

# The Dementia Forward Messenger



Your North Yorkshire Charity  
Care and Support for Life  
Registered charity Number 1148225

## Welcome to our March Issue

Tickets are now on sale for The Future of Dementia Care in North Yorkshire conference; the first conference of its kind in North Yorkshire, which will be held at Scarborough Rugby Club on May 22<sup>nd</sup> 2026. We are very pleased to announce that Dr Jeremy Isaacs will be our special guest speaker on the day. Dr Isaacs is consultant neurologist at St George's and Kingston Hospitals and the National Clinical Director for Dementia and Older People's Mental Health at NHS England. We will also hear from people with lived experience of dementia and professionals working in the field and have a 'Tomorrow's World' look at advances in science and technology. Behaviour expert, author and trainer, Andy Baker, from Able Training, will also be speaking on the latest approaches to care giving.

Tickets are available via the link on our website, at £44.04 (including Eventbrite fees), but we are pleased to be able to offer a limited number of discounted places at £36 to carers and people living with dementia. These will be available on a first-come, first-served basis by calling 01765 601224 or emailing [info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk) and mentioning this newsletter. Lunch and refreshments are included.

### Oops Sorry, A Correction

Apologies to anyone who was not able to access the Care Confidence link in last month's newsletter. The correct link is: [df.careconfidence.org.uk/](https://df.careconfidence.org.uk/) Care Confidence is a website designed to give anyone who is, or will be, self-funding their care, easy access to information on home adaptations and equipment, common financial concerns, queries around downsizing and moving to a care home. There are videos to watch to learn about other people's experiences paying for social care, and the opportunity to make your own plan. You can also scan the QR Code opposite to access the site on your phone or tablet.



## Star of the Month



**This month we would like to celebrate the wonderful Pocklington School students who volunteer every Thursday during term time at our Ballerina House Hub Club in Barmby Moor. This is part of their enrichment time, and they have certainly enriched our Hub Club with their enthusiasm and care. We received a wonderful letter about the students, which you can read over the page. Well done and thank you to all of these young people. We are so grateful for this partnership with the school, which benefits both the students and our group members.**



It was lovely to see friends from the Selby Café getting together to enjoy a social event together at the Soroptimist Quiz.

**Helpline: 03300 578592**  
**Website: [www.dementiaforward.org.uk](http://www.dementiaforward.org.uk)**

**If you would like to find out how to donate to Dementia Forward, visit our website.**

# Service Update

**Good to Know...** We asked financial planners, PenLife Associates, for some advice on managing finances while supporting someone with dementia



PenLife Associates  
Chartered Financial Planners

“It is a good idea to keep a Book of Knowledge. This is a simple but invaluable way to ensure someone can step in and manage your affairs if needed. It could be a notebook or folder kept somewhere safe and secure, containing key information such as passwords, details of bank accounts, pensions and assets, insurance and household accounts, a copy of your Will, any Power of Attorney documents, and your funeral preferences.”

## Service Spotlight

### Our Lunch Club in Darley

**Dales Diners** is an inclusive monthly lunch club that brings people together to enjoy good food, friendly conversation and a welcoming atmosphere.

We took over the running of this popular group just over a year ago, and inherited a fantastic team of volunteers, passionate about providing a social opportunity for people living in this rural area.

Designed to promote wellbeing and social connection, it is a relaxed place to meet others and spend time in good company. It is particularly supportive for people living with dementia and their carers, but Dales Diners is open to everyone in the local community. Guests are served a delicious two-course lunch, along with hot drinks and juice, all for just £6. We occasionally get musicians to entertain us over lunch, but the main focus is on friendship and good food. The lunch club takes place on the first Thursday of each month from 1–3pm at Christ Church Community Centre, Darley (just outside Harrogate). Places must be booked in advance so we can organise catering. Please call our Helpline on 03300 578592 before the 25th of the month to reserve your place. The next session will take place on **Thursday 2 April**. We would love to see you there.



## Local groups and activities

A new **Dementia Cafe** has opened in Filey on the first Friday of the month from 1.30pm to 3pm. It is run by Elizabeth and Helen from Filey Home Care and is for people with dementia and loved ones. All welcome for a delicious cuppa and cake at Filey Fields on Scarborough Road YO14 9BX.

The **Friendship & Exercise Club** takes place every Thursday at St Wilfrid's Community Centre in Ripon from 12.30pm to 2pm. The session starts with gentle seated exercise for all abilities with group leader Lisa, followed by refreshments and a chance to chat. The sessions are free but donations are welcomed. The group is dementia friendly and is always welcoming to new faces.

