

# The Dementia Forward Messenger



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

## Welcome to our May Issue

Dementia Action Week begins on Monday 18th May, and we have lots planned - including, of course, Hat Day: Don't Keep Dementia Under Your Hat. If you are holding a Hat Day event, please send us your photos; we would love to feature them in next month's newsletter. If you received this newsletter by email, you can click the link to see everything we have planned for Dementia Action Week, or visit our website for more information.

We have already experienced some highs and lows this month. We said a fond farewell to Mike East, who has been a Dementia Support Advisor in the York area for more than 10 years. We wish him every success in his new role back in his home county of Kent. We were delighted, however, to hear that one of our founder trustees - singing group volunteer, cake baker, and dedicated community volunteer in the Ripon area - David Wells, received the Community Champion Award at the Local Hero Awards organised by Your Harrogate Radio. Congratulations, David.



Throughout May, we are working with Your Harrogate Radio to raise awareness of dementia and highlight the support available locally. Listen out for us on Your Harrogate, Your Skipton and Your Ilkley radio stations.

Coming up over the summer months, we have lots of National Open Garden Scheme events, where we are providing refreshments. If you fancy visiting Prospect House in Burton Leonard, Firby Hall near Bedale, or Ness Hall in Nunnington, please come along and say hello. You can find the gardens at [www.ngs.org.uk/](http://www.ngs.org.uk/). Any keen bakers who would like to bake for these events, please let us know.

## Stars of the Month



In April, we had a fantastic Danceathon in Richmond, which the community really got behind. Thank you to everyone who led a class or got involved. This month's star is Tony from our Richmond Hub. Tony, who is 79 years old, danced for 12 hours, kept smiling for the whole time and raised £171.50 in sponsorship which helped to add to our fundraising total from the event. Three more superstars are staff members Kim, Clare and Tatiana, who organised the event and danced for the full time, in total raising £1,709.90!



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# Service Update

## Whitby Cafe New Venue

Our Whitby Wednesday Wellbeing Cafe is now being held at Kirkham Close Community Centre, from 1pm to 3pm every Wednesday. It's a lovely venue, with plenty of parking, and you will receive a warm welcome from Lisa and the team. New attendees very welcome.

## Carers Research Webinar

The iACT4CARERS research team is hosting a free online webinar on 30th June 2026 to share the findings from the iACT4CARERS study, which is an online psychological training programme for family carers of people living with dementia. The study has shown strong evidence of the programme's effectiveness in supporting carers to handle difficult thoughts and feelings. The webinar is open to anyone who took part in the study or who is interested in the findings. Please email [iact4carers.study@uea.ac.uk](mailto:iact4carers.study@uea.ac.uk).

## Service Spotlight

### Burton Leonard Hub Club

Our Hub in Burton Leonard, between Ripon and Harrogate, serves as our Head Office, Hub Club and weekly base for our Harrogate Time Out Together group, so it is a busy building every day of the week. The hub is named George Armitage House, after the gentleman who left a legacy that allowed us to buy this former Methodist Chapel. George's wife Valerie chose to support Dementia Forward and is now a patron of our charity. George Armitage House was opened in May 2017, and soon after the first Hub Club began. We now run these day services every day except Wednesday, from 10am to 3pm. People come for a full day of activity, which might include singing or chair exercises, led by our fabulous volunteers, gardening, art, games and quizzes. In recent weeks, the group created a brilliant scarecrow, as pictured above. We also hold occasional coffee mornings at the hub, where you can come and meet the team and find out more. The next one is May 20<sup>th</sup> from 10.30am and it is a special Hat Day Coffee Morning, so we would love to see you in your best hat! All welcome.



## Dementia Forward Voices



Dementia Forward's participation groups, bring people living with dementia, carers, volunteers, trustees and staff together to help shape and improve our services and activities. They give people the opportunity to share their experiences, ideas and opinions so that services are developed with people, not just for them. The groups are now well underway in York, Selby and Harrogate, and members have identified areas they would like to focus on first, including making our website more user friendly and creating new information leaflets on topics that matter most to them. We have also been working with Claire from North Yorkshire Council to explore how we can better amplify the voices of people living with dementia and carers across the wider community. We are particularly keen to welcome people from underrepresented communities, including LGBTQ+ communities and people from minority ethnic backgrounds, to help ensure every voice is heard.

