

The Dementia Forward Messenger

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



Welcome to our October Issue

The 24th October is YODA Day, National Young Onset Dementia Awareness day, which was launched three years ago by Dementia Forward to mark the age-appropriate care and support and increased awareness needed for dementia that affects younger people. This year, we are holding a conference on YODA day and will be encouraging people across the country to get involved and show their support, through events, sharing information and fundraising. If you would like to get involved, please get in touch.

We are thrilled to announce the return of our Winter Ball, on November 1st at the DoubleTree by Hilton Majestic Hotel & Spa. Following the success of last year's event, we are aiming even higher this year! The night promises great live music, including a welcome from Duncan Goodwin on the piano, dancing, dining and your chance to win some sensational prizes in our auction and raffle. Tickets are £50 each. It is set to be a fantastic evening and we hope to see you there! The Winter Ball is kindly sponsored by **Promedica24**. Any other businesses interested in showing their support by sponsoring an aspect of the ball, please contact Amy on 01765 601224.



Scarborough Carers Wellbeing Event

We have joined forces with the Yorkshire Care Alliance to host this free event for carers and family members of people living with dementia. Irene, one of our Scarborough Dementia Support Advisors, will be speaking, as well as representatives from Eaglei (Communication Trainer), Carers Plus and Happy Futures Support Specialists.

A marketplace of local businesses who provide relevant services will be available in the lunch break. Lunch and refreshments provided. Call our Helpline for further information or to book your free place.

FREE EVENT

CARERS WELLBEING EVENT

An event for carers of people with dementia, providing information & a relaxing networking opportunity.

**WEDNESDAY
16TH OCTOBER
10am - 2.30pm**

#WORKINGTOGETHER™



Service Update



Cafe Review: We are currently doing a review of all our Wellbeing Cafes across North Yorkshire. If you haven't yet had your say, and would like to let us know what you would like to see at your wellbeing cafe, please get in touch.

Acomb Brain Health Cafe has moved: The Acomb Brain Health cafe now meets on a Wednesday morning at 10am at Acomb Garth Community Centre. This group is open to anyone who would like to find out more about brain health. Come along for regular speakers, advice and information - and of course tea and good company.

New Dementia Inclusive Cafe in Richmond: We are working with Carer's Plus to introduce this new group at My Ti at Richmond Swimming Pool (no swimming required!). Refreshments, support and a chance to meet other people. The first Thursday of every month from 2pm to 4pm.

Join our Numbers Club! • ●

From just £2 a month!

This month we are launching our very own Numbers Club, where you can donate just £2 per month and be entered into a monthly prize draw.

Winners will receive 25% of the monthly income. All other proceeds will go directly towards running our services. To find out how your donation helps us, and for terms and conditions, visit the Numbers Club page on our website www.dementiaforward.org.uk

October's Winning Number: 16

The winner has been notified.
Good luck for next month's draw!

Dementia Carers Count Annual Survey

Dementia Carers Count 2024 annual survey is live and they'd love to hear your experiences. Your opinions will help them to better understand the pressures facing family carers and to speak up for the changes that will make the most difference. The survey should take about 15 minutes to complete. All the information you share remains anonymous. It can be completed at www.dementiacarers.org.uk or if you would like a paper copy, please call 0203 5400 700.



Beat-It at Wellburn Hub Club

Our Welburn Hub Club runs every Friday at Welburn and Crambeck Village Hall. This is a day service for people with dementia, running from 10am to 3pm, and must be booked in advance by calling our Helpline. This week, we launched Beat It: Drumming for Dementia at the group and it went down a storm! The sessions will feature rhythm-based games and activities designed to evoke personal memories associated with the music played and listened to. Beat It will run from 11am to 12 noon, and these sessions are open to people who don't regularly attend the Hub Club, but please call to reserve your place on 03300 578592.

'Capture the County'



Helen Moynihan is this month's winner of the Capture the County Photography Project.

The photograph is of Helen's husband Paul, who was diagnosed with young onset dementia, celebrating the dramatic Swaledale landscape. A very appropriate image for this month as we mark YODA day. To enter next month, email your photo to amy.senior@dementiaforward.org.uk.

Each month's winners will be collated into a Dementia Forward calendar and entered into an exhibition.

Skipton 3 Peaks



The Skipton 3 Peaks Challenge saw a team of dedicated walkers brave over 18 miles, across Sharp Haw, Embsay Crag and Skipton Moor. The walkers set off from the newly renovated Skipton Community Sports Hub, after fuelling up with bacon sandwiches and coffees kindly sponsored by Ecology Building Society. At the end of the walk, and 40,000 steps later, we celebrated their achievement with medals and certificates!

A big thank you to Home Instead Ilkley who sponsored the main event, and also supported on the day through manning the first water stop and giving encouragement throughout. Their support along with the team from the Hub, and our volunteers and local staff, was invaluable to the overall success of the challenge, which raised over £2,600 for Dementia Forward! To book onto next year's walk, on the 21st of September, email amy.senior@dementiaforward.org.uk. Time to get training!



Event kindly sponsored by



Breakfast sponsored by



Some of our fantastic supporters...

Louise has successfully completed her 50 hours of outdoor swimming in September. Braving the wind, heavy rain and freezing temperatures, she persevered and successfully smashed her challenge and her fundraising target!

Gemma conquered her biggest fear and jumped from a plane 15,000ft in the air. Kitted out in her Dementia Forward merch (see right), she was in good spirits from the beginning. She has also smashed her fundraising target.



We are so grateful to everyone who supports Dementia Forward. If you're planning a fundraising event, please let us know so we can celebrate what you are doing for us. Every penny goes towards supporting people in our local communities.



Alec's Fancy Dress Sponsored Walk

Alec, one of our fantastic young onset clients wanted to do something to raise funds for Dementia Forward in his home town of Richmond. He decided to walk a 6-mile walk around the town, dressed as Obi Wan Kenobi! Great dress-up attire for YODA day! He was joined on the walk by his wife Janet, and members of our Garget Walker House support team - Pirate, Flower Power, Iron Man and Wonder Woman (aka Tatiana, Carol, Kim and Clare). He raised £296!





Dates for the diary



5th October - A Concert with Duncan, Harrogate

11th October - George Armitage House Coffee Morning

11th October - Charity Quiz Night, Malton

16th October - Carer's Wellbeing Event, Scarborough

19th October - Ronnie & The Rockits in Settle

24th October - Young Onset Dementia Awareness Day and Conference

1st November - Winter Ball, Harrogate

8th November - George Armitage House Coffee Morning

26th November - Wreath Making Workshop, Burton Leonard

2nd December - Harrogate Christmas Market Hut

2nd December - Merry Melodies with Duncan, Harrogate

4th December - Mince Pies and Memories, Settle

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



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)