We are partnering with Ruby Lodge to provide a monthly **Community Cafe** in Thirsk - offering a warm and friendly environment for people to socialise and also offering dementia support to those who may need it. Runs every first Wednesday of the month, starting on the 1<sup>st</sup> April, 2-4pm.

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# Support Information



## The Music You Love with No Adverts

**Music 4 Dementia's M4D Radio** is a free, online radio station designed to support people living with dementia and their carers by streaming curated music that can trigger positive memories and improve wellbeing. It offers six different channels, with music from the 1930s to 1980s, and can be accessed on a smart speaker, tablet or laptop. You can listen anytime on [www.m4dradio.com](http://www.m4dradio.com) or ask your smart speaker to enable Music 4 Dementia Radio.

## Fiona's Facts



**Fiona is our Community Education Coordinator. She provides training and education across the county and does regular online sessions for people with dementia and their families. Here, she shares some of her knowledge.**

Unlike Alzheimer's Disease, vascular dementia is not caused by a build-up of plaques in the brain. Instead, it is caused by compromised blood flow through the brain. This in turn can be caused by strokes, haemorrhages or small blood vessel damage that can take place over time. Vascular damage can happen very quickly, unlike Alzheimer's Disease which is often a slow gradual progression. As an example: with a stroke, there may be damage to a particular part of the brain and the symptoms we see will depend on which area this is. Again, this differs from Alzheimer's Disease, where the progression into the disease can take a familiar path. Our brains are amazing and have the ability to build new pathways around damaged areas - a process called neuroplasticity. This is why after a stroke you might notice that over time someone has regained some of the skills they had lost. With vascular damage, the blood flow through the brain may quickly switch from being good flow to restricted flow; this means that there could be fluctuations in cognition which can occur over a day - even hour by hour. So, there might be good days and bad days, and there could also be spikes in emotion for no obvious reason, and some moments of apathy and lack of interest.

Looking after your heart is a really good way of reducing your risk of vascular damage. So, try to include some exercise into your day, eat healthily and maintain a healthy weight.

The next **Understanding Dementia Session** with Fiona will be on Wednesday 18th March, at 7pm. Email [fiona.andrews@dementiaforward.org.uk](mailto:fiona.andrews@dementiaforward.org.uk) if you would like the link to attend this online session, or call our Helpline.

## Dementia and continence advice

A new website has been launched to help people living with dementia to manage continence at home. The site is still under development, but there is lots of information in the Information for Friends and Family Carers section, covering topics such as incontinence products, getting out and about and managing night times. There is also useful advice about having difficult conversations and how to find further support. The address is - [www.demcon.org.uk](http://www.demcon.org.uk).

# Stories from our Community

**We are pleased to share this wonderful letter sent to the Head Teacher of Pocklington School in response to students volunteering at our Ballerina House Hub Club. This wonderful intergenerational work is why the students are this month's Stars of the Month.**

"I am writing to express my sincere thanks to you and your school for supporting students who volunteer at our local Dementia Forward Hub Club. My stepfather attends the Hub Club, and I wanted to share just how meaningful the experience has been for him. The time he spends with some of the students – talking, sharing stories, and simply interacting – has given him a sense of connection and enjoyment and supported his integration into the sessions. He was very nervous about joining Hub Club because it was the 'unknown' and coming back after Christmas and a short illness exacerbated this nervousness. His experience talking with one particular boy about motorcycles has though genuinely lifted his mood, encouraged his confidence, and provided moments of genuine happiness that carry through well beyond the sessions themselves. I know he's told my mum that he enjoys his time talking with the students and I've heard him telling my children the same. He genuinely looks forward to that part of the session very much and it is helping him to settle in.

For people living with dementia, I think opportunities for positive social interaction are incredibly important, and, in conjunction with the care and compassion offered by the Dementia Forward team themselves, I have the sense that the students bring a warmth, energy, and openness that has made a real difference.

As a Chair of Governors in a secondary school myself, I also believe this experience is invaluable for the students themselves. I think that enabling young people to engage so naturally, patiently, and kindly with participants builds understanding, empathy, and respect across generations – qualities that will stay with them far beyond their time at school.

Please accept my heartfelt thanks for allowing and encouraging this involvement. It is having a truly positive impact on individuals like my stepfather, and it means more than I can easily put into words.

Please will you pass on my thanks to all of the students and, if appropriate, a special thanks in particular to the young man who is interested in motorcycles, for having found this common point of interest. Ideally I would like both him and his family to know what a difference he is making."

