

# The Dementia Forward Messenger



Your North Yorkshire Charity  
Care and Support for Life

Registered charity Number 1148225

## Welcome to our April Issue

With May fast approaching, preparations are underway for Dementia Action Week (DAW), which runs from the 18th to the 25th May. This is a time to really focus on raising awareness of dementia, encouraging open conversations, and creating dementia inclusive communities. With nearly one million people living with dementia in the UK, raising awareness and taking action is more important than ever.

In the week leading up to DAW, we are holding a Dementia Discussion Event in Ripon. This will be on Wednesday 13<sup>th</sup> May, from 1pm to 3pm, at Allhallowgate Methodist Church Hall. This is a drop-in for anyone who would like to find out more about local support services, or to speak to a Dementia Support Advisor. This event will be followed by a Dementia Awareness Session in Ripon - date and time to be confirmed.

As part of DAW, we are planning an online dementia awareness talk on May 20<sup>th</sup> at 6pm. If you would like the link to join, please email [info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk). And we will be at Skipton Library on Thursday 21<sup>st</sup> May from 10am to 2pm offering support, information and reading resources for people with dementia and carers as part of National Year of Reading. It is also time for the return of Hat Day - where we encourage people to wear a hat, raise awareness and make a donation. Why not organise your own Hat Day party or coffee morning? Don't Keep Dementia Under Your Hat!



We are looking for any other events to get involved in during DAW, so if you have any ideas, please let us know.

## Young Onset Dementia Conference

Our fourth annual Young Onset Dementia Conference will be taking place at York Racecourse on the 20<sup>th</sup> of October. Save the date!

## Stars of the Month



Both of our Selby cafés held their own celebrations for the lovely Yvonne to mark her special birthday this month. Volunteers and attendees at each service went to great lengths to celebrate Yvonne and recognise everything she brings to the cafés. Thank you to all the group members and volunteers for making the Selby groups so welcoming and friendly! Yvonne would like to give a special mention to Sara and Marie for organising the celebrations, Wendy for her super fundraising efforts, and Kacey (below), a new Wednesday volunteer, for recognising when a lady was upset and going straight over to offer comfort. You are all stars!



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

## Our Work on the Coast

Memory Support Advisor Lisa is manning an awareness stand at **Filey Library** every Friday, from 10am to 11.30am, where anyone who is concerned about their memory or the memory of a loved one can have a chat, book a home visit or make an appointment for Lisa's fortnightly clinics at Filey Surgery.

There will also be a Memory Support Advisor available each week at **Eastfield Community Shop** in Eastfield, Scarborough, on Wednesdays from 10am -11.30am, starting from Wednesday 15<sup>th</sup> April.

Thanks to funding from Filey Lions, we are also pleased to announce a **Five-Week Memory Toolkit Programme** at Filey Library, starting on Monday 13<sup>th</sup> April from 10.30am to 12.00 noon. Each week will have a different theme chosen to support wellbeing:

**Week 1** - Stay Safe & Well - 13th April

**Week 2** – Stay Connected - 20th April

**Week 3** – Keep a Sense of Purpose - 27th April

**Bank Holiday** - 4<sup>th</sup> May (library closed)

**Week 4** – Stay Active - 11th May

**Week 5** – Stay Positive - 18th May



## Service Spotlight

### Whitby Cafe

While we are on the coast, we thought we would throw the spotlight onto our Whitby Wellbeing and Brain Health Cafe, Welcome Wednesday. The cafe, which is run by new fabulous new staff member Lisa, and supported by long-standing volunteers Sandra and Glynis, runs at The Coliseum in Whitby every Wednesday from 1pm to 3pm. It's a small but perfectly formed group, and they enjoy lots of activities. New group members are very welcome. £3 per person. Here's what they have coming up:

**April 8th** - Board Games Week

**April 15th** – The Big Yorkshire Quiz

**April 26th** – Eileen Till Music Group

**April 29th** – Virtual Walk in the North Yorkshire Moors



## New Community Cafe in Thirsk

This new monthly meet up at Ruby Lodge in Thirsk runs on the first Wednesday of the month from 2pm to 4pm with refreshments kindly provided by the Ruby Lodge team. It's a friendly environment, giving people the opportunity to socialise with others living in the area. It's also a chance to chat to one of our Dementia Support Advisors, who will be able to provide support and wellbeing information to anyone living with dementia, caring for someone or concerned about symptoms. Call Ruby Lodge on 01904 937449 for more information, or just call in. Everyone welcome.