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# Support Information

## Just Can't Wait Card

The Just Can't Wait Card is designed to help people with medical conditions, including dementia, access urgent toilet facilities when they are out in the community. By showing the card, people can discreetly let staff know they need immediate access to a toilet without having to explain their condition in detail. The card is widely recognised by many businesses and public venues. You can get a Just Can't Wait Card through the Bladder and Bowel Community. It can be downloaded instantly onto a phone, or you can apply for a plastic card. Visit the website [www.bladderandbowel.org](http://www.bladderandbowel.org) or email [help@bladderandbowel.org](mailto:help@bladderandbowel.org)

## The National Year of Reading



This is a campaign to get people of all ages rediscovering the joy of reading. To mark this and Dementia Action Week, we are sharing a selection of books that explore dementia from different perspectives:

### Carers Information and Support Material

- **Holding Love Steady: A Calm Guide to Dementia Care at Home** (Dr Andrew Hartmann)
- **Contented Dementia** (Oliver James)
- **Why Dementia Makes Communication Difficult: A Guide to Better Outcomes** (Alison Wray)

### Real Stories/Fiction

- **Where Memories Go – Why Dementia Changes Everything** (Sally Magnusson)
- **The Memory Activity Book: Practical Projects to Help with Memory Loss and Dementia** (Angela Rippon, Helen Lambert)

### Books for Children

- **Take Care, Son: The Story of My Dad and his Dementia** (Tony Husband)
- **The Stories Grandma Forgot (and How I Found Them)** (Nadine Aisha Jassat)
- **Elmer and the Gift** (David McKee)



### By People Living with Dementia

- **Unforgettable: Rugby, dementia and the fight of my life** (Steve Thompson)
- **What I wish people knew about Dementia** (Wendy Mitchell)
- **Slow Puncture: Living Well With Dementia** (Peter Berry, Deb Bunt)

## Lunch in the Dales

The Dales Centre in Bedale is open every Tuesday and Thursday from 10am to 2pm, offering a warm and welcoming space for everyone. A two-course lunch is served at 12 noon, and must be booked in advance by calling 01677 425806. Tea and coffee are available between 10.30am and 11.30am, providing an opportunity to relax, meet others and enjoy friendly conversation. There is a relaxed atmosphere where people can come along on their own, with friends or family, or with a carer if needed. For more information, contact [dalescentrebedale@gmail.com](mailto:dalescentrebedale@gmail.com) or call 01677 425806.

## Talking Therapy for Carers

North Yorkshire Talking Therapies is an NHS service that people can access for support with anxiety, low mood and stress. One of the simplest ways to get help is through self-referral, which means you do not need a GP appointment, you can complete an online referral form on their website. The team will usually arrange a phone assessment to talk through what support might be helpful and agree the next steps together, which could include guided self-help, group support or one-to-one therapy if appropriate. You can find more information and the referral form here on the website [www.northyorkshiretalkingtherapies.co.uk/](http://www.northyorkshiretalkingtherapies.co.uk/). You can also speak to your GP and ask to be referred or call the following: Harrogate: 01423 852137, Hambleton, Richmondshire & Catterick: 01609 768890, Scarborough, Whitby, Ryedale: 01947 899270

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## Fiona's Facts



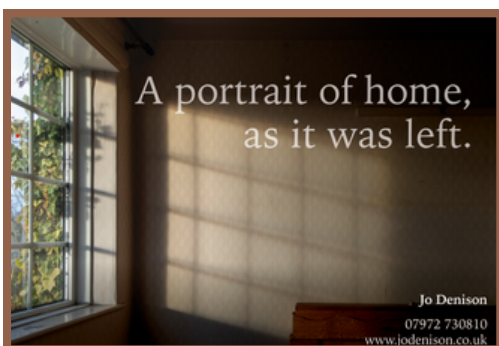
**Fiona, our Community Education Coordinator, provides training and education across the county and does regular online sessions for people with dementia and their families. Here, she shares some of her knowledge.**

Lewy body dementia is caused by a protein malfunction which causes damage to parts of the brain. The damaged proteins are known as Lewy Bodies. Sleep disturbances may be the first feature of the disease. This might include vivid dreams and lots of night-time moving about. Memory problems may not occur until much later in the disease, but people will usually experience intellectual decline and reduced problem-solving skills. Many people will experience visual hallucinations - seeing or hearing things that aren't there, which can be extremely difficult for the person with the diagnosis and the carer. Lewy body dementia has links to Parkinson's disease so the person may over time develop Parkinson's symptoms, including movement disorders and problems with balance and co-ordination. There is also a link to Alzheimer's disease, so these dementias can influence each other and overlap, but the way they are treated is very different, so medications need to be effectively managed with Lewy Body Dementia.

Fiona will be running two online sessions for people living with or supporting someone with dementia this month. She will cover Alzheimer's Disease on 27th May at 6.30pm and Lewy Body Dementia on 28<sup>th</sup> May 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. She is also running an online awareness session at 6pm on the 20<sup>th</sup> May. This is part of Dementia Action Week. Please tell friends and family and share with anyone who would be interested in learning more about dementia.

