



Welcome to our December Issue

From seeds...

We are proud to let you know that The National Trust has announced Dementia Forward as a recipient of one of the 49 'Trees of Hope' Sycamore Gap saplings, which have been gifted to individuals, group and organisations across the UK.

Dementia Forward was inspired to apply by the wife of a man living with young onset dementia, who felt it would provide a place for reflection and remembrance and for people to connect with nature. We would like the tree to become a symbol of how, with the right care and support, there can be hope even in the most challenging times.



Dementia Forward's sapling will arrive later in the year, and the aim is to create a space of reflection on the Lavender Fields Care Village just outside Pocklington. It will be planted close to Ballerina House, where we hold our Hub Clubs and our weekly Community Coffee morning, so that people will be able to visit for a quiet moment with nature.

... to celebrations

While on the theme of trees, members of the Hub Clubs at Garget Walker House have been busy making Christmas tree decorations. The group were then invited to spend Saturday morning at Richmond Methodist Church to decorate the Christmas tree in the entrance. Thank you to all the volunteers at the church who were so welcoming and provided tea and coffee. The group loved decorating the tree and it was such a treat to get together with everyone's families.



Fiona's Education Sessions

These sessions are a chance to learn and ask questions about dementia, and are open to anybody that we support. Sessions are run online. Please email fiona.andrews@dementiaforward.org.uk:

Tuesday, December 10th at 7pm

Thursday, February 20th at 7pm



Research Opportunity

Siobhan Heard from the University of Hull is conducting a study as part of her Doctorate in Clinical Psychology. She is asking those who are living with young onset dementia about hope - what it means to them and their experiences of hope.

You can take part in this research by getting in touch with Siobhan by emailing s.heard-2018@hull.ac.uk or calling 07976070642.

Join our Numbers Club! • ●

From just £2 a month!

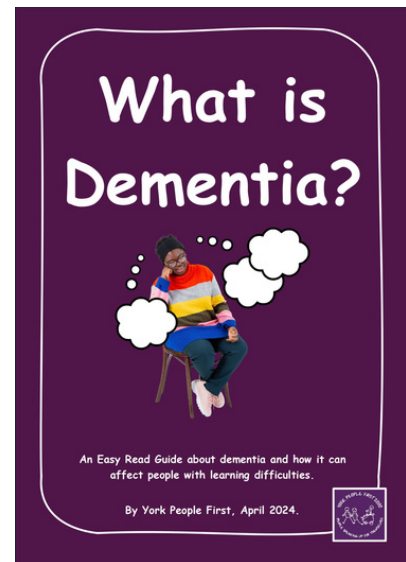
Donate just £2 per month and be entered into a monthly prize draw.

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

December's Winning Number: 21

The winner has been notified.

Good luck for next month's draw!



Easy Read Information

We have been working with York People First, a self advocacy group run by people with learning disabilities, to create an Easy Read booklet about dementia. The booklet explains what dementia is, what signs and symptoms to look out for, advice on how to support someone and where to turn for further support. If you would like a copy of the booklet, please email info@dementiaforward.org.uk

'Capture the County'

The winning monthly photographs from this year's Capture the County competition have been collated into a 2025 calendar, which are now available to buy! The photos showcase the best of North Yorkshire and were all submitted by our supporters. We also have Dementia Forward Christmas Cards for sale. You can purchase these, plus much more, on our Online Shop; <https://www.dementiaforward.org.uk/fundraising/shop> or by emailing sian.meehan@dementiaforward.org.uk.



Celebrating some fabulous music makers

The Tribute Tradesmen and Lucy's Pop Choir have joined forces to create a fantastic music video that has already proven to be a very successful fundraiser. Singing in the All Saints Church in Pocklington, the performers, do a fabulous rendition of 'Somebody to Love' by Queen. The video is opened by Roly Cronshaw, Mayor of Pocklington. You can see it for yourself on the Dementia Forward Facebook page. Big thanks to everyone involved. It is sensational!



Festive events coming up...

We would love you to join us at any of the events we have coming up over the next few weeks:

Ballerina House, Barmby Moor - Our annual Christmas Fair, 6th December from 10.30am to 12.30pm. Refreshments, music and stalls to browse.

Skipton, Three Links Club - Mince Pies and Memories Coffee Morning, 11th December, 10am to 1pm.

York, New Earswick Meeting House - Christmas Coffee Morning, 12th December, 10.30am to 12.30pm.

Richmond, Garget Walker House - Christmas Coffee Morning, 13th December, 10am to 12.30pm.

Scarborough, Scalby Church Rooms - Festive Afternoon Tea, with Carol Singing, 16th December, 1pm to 3pm.



Wreath Making

To kick off the festive season, we held a Wreath Making Workshop at George Armitage House, led by Elaine Hadfield. It was lots of fun and there were some fabulous results.



Coffee Mornings at George Armitage House

We have recently extended our Hub Clubs at George Armitage House to include a Friday, so if you are interested in a Friday day service in the Harrogate area, please get in touch. It's great news that we are able to offer this service, but it means we are no longer able to run a regular community coffee morning. The last one will be **Friday 13th December**, so we are going to make it a special festive one, and we hope to see lots of people there. We would like to say a big thank you to all the volunteers who have supported the coffee morning over the years, and to Carefound Home Care who have been our sponsors.

Starting in 2025, we will be doing quarterly special community events at George Armitage House instead!

We will bring you more details soon, but please put these dates in your diary:

19th March 2025, 21st May 2025, 13th August 2025, 10th December 2025.



Dates for the diary



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

12th December - Christmas Coffee Morning, York

13th December - George Armitage House Coffee Morning

13th December - Garget Walker House Coffee Morning

16th December - Scarborough Afternoon Tea

16th - 17th December - Tesco Collection, York

18th May 2025 - Dementia Forward Skydive

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)