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# Support Information



## Pharmacy First

The Pharmacy First service enables people to get advice and treatment for several common health conditions from their local pharmacy, without needing to see a GP first. Specially trained pharmacists can assess symptoms, provide clinical advice, and, where appropriate, supply prescription-only medicines for conditions such as sore throats, earache, sinusitis, infected insect bites, impetigo and shingles. The service is designed to make it quicker and easier to access care, reduce pressure on GP surgeries, and help people get the right treatment sooner. If you think Pharmacy First might be suitable, you can simply go into a participating pharmacy or be referred by your GP practice or NHS 111.



## Research Opportunity

Cognitive HealthTech Ltd is developing an innovative way to help people understand and track their cognitive health, without games, tests or quizzes. Using secure Artificial Intelligence, the technology observes natural conversation to identify subtle changes in language, tone and expression that may indicate shifts in attention, memory and communication. The tool is being co-developed with people with lived experience, carers and clinicians to support earlier awareness and more confident conversations with healthcare professionals. With support from UK Research and Innovation (UKRI), Science and Technology Facilities Council (STFC) and the NHS, alongside researchers from Northumbria University, the team is inviting expressions of interest from people aged 35+ who have memory concerns, mild cognitive impairment or a recent dementia diagnosis. Participation involves four short recorded conversations (15 minutes each) and participants will be paid £20 for their time.

If you are interested in taking part in the research,  
email [victoria.burnip@cognitivehealthtech.co.uk](mailto:victoria.burnip@cognitivehealthtech.co.uk) or call Victoria on 07825 988615.

## Local groups and activities

**Together in the Dale** - This fun and welcoming group is run by Nidderdale Plus with Radfield Home Care. It takes place every Wednesday from 10am-3pm, at the Christ Church Community Centre in Darley, Harrogate. Anyone who would like to spend time in good company can attend to enjoy a hot lunch and to take part in a range of activities. People with dementia are very welcome and carers can attend with them or have some respite time. Transport options and support from carers from Radfield Home Care is available. The cost is £45 per session. To express interest, please contact Zoe on 01423 714953 or email [zoe@nidderdaleplus.org.uk](mailto:zoe@nidderdaleplus.org.uk)



## Celebrate Life in a Song

The Swan Song Project, based in Leeds, is a unique charity that specialises in helping people who are terminally ill or experiencing bereavement to write and record their own original song. The process allows people to express themselves and create something unique that can live on for many years. The musicians at Swan Song can deliver these sessions in person or over Zoom. You don't have to be a musician, singer or poet - they will support you to create a song that is personal to you. Email [ben@swansongproject.co.uk](mailto:ben@swansongproject.co.uk) or visit [www.swansongproject.co.uk](http://www.swansongproject.co.uk) to find out more.

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# 'The Future of Dementia Care in North Yorkshire' Conference 2026

Friday 22nd May 2026 - 9.30am to 4pm  
Scarborough Rugby Club, YO13 0NL



To book your ticket, scan  
the QR code or use the  
details below:



Early Bird Tickets are £44.04 (inc. fees)

## Keynote Speaker:

Dr Jeremy Isaacs, National Clinical  
Director for Dementia & Older People's  
Mental Health at NHS England.