**Ballerina House Hub Club, runs on Mondays, Wednesdays and Thursdays at Ballerina House, Lavender Fields Care Village, Barmby Moor. It costs £50 for the day. Please contact our Helpline for further information. An assessment is needed before attending.**



# Fundraising News

## Extended Christmas Joy!

A heartfelt thank you to Harrogate Theatre Choir for choosing to support Dementia Forward at their annual Christmas Concert. The event raised a fantastic £900.

Andrew came along to our singing group to present the cheque.

The group were delighted!



## On your Marks, Get Set... BAKE!

The **Great Village Bake Off** returns to Burton Leonard on the 25<sup>th</sup> of March! We're inviting everyone to bring along their best cake creations, with our panel of judges on hand to select their favourite. There's a tempting £50 cash prize up for grabs for the winning bake.

This year's event is kindly sponsored by

**Radfield Home Care.**



Sponsored by



## Danceathon Extravaganza!



This April 18<sup>th</sup> we are hosting a **12-hour Danceathon** in Richmond! The exciting day features a packed programme of dance sessions ranging from traditional Scottish dancing and line dancing, to vibrant samba dancing and finishing the night in style, partying with 'Jukebox Revival'.

There is something for everyone to enjoy.

Each session is just £5, with any 4+ sessions for a cost of £20. Sponsorship forms are available so you can maximise your impact by gaining support from friends and family.

Participant can join for as long or as little as they like, and no experience is necessary - just plenty of enthusiasm!

## Challenge Walks

Our **Skipton Three Peaks** walk returns again this year! This 18-mile walk climbs Sharp Haw, Emsay Crag and Skipton Moor and is a great day to be a part of.

We are also introducing a new walk for 2026, which centres around the famous **Tan Hill Inn**.

This 15-mile route combines the Ravenseat, Keld & Pennine Way with the Keld & Swinner Gill, offering fantastic views over the Swaledale region. Sponsored by Harris Irwin Architects.

Entry for each event is £20 and includes your breakfast, a Dementia Forward t-shirt and goody bag.



## Save the Dates for 2026

We are delighted to have several exciting events coming up later in the year. Full details will be shared soon, but in the meantime please save the following dates in your diary:

- **Golf Day, Pike Hills Golf Club York - 17<sup>th</sup> September**
- **Winter Ball, Hilton Majestic Harrogate - 6<sup>th</sup> November**
- **Christmas Jumper Fun Run, Fountains Abbey - 13<sup>th</sup> December**

## Coffee on the Green

Come along to **Poppleton Methodist Church** on Saturday 16<sup>th</sup> May (10-12) to enjoy a wide selection of cakes, hot food and drinks!



# Dates for the Diary

## 10<sup>th</sup> March, Handbags Through the Ages

Marianne, from Totally Exquisite, will be hosting a talk about handbags from the 1920s up to modern pieces. Tickets include refreshments.  
West Park Hotel, Harrogate 10:30am

## 22nd May, Dementia Forward Hat Day

Raise awareness, raise funds and raise your hats! Whether you're part of a business, care home, church group, school or individual, we'd love to you to get involved.

## 25<sup>th</sup> March, 10am, Great Village Bake Off

Enter our Bake Off to be in with a chance of winning the 'Judge's Choice' trophy! Come along to the Burton Leonard coffee morning to get a taste of all the entries.  
Sponsored by Radfield Home Care.

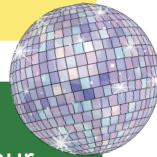


## 20th June, Easby Abbey Awareness Walk

A dementia awareness walk around the Easby Abbey Loop in Richmond. A short group walk followed by coffee morning at St Mary's Church. Join us to help us raise awareness!

## 2nd April, 1pm, Dales Diners, Darley

A dementia-inclusive lunch club, providing a 2-course lunch and great company.  
Book your place by the 25<sup>th</sup> of the month by ringing our Helpline.



## 26th July - Tan Hill Inn Challenge Walk

This 15-mile walk starts at the famous Tan Hill Inn. The scenic walk takes in views over Swaledale and is the perfect way to spend a Sunday. Sponsored by Harris Irwin Architects.

## 18th April - 12-Hour Danceathon

Lace up your dancing shoes and join our Richmond Danceathon extravaganza. Dance with us all day or just pop in for one session. Each session is £5. Sponsorship forms are available.

## 20<sup>th</sup> September - Skipton Three Peaks

Join our annual 18-mile challenge walk across three of Skipton's peaks. Enjoy breakfast with the team before setting off on the journey. Solo walkers and groups welcomed.

## How can you support your local North Yorkshire dementia 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.

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**

**Numbers Club March Winner: 34**

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)