the canal, through the town centre and through Aireville Park. Alternative routes will be available so it is accessible for everyone. We hope to see you there!

Sponsored by Home Instead Ilkley



## Tackling Dementia Step by Step

Mandy, along with 17 of her family and friends, is taking on a 26-mile walk along the Cleveland Way to raise awareness and funds.

Dementia Forward is a cause close to Mandy and the group, as we have provided support to her and her family. If you would like to read their story, make a donation or join her for some of the walk, visit; <https://donate.giveasyoulive.com/fundraising/tackling-dementia-step-by-step-26-mile-walk>

## Sheriff Hutton Jumbles

We are delighted that the Sheriff Hutton Jumbles committee have chosen to support Dementia Forward again this year. The jumble sale will take place on the 13th of April at Sheriff Hutton Village Hall, with all proceeds being awarded to Dementia Forward. Last year we raised an incredible £1,852 - which we hope to replicate - or even beat! If you have any jumble items you are able to donate, please get in touch to arrange delivery / collection.



## A sell out in HG33!

Local band HG33, put on a fabulous performance in Burton Leonard and certainly got the crowd going! Everyone got on their feet singing and dancing along. The sold out show was a hit and they will be returning... watch this space. In total, over £1,400 was raised!

Thank you to HG33.

## An Appeal for Bakers

Over the summer months, Dementia Forward will be providing refreshments at open gardens as part of the National Garden Scheme. We will be returning to Prospect House (Burton Leonard) and have been invited to The Manor (Birkby).

Visit [ngs.org.uk](https://ngs.org.uk) for more information.

We are looking for bakers who would be able to help out with cakes and scones for the events. If you are able to bake, please get in touch by emailing [amy.senior@dementiaforward.org.uk](mailto:amy.senior@dementiaforward.org.uk).



## Fell Running Events!



Dave and Bob recently visited our Scarborough Wellbeing Cafe with funds raised from three fell running events they organised in the area, and kindly presented us with a cheque for £2,000. Thank you to everyone involved!

## Lunch with Bonny Snowdon

Award-winning and globally renowned local artist Bonny Snowdon is supporting this exclusive event for Dementia



Forward at the end of Dementia Action Week. Bonny specialises in realistic pet portraits and runs her own Academy, workshops and courses. To see Bonny's work, visit [www.bonnysnowdonfineart.co.uk](http://www.bonnysnowdonfineart.co.uk).

Come along to find out more about Bonny's story, see the progression of her work and pick up some hints and tips. Your ticket includes a 2-course lunch at the West Park.

**Monday 20th May - 12:30pm**

**West Park Hotel, Harrogate**

**Tickets = £25**





# Dates for the diary



**13th April - Sheriff Hutton Jumblies**

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

**27th April - Lothersdale Big Breakfast**

**5th May - Fun Dog Show**

**11th May - Ripon Rotary Bike Ride**

**12th May - Skipton Walk**

**17th May - Ripon Inn Quiz Night**

**20th May - Lunch with Bonny Snowdon, Harrogate**

**16th June - Scarborough Dragon Boat Race**

**23rd June - Richmond Dementia Awareness Walk**

**28th June - Lap the Lawn, The Hall, Thornton-le-Dale**

**12th July - Skipton Golf Day**

For full details of any of these events, visit [www.dementiaforward.org.uk/events/](http://www.dementiaforward.org.uk/events/)  
or email [amy.senior@dementiaforward.org.uk](mailto: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](http://www.dementiaforward.org.uk)

**Email:** [info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk)

**Social Media:** @dementiaforward