## We will also hear from:

- Individuals with lived experience
- Pioneers from the world of technology
- Specialists in dementia care
- Behaviour expert, author and speaker, Andy Baker (Able Training)

For any enquiries, contact  
Dementia Forward:

 01765 601224

 [info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk)

 [www.dementiaforward.org.uk](http://www.dementiaforward.org.uk)

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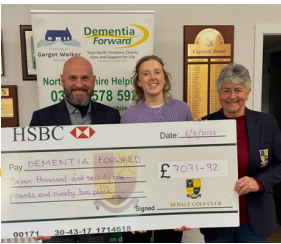


Saint Cecilia's  
care group

# Fundraising News

## Fabulous Fundraisers!

- **Bedale Golf Club** have successfully raised an impressive £7,071! 2025 captains Rachel and Scott chose to support Dementia Forward and organised a variety of events and raffles throughout the year, culminating in a 24-hour golf challenge that alone brought in over £2,000.
- Jane and Sarah recently visited Burton Leonard with £3,000 following their incredible **Ramsgill Christmas Fair** held last November. They are already thinking about preparing cakes for next year.
- Kim was delighted to receive a £2,000 cheque from the 2025 **Hunton Steam Gathering** at their presentation evening. The event supported 11 local charities and will make such a difference.
- **Ganton Golf Club** Captains, Wendy and David, were pleased to award Dementia Forward over £3,800 following their year of support. **You are all wonderful. We are so grateful for your support.**



## Danceathon Extravaganza

On April 18<sup>th</sup> we are hosting a **12-hour Danceathon** in Richmond. The energetic 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 £5, but if you do 4+ sessions it will cost just £20. Sponsorship forms are available so you can maximise your impact by gaining support from friends and family.

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

## Bake Off Success!

There were no soggy bottoms in sight at our Great Village Bake Off! Thanks to Kate and Nathan from Radfield Home Care for taking on the tough job of judges (with Debby) for the day and to everyone who baked and came along to taste test for us!



## Spring Raffle

As spring arrives, we're offering the chance to win a spectacular hamper filled with treats, including a Harlow Carr family voucher, local wines, a facial voucher, Everyman Cinema tickets, and a selection of goodies to help get your garden ready for the season - it's a fabulous prize for all the family. The winning ticket will be drawn on 1st May. Tickets are available at our services and on our website.



There are a number of local events you can take part in to support Dementia Forward. The **Nidderdale Walk** on 18th May offers a range of routes with varying distances, making it accessible for people of all abilities. The 100km **Ripon Rotary Bike Ride** also returns on 9th May, with funds raised being shared between local charities, including Dementia Forward.

# Dates for the Diary

## 18th April - 12-Hour Danceathon

Lace up your dancing shoes and join our Richmond Danceathon. Join us all day or just pop in for one session. £5 per session and sponsorship forms are available. All welcome.

## 22nd May - Dementia Forward Hat Day

### 'Don't Keep Dementia Under Your Hat'

Raise awareness, raise funds and raise your hats! Visit our website to find out how you can get involved or host your own event.

## 21st April - Springtime Afternoon Tea

An entertaining afternoon at Lavender Fields, Barmby Moor, featuring live music from 'Pull Down the Moon' accompanied by a delicious afternoon tea.

Tickets are £20pp.



## 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!



## 15th May - HG33 Gig, Burton Leonard

Local band HG33 return for another fun evening of cover songs to get you in the dancing mood! Bar and raffle on the night.

Tickets are £10 each.

## 26th July - Tan Hill Inn Challenge Walk

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

## 16th May - Poppleton Coffee on the Green

A selection of homemade cakes, breakfast items, snacks and hot drinks will be available at Poppleton Methodist Church. We will also be running a tombola and book stall so please come along!



## 17th September - Pike Hills Golf Day, York

Sign up to our annual Golf Day, this year at Pike Hills Golf Club in York. The day includes breakfast, your round of golf, 2-course lunch and lots of wonderful prizes to be won! Kindly sponsored by Promedica24.



## Save the Date:

- Winter Ball, Hilton Majestic Harrogate - 6th November
- Christmas Jumper Fun Run, Fountains Abbey - 13th December

## 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 April Winner: 73**

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)