

We are celebrating our Volunteers on 🌟 Volunteer Week! 🌟

The 3rd to the 9th June is the 40th anniversary of Volunteers' Week. We would like to express a huge thank you to all the volunteers who support our services, raise awareness of our work and fundraise for Dementia Forward across North Yorkshire and beyond. Volunteers' Week gives us the opportunity to specifically recognise and celebrate everyone who makes a difference. Without the dedication of our volunteers we would not be able to continue the work that we do.

So, here are a few fantastic facts about our wonderful volunteers:

- Our youngest volunteers are our 16-year old work placement students; our oldest volunteer is a sprightly 95 years old.
- Last year volunteers supported Dementia Forward for 1,936 hours per month, which equates to over £200,000 of 'in kind' support!
- Some of our volunteers, including members of our trustee board, have supported us since Dementia Forward began in 2012, and many volunteers have gone on to be valued members of our staff team.



Dementia Action Week activity

Over Dementia Action Week, we were kept busy with lots of events raising awareness, providing information and advice, raising funds, meeting new friends and having fun!

Thank you to everyone who got involved over the week. This is just a snapshot of the activities (from left to right) - Northallerton Library, Fisher Medical Centre in Skipton, Everyman Cinema Harrogate with Home Instead, Fylinghall School in Robin Hood's Bay, more cinema fun, York Hospital, Selby Park and Richmond Marketplace. What a week!





The Show Must Go On!

We have lots of artistic activities happening in June and beyond:

- This year the Ripon Theatre Festival is bringing 'A Spoonful of Julie' to Holy Trinity Church on the 3rd of July, featuring Nicola Mills performing the songs of Dame Julie Andrews. Carers go free when they book their tickets and mention Dementia Forward. www.ripontheatrefestival.org
- As part of the Scarborough Fringe, Rachel Fearnehough is performing 'Thank You for the Music' - a play about dementia. Taking place on the 29th of June at St Mary's Church, 50% of the ticket sales will be kindly donated to Dementia Forward. www.scarboroughfair.uk/fringe/
- Attitude Dance Club are holding their annual dance show at The Grand Opera House in York on June 22nd. They have chosen Dementia Forward as their charity for this year's performance.

Music Therapy coming soon

North Yorkshire Music Therapy Centre is a registered charity using music to promote the health and wellbeing of people across North Yorkshire. The 'Beat It' project is a new intervention for people living with dementia and involves rhythm, music, movement, plus the use of cognitive skills.

Participants use wooden sticks as percussion instruments and take part in various rhythm games using familiar songs. The sessions also promote conversations and encourage sharing memories. Thanks to funding from the Power of Music, North Yorkshire Music Therapy Centre will soon be bringing these sessions to our Welburn Hub Club (in the Ryedale area), which Hub Club members will be able to enjoy weekly. For more information on the Welburn Hub Club, please call our Helpline.

A Spoonful of Julie



Holy Trinity Church, HG4 2EY
Wednesday 3rd July
1pm - 2pm

Carers go free when you mention Dementia Forward!

Tickets £8 Refreshments served

To book your place contact:
boxoffice@ripontheatrefestival
or call 07799 528937


Your North Yorkshire Charity
Care and Support for Life



York Dementia Discussion



Our next Dementia Discussion Event is taking place in York. It will be an opportunity to find out more about dementia and the local support available, through our panel of experts and marketplace of stalls.

Everyone is welcome!

Tuesday 23rd July
10:30am - 12:30pm

Tang Hall Community Centre
(Fifth Avenue, York, YO31 0UG)

'Capture the County'



Congratulations to Katy O'Malley for being selected as the winner for this month. A stunning picture of the Northern Lights shining brightly above Ripon.

We are now taking applications for our next month's competition and the deadline is the 21st of June. 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.

In true Dementia Forward spirit, why not try to capture some of the beautiful buttercups that are flowering at the moment!

Fun Dog Show

Claire, one of our Support Service Managers, organised the Fun Dog Show in Haworth raising funds for Dementia Forward and Haworth RDA, in association with FAST. A fantastic £800 was raised. There were some fantastic entries for the best dressed, but Paddington definitely stole the show!



York Theatre Royal

We have partnered with the York Theatre Royal to put on a coffee and craft afternoon.

Wednesday 12th June - 2-4pm
Everyone welcome! Come along, or call our Helpline for more information.



Skipton Walks

As part of our Awareness Walk calendar, we are holding a family walk in Skipton on the 21st of July. Bring your friends, families and 4 legged friends to walk the accessible route around Aireville Park. There will be other activities and stalls to enjoy and you are welcome to bring a picnic and make a day of it! Sponsored by Home Instead Ilkley.

If you're up for a bit more of a challenge... we are also hosting the 'Skipton 3 Peaks' which is a 18-mile route hiking up Sharphaw, Embsay Crag and Skipton Moor. To register interest, get in touch and we can send you a fundraising pack!

The Piano

Make sure you keep an eye out on Channel 4's The Piano on the 2nd of June and for the final concert the following week. You may see some familiar faces!



Easby Abbey Walk

On the 23rd of June, Dementia Friendly Richmondshire is organising a walk along the Easby Loop to raise awareness of dementia. Everyone is welcome to join the walk. Registration is from 1pm by The Station. The walk finishes at St Mary's Church, where refreshments will be served. Walkers are asked to make a donation of £5, which will include a t-shirt and walk pack. This event is kindly sponsored by Home Instead, Darlington and Northallerton.
To register, call 01765 601224 or email amy.senior@dementiaforward.org.uk

Skipton Golf Day



Our annual Golf Day is returning for the third time, this year at Skipton Golf Club on the 12th of July! The spectacular course, overlooking the Yorkshire Dales, will provide a picturesque scene for a challenging but fun round of golf. The £200 entry fee for a 4-ball includes breakfast and a two-course lunch. To enter a team, please call 01765 601224 or email amy.senior@dementiaforward.org.uk. The Golf Day is kindly sponsored by Promedica24.



PROMEDICA24
Live-in Care & Support

 **Home Instead**

York Pride!

We have a team of supporters who will be sporting their yellow Dementia Forward t-shirts in the parade from York Minster to the Knavesmire for York Pride. Sian is our new Community Fundraiser, so get in touch below if you would like to join her and the team!
Email: sian.meehan@dementiaforward.org.uk



Dates for the diary



8th June - Skipton Gala

12th June - York Theatre Royal Social Afternoon

15th June - Strensall Carnival, York

16th June - Scarborough Dragon Boat Race

16th June - Prospect House Open Gardens, Burton Leonard

23rd June - Richmond Dementia Awareness Walk

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

2nd-7th July - Ripon Theatre Festival

10th July - Virtual Cycle Ride, Settle

12th July - Skipton Golf Day

21st July - Skipton Dementia Awareness Walk

23rd July - York Dementia Discussion Event

31st July - Northallerton Musical Afternoon Tea

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](https://www.facebook.com/dementiaforward)