

## Welcome to our May Issue

So, one of the big things that happens every May is Dementia Action Week. In fact, this year we have so much to report that we are including an additional page with this information on. Along with an array of events, we are launching **Walk a Mile a Day** (see below) to highlight the positive impact exercise has on brain health and to encourage people to get out and walk wherever they are. At the end of the week, we are asking people to donate, if they can, and to share photos of their walks with us - you may even want to enter our photography competition.

In other news, we have a new TV star in our midst! Duncan, who is a volunteer at our Harrogate Singing for Fun group, featured on the first episode of Channel 4's *The Piano*. Duncan was diagnosed with dementia 2 years ago and still plays piano every day, including regularly bringing his talents to the singing group to share with other people living with dementia. *The Piano*, hosted by Claudia Winkleman, with judges Mika and Lang Lang, showcases musicians performing at train stations across the country in a hunt for talented undiscovered pianists.

In the episode Duncan performed a beautiful piece inspired by his wife Fran. It is a 'must watch' and, if you missed it you can catch up All4, Channel 4's streaming platform. Last week, the singing group (right) had a special celebration to mark his achievement. We are all so proud of him!



# Dementia Action Week

## Walk 1 mile a day

Get involved by walking 1 mile a day during Dementia Action Week!

At the end of the week donate just £5 to help us to continue providing our services across North Yorkshire. Don't forget to get your family and friends to sponsor you!



# Service Update

After the success of the Brain Health Cafes in Acomb and Wigginton, we have opened another in Norton, in the Ryedale area. This group offers an opportunity to learn more about how to keep your brain healthy and active - and is open to everyone. The Norton Brain Health Cafe is at Trinity Church Rooms, Norton YO17 9JA, Thursdays from 10am to 12 noon.



**Discussing food for boosting brain power at the Brain Health Cafe.**

Our new Ryedale Hub Club is opening on 10th May in Welburn. Our Hub Clubs are day services providing activity and engagement for people living with dementia and respite for carers. An assessment is needed before attending this service, so for more information, please call the Helpline on 03300 578592.

Due to excess demand, the Northallerton Hub Club is now open on Thursdays in addition to Fridays. We have spaces available so if you are interested, please get in touch.

## Open Day at Settle Cafe

On May 21st, we are holding a special event at the Settle wellbeing cafe. The cafe is every Tuesday from 1.30pm to 3.30pm at St John's Church. To ensure everyone in the area is aware of the group and the support available there, we are holding a special open event. Everyone is welcome to come along. There will be activities, homemade refreshments and a chance to chat to the teams from Dementia Forward and The Place in Settle.



## 'Capture the County'



Congratulations to Tom who is the winner of this month's photography competition. This photo was taken in Muker, in Swaledale and features a low rainbow across the field.

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 24th of May. 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.



## A huge thank you to...



**Mandy** who, along with 17 of her family and friends, completed a 26-mile walk along the Cleveland Way in their **Tackling Dementia Step by Step** challenge. Dementia Forward is a cause close to Mandy and the group's hearts, as we have provided support to her family. So far, they have raised a staggering amount!



**Malcolm**, who along with his team of helpers, put on two amazing events in Lothersdale. Starting off with the Big Breakfast where people enjoyed their bacon and sausage sandwiches, followed by an evening social, where there was entertainment from the Blair Rach Project plus a quiz, bingo and much more!



**The Sheriff Hutton Jumble Sales** for another successful Jumble Sale. A total of £1,632 was raised for Dementia Forward. The team do an amazing job raising so much money for local causes....



## Kim and Tatiana tackle the Yorkshire 3 Peaks!



Two of our brilliant Richmond Dementia Activities Support Workers, Kim and Tatiana, are taking on the challenge of the Yorkshire 3 Peaks on the 5th of June. Mandy, who volunteers at Garget Walker House, and her husband Ivan, are providing support and guidance as experienced 3-Peaks walkers! In training, the pair have successfully climbed Ingleborough (see right) and continue to work hard so that they are ready for the big day.

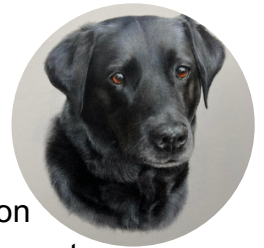
To donate to Kim and Tatiana, visit <https://donate.giveasyoulive.com/fundraising/yorkshire-three-peaks-df>

## 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](mailto:amy.senior@dementiaforward.org.uk)**

## A Lunch with Bonny Snowdon



Award-winning animal portrait artist Bonny Snowdon is supporting this exclusive event for Dementia Forward at the end of Dementia Action Week. 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 Hotel.

**Monday 20th May - 12.30pm**  
**West Park Hotel, Harrogate, tickets, £25**

## Calling all knitters and crocheters!

Would you like to help us stand out in the Skipton Gala procession on Saturday 8th June by knitting or crocheting Buttercups to decorate our minibus? Walker Foster in Skipton and Settle have kindly offered to be a drop-off point for us and from Friday this week will have collection buckets in reception. Collection buckets will be available until 31st May.





# Dates for the diary



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

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

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

**21st May - Settle Cafe Open Day**

**22nd May - The Hall Coffee Morning, Thornton-le-Dale**

**8th June - Skipton Gala**

**12th June - York Theatre Royal Social Afternoon, York**

**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**

**12th July - Skipton Golf Day**

**23rd July - York Dementia Discussion Event**

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)

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