

Welcome to our November Issue

Oh what a night we had at our 2nd Annual Winter Ball!



The date was the 1st November, the setting was The Majestic Hotel in Harrogate and the mission was to have a fantastic night, raising lots of money for Dementia Forward. Over 100 guests came along to enjoy a three-course meal, entertainment from Duncan Goodwin during the drinks reception, our spectacular wishing tree and silent auction, and then a chance to dance the night away to the fabulous 'Best Served Cold' live band. The event was kindly sponsored by Promedica24 and the ballroom was beautifully decorated for the evening with candles and lights from Lights4Fun. There was also a photo booth, which provided plenty of fun!

The evening was a roaring success, raising over £6000 and with guests already saying they will be back next year. So, watch this space for dates and tickets!

A message of Hope at our 2nd Annual U&ME Conference

The theme for this year's Young Onset U&ME conference was 'Creating Hope'. Speakers included Professor Martin Green (CEO of Care England), Lily-Rose Sharry, from the Young Dementia Network, and Paul McCay from Wilf Ward Trust. We also heard from people with lived experience, and from our own team on progress with the U&ME Campaign since last year. Alix Popham, the former Welsh Rugby Union player, who was diagnosed with dementia age 40, wasn't able to join us on the day, but we heard from him via video, and it was thought-provoking and inspiring to hear his viewpoint on the changes that need to be implemented in the sport he obviously loves so much.

The conference was held on October 24th, National Young Onset Dementia Awareness Day. To mark the day, we also launched a new range of mugs, which are available to buy from our shop on the Dementia Forward website (under the Get Involved tab), or contact us if you would like to order! They are £5 each.



#HOPE

#YODA

Service Update

Fundamental Fitness - Ian Irving is starting a new group for anyone with dementia who would like to keep active. This will be running at Burton Leonard Village Hall every Friday from 1.30pm to 2.30pm. If you are interested in taking part, please get in touch directly with Ian on 07917 331486 or email ian9irving@hotmail.com. Our **Green Hammerton** Hub Club celebrated its 1st birthday. Pictured below are Stan and Elaine who came first and second in the Anniversary Ball Games and staff members Paul and Patrick with their birthday balloon!



Enter the Christmas draw!

Join the club to be entered into a monthly prize draw. Winning numbers will be drawn on the 1st of the month.

The Christmas winner will receive **50%** of the monthly income.

All other proceeds go directly to Dementia Forward to support our services across North Yorkshire.

To find out how your donation helps us, and for terms and conditions, visit our website: www.dementiaforward.org.uk

November's Winning Number: 23

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



FUNDAMENTAL FITNESS

A new exercise group for people with dementia

Every Friday from 1.30pm to 2.30pm,

Burton Leonard Village Hall
Burton Leonard
HG3 3DG

Starting November 8th
£8 per person



Get in touch to book your place

Call Ian on 07917 331486 or
[email ian9irving@hotmail.com](mailto:ian9irving@hotmail.com)

Dementia Education Session

Fiona's next online education is taking place on the 10th of December from 7-8pm. She is joined by Dr Venkat with the theme 'Managing Relationships'.

To book your place, email fiona.andrews@dementiaforward.org.uk

'Capture the County'



Glen Griffiths is this month's winner of the Capture the County Photography Project, for this stunning Autumnal picture just outside Birstwith.

We have also selected our December winner, who will be revealed next month, and the calendars are now available to pre-order. Please see details on how to do this over the page.

Thank you to everyone who has entered this year.

Are you living with Young Onset Dementia?

Research Opportunity

Hello, I am Siobhan and I am looking for people to participate in my research as part of my Doctorate in Clinical Psychology at the University of Hull. I would like to ask people who have Young Onset Dementia about their hope, what it means to them and their experiences of hope. Young Onset Dementia refers to people who have developed symptoms of dementia before the age of 65. Hope can mean different things for different people, for some they may have hope for certain things whereas others may feel a sense of hope.

What are the aims of the research?

- To explore the meaning and experiences of hope for people with Young Onset Dementia.

What are the benefits in taking part?

- Your experiences and meanings of hope to be heard and shared
- Contribute to dementia research

What will I be asked to do?

I would like to talk to you either in person, on the phone, video call or a different way that works for you about your hope. I am interested to know what hope means to you and your experiences of hope.

For further information, please contact Siobhan Heard at:

Email: S.HEARD-2018@hull.ac.uk Phone: 07976070642



Christmas is coming...

We have a huge variety of events coming up over the festive period, see overleaf for a list of events and visit our Event Page for more information. From wreath-making workshops and carol singing, to coffee mornings and Christmas Fairs - we hope you can join us.

If you are interested in hosting your own 'Mince Pies and Memories' Christmas Coffee Morning to raise money for Dementia Forward, please get in touch and we will send you a fundraising pack.

If you would like to donate to Dementia Forward this Christmas, we have set up an Amazon Wishlist where you are able to purchase items which will go directly to our services across North Yorkshire.

Visit: https://www.amazon.co.uk/hz/wishlist/ls/3FVT06F0ZS9JT?ref_=wl_share



York Marathon

We are delighted that we are going to be a charity partner of the Yorkshire Marathon in 2025. The event, which takes place on the 19th of October, will have runners lining up to take on either the 26-mile route, or a 10-mile route. If you would like to support your local dementia charity, get in touch to claim one of our charity places for the event!



Calendar pre-orders

The winning photographs from the 'Capture the County' project that has been ongoing throughout the year, have been put together for our very own 2025 calendar showcasing the very best that North Yorkshire has to offer.

You can secure a pre order of the calendar now by emailing amy.senior@dementiaforward.org.uk. Once we have received the calendars, they will be available to buy on our Online Shop and at our services. Some of our runners up have also made it to the front page - such an array of gorgeous images.





Dates for the diary



26th November - Wreath Making Workshop, Burton Leonard

30th November - Copt Hewick Christmas Fair

30th November - Gargrave Makers Fair, Skipton

30th November - Pickering Craft Fair

2nd December - Harrogate Christmas Market Hut

2nd December - Merry Melodies with Duncan, Harrogate

4th December - Mince Pies and Memories, Settle

5th December - Dales Diners Lunch Club

6th December - Pocklington Christmas Fair

10th December - Carol Singing in Morrisons, Ripon

11th December - Mince Pies and Memories, 3 Links Club, Skipton

13th December - George Armitage House Coffee Morning

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)