



Welcome to our May issue!

This year **Dementia Action Week** runs from the 15th to the 21st May. It's a time when we focus on the actions everyone can do to make positive changes to the lives of people living with dementia. This year, we are involved in a number of local events during the week, and we will be encouraging people to improve their dementia awareness, spread the word and offer their support in what ever way they can to someone they know, or to Dementia Forward. Here are a few ideas to get your actions started:

Be Dementia Aware - Join our online Dementia Education session, with Fiona Andrews on May 16th at 6.30pm. Please email info@dementiaforward.org.uk for the Zoom link.

Spread the Word - The best way to reduce stigma is to encourage open conversation about dementia. During this week, please share our social media posts, tell your friends about the work of Dementia Forward, or let us know if there is somewhere you can display our Helpline poster. It all helps to raise awareness of the support available.

Show you Care - One of the things we regularly hear from the people we support is how important their friendships are to them. So getting in touch and spending time with someone living with dementia is a fantastic action. We would also be pleased to hear from anyone interested in volunteering for us, or signing up as a regular donor to help us continue our work.

Dementia Action Week

May 15th - U&Me Conference to Create a Voice for Young Onset Dementia (SOLD OUT)

May 16th, 6.30pm - Online Dementia Awareness for Everyone with Fiona Andrews, email info@dementiaforward.org.uk for the Zoom link

May 17th, 2pm to 4pm - Whitby Coliseum Drop-in Information Session with local support organisations.

May 19th, 10.30am to 12.30pm - Ballerina House Coffee Morning.

May 22nd, 1pm to 4pm - Dementia Discussion Event for Craven, turn the page to find out more.

May 23rd, 1pm - Settle Dementia Awareness Walk, contact us for more information.

May 26th, 11am to 2pm - Gracious Street Church, Knaresborough - information stand at Full Circle Funeral's art event.

Pocklington Students Shine at Ballerina House Hub Club

Every Thursday, our Pocklington Hub Club has been enjoying time with Layla, Christine, Logan and Erin - Sixth Form students from Pocklington School. It has been wonderful to see the benefits of intergenerational activity for both group members, and the students, who have been getting stuck into games and activities, and getting to know the clients on a one-on-one basis. Lucy Hornby, Head of Co-Curriculum of Pocklington School said 'Pocklington School is delighted to have established our partnership with Dementia Forward - a charity which delivers such excellent care for those who need it in our local community. The School's Community Action Programme has been running for over 25 years, and is designed to encourage our senior pupils to develop their 'soft skills'; empathy, compassion, and team building.' Both Dementia Forward and Pocklington School look forward to continuing the partnership in the future, so that future pupils and Hub Club members can benefit.



Craven's Dementia Discussion

This is a free event for anyone in the Craven District with an interest in dementia. There will be opportunities to pose questions to a panel of experts, to improve your understanding of dementia and to find out what services are available in the Craven area.

Monday 22nd May

1pm - 4pm

Skipton Town Hall

Dementia Awareness Education

with Fiona Andrews

Panel Discussion

- Jill Quinn MBE - Dementia Forward CEO
- Jonathan Kerr - Age UK North Craven CEO
- Dr Kamath - Consultant Psychiatrist for Craven Older Adult Community Mental Health Team
- A Craven resident with lived experience of dementia

Support Marketplace

A range of local support organisations will be present who can give advice and support.



Service update

Whitby's new Welcome Wednesday café at The Coliseum was launched on the 19th of April and will now run every week from 1pm to 3pm. Our new Whitby Dementia Support Advisor, Hannah, has lots of ideas to keep the group entertained each week! A big thank you to Jubilee House, which is part of the Saint Cecilia's Care Group, for sponsoring this weekly café.



Our **Northallerton Library** group runs on the 4th Wednesday of every month from 10.30am to 12 noon. This is a great group for chatting, reminiscing and sharing stories, and we have a different theme each month. For May it is 'Coronation Memories' and in June we are talking about 'Goodness Gracious it's the 1950s!'

Bakers, jumble and prizes please!

Dementia Forward is the chosen charity for the Sherriff Hutton Jumbles huge jumble sale on Saturday the 20th of May. We would love to fill the room with pre-loved goodies so are on the look out for jumble sale items; from clothes and books, to bric-a-brac and toys. If you would like to donate any items, please get in touch and we can let you know where to drop off or arrange collection.

In May and June we are providing refreshments at two National Garden Scheme locations; Prospect House in Burton Leonard and Firby Hall in Bedale. Thank you to the owners of these beautiful gardens for choosing to support us. If you are a keen baker or willing volunteer, we would love to hear from you. You can find out about visiting the gardens at www.ngs.org.uk

And finally, if you have any tombola prizes you could donate, we would be delighted to receive them. Please contact us, or drop-off at our services. Thank you!

Dates for the diary

Coronation Parties

2nd May, 1pm to 3pm - St Mark's Church, Scarborough

3rd May, 10.30am to 2pm - Portholme Church, Selby

5th May, 10.30am - 12.30pm - Ballerina House, Lavender Fields Care Village, Pocklington

Upcoming Events

2nd June, from 9.30am - Charity Golf Day, Ripon

18th June - Singphonia Concert, York

12th July - Peter Kay tribute night, Harrogate

10th September - Awareness Walk, Scarborough

21st October - Skipton Rocks Against Dementia

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

Annual Golf Day

We are holding our second annual Dementia Forward Golf Day on the 2nd of June, kindly sponsored by Promedica24. This year we will be at Ripon City Golf Club for a fantastic round of golf, followed by lunch. There will be an opportunity to win some brilliant prizes for the winning team and in our raffle. Entry of a four-ball team is £200. To enter a team, or for information about sponsorship packages, email amy.senior@dementiaforward.org.uk.

PROMEDICA24
24/7 Live-in care at Home



Young Onset Gathering

Our April Young Onset Gathering took place at Wykeham Lakes near Scarborough with a group of 13 brave participants descending on the 250m zipwire across the waters. A fantastic day of socialising both in the air and on the ground!

These gatherings aim to bring those living with Young Onset Dementia across North Yorkshire together.



To keep up to date with Dementia Forward's services, events and much more, please follow us @dementiaforward on Facebook, Instagram and Twitter



Care and Support for Life

For confidential support and advice around dementia, call your local Helpline on:

03300 578592

Monday - Friday

9am - 4pm

(excluding Bank Holidays)

We offer a range of support services, including:

- Dementia Support Advisors
- Home visits
- Signposting to local services
- Emotional and practical support
- Advice pre-diagnosis
- Weekly wellbeing groups
- Specialist young onset support
- Dementia education



North Yorkshire's leading dementia charity

Website: www.dementiaforward.org.uk

Email: info@dementiaforward.org.uk

Social media: @dementiaforward

Registered Charity No: 1148225