The Dementia Forward
Messenger

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

Dementia Forward
Your North Yorkshire Charity
Care and Support for Life

Welcome to our October Issue

September was a month of firsts; with first days for new staff and volunteers joining the team, a new baby for one of our Dementia Support Advisors (congratulations!), and the first anniversary of the York Dementia Strategy. We also have some new services in the pipeline - over the page.

Another first this month was our Scarborough Dementia Awareness walk. On September 10th, a band of happy walkers, clothed in yellow, took to the paths of South Cliff Gardens to raise awareness. Everyone was able to access the walk at their own level, thanks to the new accessible path, which has been created through the gardens. Some people took it slowly, and enjoyed a stroll through the Italian Gardens, taking in the view. Others walked the circular route, down to the Spa and back up through the newly uncovered tunnel. We all finished the day with refreshments baked by our volunteers, and fabulous entertainment from the Pickering Pop Ukes! Thank you to Promedica24 for sponsoring the event. Watch this space, as we will be back next year for the same again.

The 24th October is National Young Onset Dementia Awareness Day as launched by Dementia Forward last year. This year, our focus is on the release of the U&ME single, which is written and performed by Scott Quinn inspired by the words of Jonathan Beardsworth who is living with young onset dementia. We will be encouraging people to download and listen to the track on the 24th, and to share it as widely as possible to raise awareness. You will be able to listen to U&ME on Spotify, or on our website and YouTube page. #YODA

Service Update

Brain Health Cafes, York

The Brain Health Cafe at Acomb Garth Community Centre is now really busy and it is great that so many people are coming along for support, advice and fun activities that explore how to keep our brains healthy. Following the group's success, we are running a series of pop-up Brain Health cafes throughout October and November at New Earswick Folk Hall. We would love to see you if this new location works for you. The cafes are for anyone who has concerns about memory, whether they have a diagnosis of dementia or not. Please come along on any of the following dates:

- **Thursday 26th October 1-4pm**
- **Thursday 2nd November 1-4pm**
- **Thursday 9th November 1-4pm**
- **Thursday 16th November 1-4pm**

York Rotary Cat Donation

Thank you to York Rotary for funding three new cats for us to lend out in the York area - we have a ginger one, a black and white one and a lovely grey one, so please get in touch if you would like to try a companion cat.

Dementia Discussion Events

Thanks to everyone who came to our Northallerton Dementia Discussion event, and to our speakers and stallholders. We are delighted to be hosting our next one in Whitby on the 19th of October. This is a free event for anyone with an interest in dementia and there will be an opportunity to pose questions to a panel of experts, to improve your understanding of dementia and to find out what services are available in the area, through the marketplace of stallholders. We are hoping to run similar events in other areas over the next few months, so let us know if this is something you would like where you live.

Including:
Dementia Awareness Education
Panel Discussion
Local Support Marketplace

The Coliseum Centre, Whitby
Thursday 19th October
1.30pm - 4pm

Have you heard about Dementia Action Groups?

Dementia Forward is proud to be involved in a number of Dementia Action Groups across North Yorkshire. The groups meet regularly to discuss ways to raise awareness and take positive action within local communities. The groups are made of interested parties including, people with personal experience of dementia, volunteers, health professionals, council members, business people, and anyone who would like to improve support for people with dementia. Dementia Action Group meetings are currently held in Selby, Richmond, Scarborough and Whitby and there is a new Skipton Dementia Action Group just starting up. For anyone in the East Riding, there are also Dementia Friendly Communities meetings. If you would like to get involved, contact Dementia Forward and we can put you in touch with your local group.

Dementia Forward's Winter Ball

You are running out of time to book your Winter Ball tickets!

We would love you to join us at the Old Swan Hotel in Harrogate on the evening of Friday November 10th. We have a great night planned, with a drinks reception, three-course meal, entertainment, raffle and a chance to dance the night away to music from the fabulous St Aidan's Swing Band. Tickets are £50 per person and tables seat between 8 and 12, but don't worry if you don't have a full table - we can find space for everyone! To book your ticket, please call 03300 578592 or email amy.senior@dementiaforward.org.uk

Mega Marathon and Marvellous Supporters

Dementia Support Advisor Karen had been planning and training for a walking marathon, but the day before she was due to take her first steps, disaster struck in the form of Covid, and Karen wasn't able to do the walk. However her wonderful friends, our great volunteers and some supportive passers by pulled together to do her proud and complete the 26 miles. Thanks to all these supporters, we managed a fantastic 63 laps of York Racecourse, which totals over 4.5 marathons! Our trusty volunteers made some lovely cakes, which were popular with the local people walking by. In total Karen has raised in excess of £2,000! And she still intends to complete her laps, as soon as she is fit and able.

THANK YOU!

We have so many fantastic organisations and individuals to say thank you to this month. We are so grateful to everyone who supports our work and these are just a few of the wonderful things that have been happening.

Agricola Lodge 1991 spent a year fundraising for us, and last week presented Amy with a cheque for £1,790. Huge thanks and it was great to see you in all your regalia! We had another successful Quiz Night at Settle Social Club, which raised £448. Thanks to everyone who came and the volunteers who made it happen. Local organisation Talysis - www.talysis.co.uk/ - is running a £15 to £15k campaign, to raise money for three Yorkshire-based charities, including Dementia Forward. Their first fundraiser was a Caveman Challenge, where team member Richard solo-hiked 2,100ft up a mountain in the Lake District, to find a hidden cave and spend the night there. Their next initiative is 'Where There's Muck, There's Money!'. Visit their website for more details and a chance to win £2,000.

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

Dates for the diary

11th October - Orchard House Community Fun Day, Scarborough

19th October - Whitby Dementia Discussion, The Coliseum, Whitby

20th October - Craft Fair, Burton Leonard

24th October - #YODA Day

28th October - Sushi Demonstration Evening, Pocklington

10th November - Winter Ball

A few Christmas dates to pencil in...

1st December - Christmas Fair, Pocklington

2nd December - Singphonia Concert, York

6th December - Coffee Pot Coffee Morning, Settle

For full details of any of these events, visit www.dementiaforward.org.uk/events/

or email amy.senior@dementiaforward.org.uk

Dementia Forward

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

03300 578592

Monday - Friday
9am - 4pm
(excluding Bank Holidays)

Website: www.dementiaforward.org.uk

Email: info@dementiaforward.org.uk

Social Media: @dementiaforward