The Dementia Forward Messenger

Dementia Forward

Your North Yorkshire Charity
Care and Support for Life

Registered charity Number 1148225

Welcome to our October Issue

When the Sycamore Gap tree was cut down so senselessly in 2023, we had no idea we would one day be part of the story. Three years later, we became the proud recipients of a sapling grown from cuttings from the original tree, as a powerful symbol of hope. Out of 500 applicants, we were chosen to become custodians of one of the 49 saplings, to nurture and protect to represent families living with young onset dementia. Our tree was planted during a special World Alzheimer's Day event on September 21st in its new home in the heart of a beautiful new sensory garden at Lavender Fields Care Village. The garden has been designed with people with dementia in mind, with scents, colours and sounds to stimulate the senses. A huge thanks to the Lavender Fields team for creating this special place and for caring for the tree.

On the day, we were joined by our Hub Club members and volunteers, residents of Lavender Fields, local community organisations, and civic representatives. Jo Phillips, who is living with young onset dementia, gave a powerful speech about the legacy of the tree as a symbol of hope. The aim is for the garden to become a place for people to enjoy for many years to come.

Just a quick reminder that it is our **Young Onset Conference** on October 20th and tickets are still available. Plus, it is **Young Onset Dementia Awareness (YODA) Day** on October 24th. Please help us raise awareness!

Stars of the Month

Our first star is Janet, who has helped us set up and promote our new Ripon Friends Together Friday cafe. We had a great first session this month. Lots of people came along to chat, give their suggestions for future activities and enjoy delicious cake made by our volunteers, as you can see below. Thank you Janet for putting posters up, telling everyone about the group and being a ray of sunshine! The cafe runs every Friday from 11am at St Wilfrid's Community Centre.

Also this month, we would like to celebrate one of our wonderful Memory Support Advisors, Lajos, who is now running 11 clinics a month in GP surgeries; 8 in Hambleton and Richmondshire and 3 in Harrogate. Lajos receives wonderful feedback from so many people. Here he is pictured on Hat Day, our annual awareness and fund raising event! Thank you Lajos!

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

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

Service and Support Update

Volunteer Story by Sue

"I have been a volunteer with Dementia Forward at Ballerina House, Lavender Fields for over 2 years now and it's the most rewarding, enjoyable experience I have known. At one of my St. Catherine's Mother's Union meetings, Ellie from Dementia Forward spoke to us about the organisation and the work they do. As my Mum was beginning to show signs of onset dementia and I needed a better understanding of what was happening I decided to become involved and learn from my experience. There are a number of volunteer opportunities but for me the attraction was joining in one of the hub activity days where people with dementia can be themselves, relax, meet others and engage in a range of activities in a comfortable environment. As you can imagine, I was a bit nervous on my first day but the activity staff and the lovely clients made me feel very welcome and before long I had built up a rapport with everyone. **So what happens on an activity day?** We chat, play games, sing, dance, have fun bowling, curling, skittles, pool and table tennis (I am getting better) have a go at quizzes (I have learnt so much), jigsaws, colouring, word searches and, to keep fit and supple, chair based exercise. Our day usually ends with the popular "Card Bingo". Birthdays are always celebrated with a cake and it's so good to see everyone having a good time. For me it's a privilege to enjoy the company of the group, engage with them, share their memories and stories and it is so gratifying when it's time to go home I hear comments such as "I have loved being here today"."

Research News

Cancer and Dementia

The Deep Network is beginning a new two-year project exploring how dementia shapes people's experiences of cancer and cancer services, and how cancer affects the experience of living with dementia. They want to start by listening to as many experiences and perspectives as possible. If you would like to take part, please contact the Deep Network for a link to the survey - DEEP@myid.org.uk / 01392 420076

Young Onset Dementia Study (see poster)

Researchers from the University of Nottingham are looking for people living with, or supporting a family member with, young onset dementia, to participate in a study about future care planning. If you would like to participate, please contact Esther or Vanditha using the contact details on the poster.

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Staying Hydrated - by Fiona Andrews

As the weather gets cooler, it's easy to forget about drinking enough. But staying hydrated is important all year round, particularly for people living with dementia. As we get older, we may drink less and not always feel thirsty. Someone living with dementia may also forget when they last had a drink, not recognise that they are thirsty, or find it difficult to access or use a cup.

