

The Dementia Forward Messenger

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



2025

Welcome to our January Issue

Hello everybody and welcome to the first newsletter of 2025. We are back open after a short Christmas break and looking forward to seeing you at our services very soon if we haven't already. As it's the start of the year, it's a good time to keep you posted about what services are available, should you need any support. Please contact us to find out what is local to you, or visit our website.

- Our **Helpline** is available Monday to Friday from 9am to 4pm. Whether you are looking for support and advice or you have questions about our groups and activities, our Helpline team are ready to take your call on **03300 578592**, so please get in touch.
- We have a range of drop-in weekly wellbeing groups, including **Brain Health Cafes**, **Wellbeing Cafes** and our **Harrogate Singing Group**. These are places for people with dementia and their carers to come for good company, support and activity located in venues across the county.
- We run **Hub Clubs** (day services for people with dementia) in 10 locations. This is a paid service where our Activity Support Workers and Volunteers provide a full day of activity, while carers can benefit from respite. Our Hub Clubs are held in Harrogate, Green Hammerton, Northallerton, Richmond, Skipton, Settle, Malton, Pocklington, Acomb (York) and Poppleton (York).
- **Time Out Together** is an outward bound activity group for people with young onset dementia, in Harrogate, York, Scarborough and Skipton. We also organise social gatherings for our young onset clients, so please let us know if you would like to get involved.
- **Dementia Education** is extremely important to us, so if you are living with or supporting someone with dementia, please join one of our online sessions, or contact us to find out about in-person awareness sessions. If you know of a business or community group that would be interested in learning about dementia, please let us know.

Exercise and Dementia Survey

We are carrying out a study on physical activity and exercise on behalf of North Yorkshire Council and North Yorkshire Sport. The study is aimed at people living with or caring for someone with dementia. We are interested in finding out whether people currently do or don't take part in any physical activity or exercise, and what barriers, if any, there are that could be removed to support people to do more. We are sending the survey out via email but paper copies will be available on request and at our services. It would be great to hear from as many people as possible, so that we can get a clear picture and use this information to instigate change.



Service Update

Half Days Available - Garget Walker House is our purpose-built hub in the heart of Richmond and we run Hub Clubs from this cosy space from Monday to Thursday every week. A full session runs from 10am to 3pm, but we have recently started offering half days for £25 per session (either 10am to 1pm or 12 noon to 3pm). The Hub Clubs must be booked in advance and an assessment

is required. If you would like to find out more or want to organise to visit Garget Walker House to see what we offer, please contact info@dementiaforward.org.uk or call 03300 558592.



Support to get online! With the world changing, and people having to do more of their activities via the internet, we want to make sure that everyone is able to access support and activities and stay connected to friends and family. We will be offering support with everything from online shopping to smart speakers, applying for Blue Badges and setting up links to your GP surgery, at our cafes over the coming months, please let us know if there is anything you would like to know more about!

Caring for the Carers: Managing Stress - We are running a short programme of sessions for carers to get together to learn different techniques to reduce stress, improve coping strategies and increase wellbeing. This is likely to start in February 2025. Sessions will be run by Dementia Support Advisor Jackie, at Wigginton Recreational Hall (York YO32 2LL), alongside the Brain Health Cafe, which takes place on Fridays from 1pm to 3pm. Please contact us if you are interested in being involved.

Dementia Education Sessions for Families

These online sessions are a chance to learn and ask questions about dementia, and are open to anybody that we support. The next two sessions are **Thursday, February 20th at 7pm** and **Tuesday, April 29th at 7pm**. Please email fiona.andrews@dementiaforward.org.uk for the link.

Volunteer Dementia Education Sessions

Fiona is also running two online sessions for volunteers who would like to further their dementia knowledge. These will run on **February 25th at 10.30am** and **February 26th at 7pm**. Please email Debby on debby.lennox@dementiaforward.org.uk to book your place. We can also run in-person sessions if there is interest, so please let Debby know if you would prefer a face-to-face training session.

‘Capture the County’

If you would like to buy one of our 2025 Capture the County Calendars, you can purchase from our Online Shop at www.dementiaforward.org.uk/fundraising/shop/.

We are continuing the project into 2025, so please keep sending your photographs of North Yorkshire throughout the seasons. The deadline is the last day of each month.