## A Portrait of Home

When life changes and moving on becomes inevitable, not everything can be taken with us, but memories of home can be gently preserved. Photographer Jo Denison is offering to photograph homes following major life changes such as moving into care, downsizing, or following the loss of a loved one. Each image becomes a lasting record of a place shaped by moments and identity, offering something tangible when we have to let go. Jo is currently offering this at no cost, with optional donation to Dementia Forward. For more information, contact Jo Denison on 07972 730810, visit [www.jodenison.co.uk](http://www.jodenison.co.uk)



## Small Moments Matter with Sarah, Head of Happiness



Hi, I'm Sarah. Alongside my role at Ballerina House, I'll be sharing simple wellbeing ideas as Head of Happiness.

This isn't about forced positivity - it's about noticing small moments of calm, connection, or something good in the day, even alongside the real challenges of dementia. Research shows that noticing small positives and practising gratitude can improve wellbeing. There's also a "ripple effect", our mood can influence others far beyond our direct interactions, spreading through connections in subtle but meaningful ways.

### HAPPY HINT

Pause and ask: "What small thing went well today?" It might be something tiny- a kind word, a smile, a quiet moment, or simply a cup of tea at the right time.

### REFLECTION

What is one small moment you noticed today?  
Small moments matter.

# Fundraising News



## Hat Day 2026 “Don't Keep Dementia Under Your Hat”

We started our Hat Day campaign last year and various local care homes, schools, church groups and individuals sported their favourite hats to raise awareness and funds for the charity. This year Hat Day falls on Friday 22<sup>nd</sup> of May although you are welcome to take part on any day during this week. The aim is to have open conversations about dementia, increase understanding and raise vital funds so that we are able to continue providing services for those who need it.

## Winter Ball Returns

Our highly anticipated Winter Ball returns this year on the 6th of November in Harrogate, with support again from local solicitors Walker Foster. The evening includes a 3-course meal, welcome drink, entertainment throughout and the opportunity to win some fabulous prizes. Tickets are £55 and tables of 8 to 12 are available.

## Settle Wheelers Challenge

150

17 cyclists from Settle Wheelers pedalled from Carlisle to Settle to mark the 150<sup>th</sup> anniversary of the railway. The 83 miles journey took them to every station along the railway line where they were greeted by school children singing, a coffee and cake reception and much more to keep spirits high and legs moving.

The team have raised over £1,800 for Dementia Forward so far. Thank you all.



## Easby Abbey Walk

On the 20<sup>th</sup> of June, we are encouraging you to join our walk in Richmond, to raise awareness of dementia and Dementia Forward's services in the area. The 2-mile circular route follows the River Swale and we will end at St Mary's Church where we will have delicious cakes, drinks and music from the Swalemates. If you are not able to join the walk, you are still welcome for the celebrations at the church. The event is kindly sponsored by Home Instead Darlington and Northallerton who are helping us to provide a t-shirt, map booklet and goody bag for each participant. Entry is £5 and can be booked in advance on our website.



## Lavender Fields Afternoon Tea

We had a wonderful time at Lavender Fields in Pocklington, enjoying a beautifully presented afternoon tea accompanied by live music from Pull Down the Moon. We are very grateful to Lavender Fields for hosting us and are looking forward to returning at Christmas for festive celebrations.



Thank you to everyone who bought tickets for our Spring Raffle over the past month. The winner was drawn on the 1<sup>st</sup> of May and has been contacted.

All the money raised will go towards supporting our services. Thanks all.

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# Dates for the Diary

## 15<sup>th</sup> 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.



## 17<sup>th</sup> July - Motown Night, Thirsk

Sing and dance with The Cherry Tones, a vintage duo, as they pay tribute to the Motown era. Bar and raffle on the night.

## 16<sup>th</sup> May - Poppleton Coffee on the Green

A selection of homemade cakes, breakfast items, snacks and hot drinks will be available at Poppleton Methodist Church from 10am. We will also be running a tombola and book stall so please come along!

## 26<sup>th</sup> 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.



## 22<sup>nd</sup> 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.

## 17<sup>th</sup> September - Pike Hills Golf Day, York

Our annual golf day is 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.

## 20<sup>th</sup> 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!

Registration 10.15am.



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

This 18-mile challenge walk will put you to the test! Either join individually or as a group to take on the walking challenge and raise funds for Dementia Forward. For more information visit the website.



## Save the Date:

- Winter Ball, Hilton Majestic Harrogate - 6<sup>th</sup> November
- Christmas Jumper Fun Run, Fountains Abbey - 13<sup>th</sup> 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: 16

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)