Even mild dehydration can affect concentration and cognitive function. Signs can include confusion, tiredness, headaches, dizziness and constipation.

A general guide is around 1.5 litres of fluid a day - about 6 to 8 glasses. Water is a great choice, but tea, coffee, milk and fluid-rich foods such as fruit, soup, yoghurt and jelly can all contribute.

Some simple ways to encourage drinking include:

- Keep drinks visible and within easy reach.
- Offer drinks regularly rather than waiting for someone to ask.
- Make drinks appealing - a warm cup of tea can be especially welcome on a chilly autumn day!
- Make drinking sociable by enjoying a drink together.

So, how about popping the kettle on!

Dear Memory - A website for storing special memories

Dear Memory is a free, private website designed to help people preserve memories, photographs, stories and moments, created for families living with dementia. You can create a private Memory Room, build timelines and life stories, record memories and photographs, map places and connect songs with special memories. A guided video tour is available to show how Dear Memory works. Find out more at www.dearmemory.co.uk. It is free to use and no payment details are required to register.

'Finding the Beauty in Change' from our Head of Happiness

September is giving way to October, and you can really start to feel the seasons changing. The mornings are cooler, the evenings are drawing in and the trees are beginning their beautiful transformation from green to gold, orange and red. This month, I thought we might take a little inspiration from nature and explore finding the beauty in change. For someone living with dementia, changes in memory, abilities, routines and relationships can feel confusing or upsetting. And for families and carers, adapting to those changes can be challenging too. These changes can be hard, and sometimes we have to acknowledge that. But I do believe there is something powerful in looking for the small things that make a difficult day feel a little lighter.

🍁 Notice the change

Nature doesn't stay the same. Leaves change colour, flowers disappear and return, the light changes and the seasons move on. Let's notice some of those changes.

🌳 Why is nature good for us?

There is science behind the idea that getting outside can help us feel better. Research into green spaces and nature has found links with improved mood, reduced stress and feelings of restoration. Being outdoors can also give us opportunities for movement, sensory stimulation and connection.

A few words from our new ambassador...

Nobody's Fool and *Silent Witness* actor Billy Bowness has become a Dementia Forward Ambassador. He will be hosting our Winter Ball and is keen to get involved with our work in the future. Billy says, "I am delighted to be an Ambassador having witnessed, first-hand, with my father's diagnosis and rapid decline, the devastating effects of dementia, not just on the person living with the disease but those closest to them. I wanted to do something to help. The families of those living with dementia can often be left feeling helpless, guilty, and powerless, whilst dealing with financial, healthcare, and administrative problems. For the person with dementia being supported in familiar surroundings in their community can only be a good thing. Dementia Forward supports people living with dementia and their families at a grassroots level, a local charity for local people, and, as a proud Yorkshireman, I am honoured to support Dementia Forward and can't wait to get stuck in to helping them continue their brilliant work."

Ripon Concerts is putting on a special relaxed performance of 'Pictures at an Exhibition', with a ballet screening with live piano accompaniment. This is a dementia inclusive concert, where people will be free to move and speak should they wish. Visit the Ripon Concerts website or email chair@riponconcerts.co.uk to book your place.

Saturday 7th November, 5pm, Holy Trinity Church, Ripon

Our Three Peaks Superstars!

The 20th of September saw 50 walkers take on the 18-mile hike across Skipton's most impressive landscape. Colleagues from local businesses, groups of friends and individuals came to spend the day with us and raise awareness and funds for Dementia Forward through this challenging walk.

In total, a fantastic £8,000 was raised!

We would like to thank Barchester Healthcare for sponsoring the event. Some of their local colleagues also joined us on the day to take part. This annual event has continued to grow and we hope that next year will be an equal, if not bigger, success. Next year, the Skipton Three Peaks will take place on 19th of September. Thank you to Skipton Community Sports Hub where we start and finish the walk. To register interest for 2027, email amy.senior@dementiaforward.org.uk.