A selection of winning photographs from 2024 will be used to create a gallery at George Armitage House in Burton Leonard. We will announce when this is completed. Happy Snapping!



Two Fabulous Challenges for 2025...

Take the Leap for Dementia Forward!

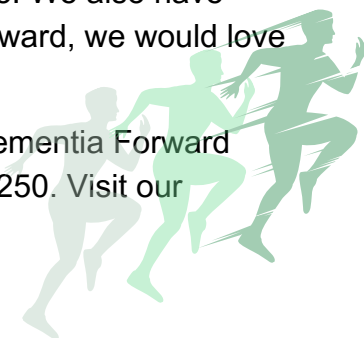
Do you fancy taking the leap and facing your fears all in aid of charity? Join us for a once in a lifetime adventure and take part in Dementia Forward's Skydive. To secure your place we are asking for a £100 deposit, and we encourage participants to raise a minimum of £250 in sponsorship. Our Fundraising Team will be on hand to support you to maximise your fundraising efforts and answer any questions in the lead up to the big day.



Yorkshire Marathon

Whether you're a seasoned runner, or have taken on a New Year's resolution to be more active, we may have an opportunity for you... Dementia Forward is delighted to be an official Charity Partner of the **Run For All Yorkshire Marathon** for 2025, 2026 and 2027. This year, the marathon takes place on Sunday the 19th of October and we have **20** discounted charity places available! We also have places available for the 10 mile event. If you would like to join Team Dementia Forward, we would love to hear from you.

To secure your place, we are asking for a £40 entry fee which includes a FREE Dementia Forward running top. Participants are asked to pledge to raise a minimum sponsorship of £250. Visit our website to sign up; www.dementiaforward.org.uk/fundraising/yorkshire-marathon.



If you have any questions about either event, or would like to sign up, email amy.senior@dementiaforward.org.uk.

Dales Diners

The Dales Diners is a lunch club, providing a two-course meal and great company. In December, Dementia Forward hosted the Christmas special where everyone enjoyed a Christmas dinner followed by dessert. The In Harmony Choir performed carols which the guests joined in with.

From the 6th of February, Dementia Forward is hoping to run the Dales Diners on the first Thursday of every month at Christ Church Community Centre in Darley. The cost will be £6 per person. Please call our Helpline on 03300 578592 by the 25th of January if you are interested.



Gift for a Cause!

Do you have any items looking for a new home? We are seeking donations for raffles and tombolas, so if you have any treasures, trinkets or goodies you'd be willing to contribute, we would be very grateful! Drop them into our services or give us a call.



Dementia Forward Online Shop

Don't forget we have our online shop where you can view all of our merchandise and events that are coming up. Keep your eyes peeled for what we get up to throughout the year!



www.dementiaforward.org.uk/fundraising/shop/

Musical Extravaganza

The Mayor of Pocklington brings the Musical Extravaganza back this year on the 15th of February for a Valentine's Special. It will be an evening of live music and entertainment with an array of fantastic auction prizes to be won, donated by local businesses. You will also receive complimentary grazing platters and there will be a bar available. Tickets are £15 and can be purchased on the events page on the Dementia Forward website.



How to support your local North Yorkshire charity



As a local charity, we rely on the donations and kindness from our local communities to be able to provide our services, for those living with dementia and their loved ones. Our ethos of 'local for local' support ensures that every donation made to Dementia Forward will be spent within North Yorkshire.

Here are some of the ways you can support us:

- **Online Donations**
- **Regular Giving**
- **Give in Celebration**
- **Legacies**
- **Fundraising Event**
- **Payroll Giving**
- **Corporate Support**
- **In Memory**

To find out more about how you can support us, please visit www.dementiaforward.org.uk/donations/ or call 03300 578592

Join our Numbers Club!

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: 47



Dates for the diary



- 6th February** - Richmond Coffee Morning
- 17th May** - Grassington Coffee Morning
- 24th March** - York Gate Garden Talk, Harrogate
- 18th May** - Dementia Forward Skydive
- 11th April** - The History Wardrobe, Pannal
- 19th-25th May** - Dementia Action Week
- 10th May** - Ripon Rotary Bike Ride
- 21st September** - Skipton 3 Peaks
- 19th October** - Yorkshire Marathon, York

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