Fundraising News

Dementia's Got Talent

Our Dementia's Got Talent event is taking place on May 16th 2027! This will be held at Riley Smith Hall in Tadcaster, and we are looking for participants. If you can sing, paint, dance, tell jokes, do impressions, or have another talent you want to share, get in touch. Thank you to Home Instead Wetherby, North Leeds & Horsforth for sponsoring and supporting this event.

Quiz Night

We have another of our popular quiz nights coming up, so come along to test your general knowledge with your friends! You can book your team's place online or by calling our Helpline, limited tickets available.

Settle Social Club
Friday 13th November, 7pm

Afternoon At The Musicals

Local choir 'Singphonia' will be putting on an afternoon musicals themed show for all to enjoy at Haxby and Wigginton Methodist Church, York on Sunday 11th October from 2pm to 4pm. Tickets £8 including refreshments. Available on the door.

Saxophony & Friends

Saxophone quartet 'Saxophony' will be entertaining with pop, swing and classical music, along with piano melodies from Duncan Goodwin and a mini theatre performance to complete the afternoon.

Saturday 5th December, 2pm-4pm
West Park Centre, Harrogate

Winter Ball

There's not long to go until our annual Winter Ball, and it's set to be a fantastic evening! Enjoy a delicious three-course festive menu before an evening of dancing, entertainment and plenty of fun with friends. Tickets are £55, with tables of 8 to 12 available to book (although you can also purchase individual tickets). Please visit the website to secure your place or call our Helpline.

- Friday 6th November
- 7pm until late
- DoubleTree by Hilton Majestic Hotel & Spa

Christmas Jumper Fun Run

Book now for the Christmas Jumper Fun Run! You can run, walk or simply cheer participants on and be part of a festive morning all for a good cause. Four-legged friends welcome. Sunday 13th December (9am start with registration from 8:15am) at Fountains Abbey, Ripon. Ticket holders are welcome to stay and explore the grounds of Fountains Abbey & Studley Royal after the run. What a bonus!

Dedicated Dementia Forward staff members Lisa and Angela are travelling over from Whitby to take part and have already started raising funds Book on our website or by calling our Helpline. Tickets are £10.

Skipton Santa Sleigh

Skipton Rotary are organising the Santa Sleigh collections this December and Dementia Forward volunteers will be out in force on the 10th and 15th of December. If you'd like to join us; spreading the festive joy and collecting donations with Santa, please get in touch.

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For information on any of these events, you can phone our Helpline: 03300 578592.

Dates for the Diary

11th October - Singphonia Concert
Choir led by Dom Pears, Singphonia, will be performing hits from the musicals for our entertainment. Haxby & Wigginton Methodist Church, 2pm - 4pm. Tickets are £8.

6th November - Winter Ball, Harrogate
Our annual Winter Ball returns at the Majestic Hotel in Harrogate. A 3-course meal, drinks reception and a night full of entertainment awaits you.

18th October - Yorkshire Marathon, York
We have some fantastic people taking part in both the Marathon and 10-mile events. Our Dementia Forward teams will also be out on the course cheering people along!

1st December - Lavender Fields Festive Afternoon Tea, Pocklington
Enjoy a Christmas themed afternoon tea, with seasonal tunes performed by Pull Down the Moon to get in the festive spirit. Tickets £20.

20th October - Young Onset Conference
Our 4th Annual U&ME Conference is taking place at York Racecourse. Tickets are £55 or £40 for people with dementia/carers.
See our website or call our Helpline for details.

13th December - Christmas Jumper Fun Run
Run, jog or walk the 5km route around the beautiful grounds of Fountains Abbey in your most festive outfit! An ideal way to get into the Christmas spirit.

24th October - YODA Day
It's National Young Onset Dementia Awareness Day! Save the date and help us raise vital awareness. Keep an eye on our social media to see how you can get involved. #YODA

14th November - Northallerton Christmas Musical Afternoon
'The Swalemates' will be performing our favourite festive tunes for your entertainment. Refreshments included. Tickets £5.

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 October Winner: 3

To join our Numbers Club and be in with a chance of winning 25% of the monthly income, visit our website **https://www.dementiaforward.org.uk/fundraising/dementia-forward-numbers-club/**

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