




# The Blue Book

A summary of activities and  
support for older people and  
people living with dementia

North Yorkshire  
2023 - 2024



*"This is a wonderful resource for older people living in Northumberland. It provides a great source of information for older people, including those with dementia, which will help them engage fully with their communities. I only wish we had an equivalent resource for my patients!"*

**Dr Charlotte Allan,  
Consultant Old Age Psychiatrist, Cumbria, Northumberland, Tyne  
and Wear NHS Foundation Trust**

*"Fabulous resource to support older people and their family / carers in remaining independent and active. Positive feedback received from numerous carers trying to find appropriate social interaction for their loved ones"*

**Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust**

*"Many of the information booklets have now been given out by staff from the West Northumberland Memory Service and the Older Adults Community Treatment Team, both of which are based in the Fairnington Centre at Hexham General Hospital.*

*These Teams offer assessment, diagnosis, and treatment for older adults living within the West of Tynedale who are experiencing concerns around their mental health, following referrals from their GPs or other clinical teams.*

*Nurses from the Teams have reported on how well they have been received, especially by carers, who can often struggle to find appropriate places to take their loved ones when seeking meaningful social interactions. They also provide a valuable resource to carers when looking for contacts across Tynedale, who might be able to offer support and advice on non-medical dementia related concerns, as well as more general support to older adults."*

**Fairnington Centre, Hexham, Northumberland**

# Welcome

We're delighted to share with you our first edition of The Blue Book for North Yorkshire! We hope you find it useful and informative.

Passionate about supporting older people and people living with dementia, we first launched this booklet for West Northumberland in 2017, to provide a tangible summary of activities and support available in the area. Its creation and production has always been a family project - a voluntary initiative which came about through personal experience. Each year, it is updated and shared across the community.

It's our goal to support as many people as possible, so we've expanded our reach to cover the whole of Northumberland and North Yorkshire, and we have launched a website so the relevant edition can be easily accessed and shared digitally.

As always, it's been a privilege to work with so many wonderful organisations in the community and to bring them together in The Blue Book. We thank them all for being part of it, for their support and for the invaluable work they do.

If you have any questions or feedback, or would like to include an entry in the next edition, or to order copies, please get in touch. We'd love to hear from you.

With best wishes

Chantal Kinsella and The Blue Book Team

[info@the-blue-book.org.uk](mailto:info@the-blue-book.org.uk)  
[www.the-blue-book.org.uk](http://www.the-blue-book.org.uk)

**300 +**

organisations and  
activities included  
across editions

**10,000 +**

copies  
distributed  
in 2022

**30,000 +**

copies  
distributed  
to date

# A snapshot of some organisations included in this edition



**MACMILLAN  
CANCER SUPPORT**



**My Life TV**

The dementia-friendly channel



**Mindful Chef**  
Music for my Mind



**North Yorkshire  
County Council**



**NORTH YORKSHIRE  
FIRE & RESCUE SERVICE**

**Playlist  
for Life**

**OCAY**  
OLDER CITIZENS  
ADVOCACY-YORK

**Picture  
house**  
— CITY SCREEN —



**Reengage**



**Revitalise**  
We're the people who create revitalising holidays  
for disabled people and carers.

**Royal  
Osteoporosis  
Society**  
Better bone health for everybody



**RNIB**  
See differently

**RN  
I.D.** Supporting people  
who are deaf, have  
hearing loss or tinnitus



**Sibstär**

**The  
Dementia  
Centre.**

HammondCare **h.**



**THE HAPPY NEWS**  
BY EMILY COXHEAD®

Talking News Federation

**TechSilver**

**THE  
ABLE®**  
LABEL  
Beautiful clothes, easier to dress



**THE  
READING  
AGENCY**

**VERSUS  
ARTHRITIS**

Unforgettable  
Experiences

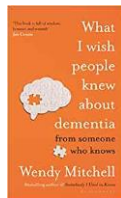


**Thrive**  
using gardening to change lives

**wetwheels**  
YORKSHIRE



**Wellbeing  
WALKS**



**Wilberforce  
Trust**

**York  
Carers  
Centre**  
Free Support for Unpaid Carers

**Yorkshire  
Housing**

**YOR|SENSORY**  
Providing support for sight and hearing loss

## **COVID-19**

Although some of the activity and support groups listed in this booklet may still not be able to meet face-to-face at the moment due to COVID-19, they are continuing to provide ongoing support either online, over the phone or through the post.

Please contact the individual organisations for the latest information on the availability of their services.

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**The Blue  
Book**



# Advice

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## Books, factsheets, information guides and useful resources

## Further info



### Age UK - Information guides and factsheets

Age UK information guides are short and easy to digest, giving an overview of the relevant topic. Factsheets are longer with more detail, for those who want more information.

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets)



### Alzheimer's Research UK - Information

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. With your help, we are making great progress.

We offer free information booklets about dementia, including about Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

0300 111 5 111  
Monday - Friday, 9am - 5pm

[infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)

[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)



### Alzheimer's Society - Publications, factsheets and the Dementia Together magazine

A wide range of publications, factsheets and magazines designed to support and inform anyone affected by dementia. The Dementia Together magazine is produced six times a year.

[publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

[www.alzheimers.org.uk/get-support/publications-factsheets](http://www.alzheimers.org.uk/get-support/publications-factsheets)



### Alzheimer's Society - This is Me

A simple leaflet for anyone receiving professional care who is living with dementia or experiencing communication difficulties. It can be used in any setting to record details about a person to help health and social care professionals to better understand who the person really is, which can help them deliver care that is tailored to the person's needs.

You can download a digital version, or order a hard copy online below:

[www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me](http://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me)

[publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)



### British Red Cross - Help with loneliness

We provide local support services, workshops and resources to help understand, and overcome living with loneliness.

[www.redcross.org.uk/get-help/get-help-with-loneliness](http://www.redcross.org.uk/get-help/get-help-with-loneliness)

For telephone support, contact our support line on:  
0808 196 3651  
Available daily, 10am - 6pm



## Books, factsheets, information guides and useful resources

## Further info

### Contented Dementia Trust - Key Resources on the SPECAL Method

[info@contenteddementia.org](mailto:info@contenteddementia.org)

A variety of written and audio-visual material about the SPECAL method have been produced (see the 'education and training' section for more info).

[www.contenteddementia.org](http://www.contenteddementia.org)

A couple of key materials are listed below and there are many more on our website:

- The Book - 'Contented Dementia'
- DVD - 'Finding a Way to Contented Dementia'
- The Brochure - covers the basic theory of the SPECAL Photograph Album which underpins our whole approach and provides diagrams, explanations and testimonials.



### Dementia Forward - Useful links

03300 578 592

Dementia Forward is North Yorkshire's leading dementia charity commissioned by health and social care to provide the core service of information, advice and support, across York and North Yorkshire.

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

Our Dementia Forward Support Advisors have created a list of the most useful resources for people living with dementia and their families. We hope you find the links and downloads helpful.

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



### Dementia UK - Resources and information leaflets

[www.dementiauk.org/get-support/resources](http://www.dementiauk.org/get-support/resources)

Dementia UK is the specialist dementia nurse charity. Our nurses, called Admiral Nurses, have produced a wide range of webpages, information leaflets and advice videos covering everything from getting a diagnosis to end of life care.



### HammondCare - The Dementia Centre - Knowledge Hub

[www.dementiacentre.com/resources](http://www.dementiacentre.com/resources)

HammondCare's Dementia Centre aims to improve the quality of life of people living with dementia, carers and families by providing research, consultancy and education backed by working knowledge and expertise.

As leaders in health and aged care, our unique combination of research, real-life practicality and collaborations from around the globe, delivers a diversity of resources to support people living with dementia, carers and families.

Visit our Knowledge Hub for our research and resources including a library of information, podcasts, audiobooks, and videos.





## Books, factsheets, information guides and useful resources

## Further info



### Healthwatch York - Publications

Healthwatch York is your way to influence local health and social care services. We also provide information including reports on local services. We published 'The Dementia Guide' in 2021 looking at services in York for people with dementia and their carers, and 'Dementia Support' in 2022, as well as a Mental Health & Wellbeing Guide.

01904 621 133

[healthwatch@yorkcvs.org.uk](mailto:healthwatch@yorkcvs.org.uk)

All publications are available through our website below:

[www.healthwatchyork.co.uk/our-work/hw-york-publications](http://www.healthwatchyork.co.uk/our-work/hw-york-publications)



### Independent Age - Information, guides and advice leaflets

We provide information for older people, their families and carers through our website and by distributing free printed advice guides and leaflets. Topics include money, support and care, housing options, health, personal life and future planning.

Order printed copies online or contact our helpline

Helpline  
0800 319 6789

[www.independentage.org/get-advice/advice-guides-factsheets-leaflets](http://www.independentage.org/get-advice/advice-guides-factsheets-leaflets)



### National Health Service - Dementia Guide

An online guide to dementia, including symptoms and diagnosis, living with dementia, available care and support and how people in the community can help.

[www.nhs.uk/conditions/dementia](http://www.nhs.uk/conditions/dementia)



### North Yorkshire Police - The Herbert Protocol

The Herbert Protocol is an initiative used nationally to support people with dementia who are at risk of going missing. Carers, family or friends of a vulnerable person, or the person themselves, can fill in a Herbert Protocol form in advance, containing information to help the police if the person goes missing.

Keeping a completed form means you don't have to try to remember the information when you are under stress if someone goes missing. It also saves time, so the search can start sooner.

To download a copy of the form, follow the link below:

[www.northyorkshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol](http://www.northyorkshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol)



### Stroke Association - My Stroke Guide

My Stroke Guide connects you with others through our online community and provides you with information, and support, 24/7.

[www.stroke.org.uk/finding-support/my-stroke-guide](http://www.stroke.org.uk/finding-support/my-stroke-guide)



### The Reading Agency - Reading Well for Dementia

Helpful books for people with dementia, their carers, relatives and friends, providing information and advice, support for living well and personal stories. The books are recommended by health professionals and can be found in the local library.

Contact your local library:  
[www.gov.uk/local-library-services](http://www.gov.uk/local-library-services)

[www.reading-well.org.uk/books/books-on-prescription/dementia](http://www.reading-well.org.uk/books/books-on-prescription/dementia)



## Dementia-specific support

## Further info



### AcTo Dementia

AcTo Dementia provides recommendations and guidance on accessible touchscreen apps for people living with dementia. This website is an ideal resource for anyone with a diagnosis of dementia, or in a supportive role, to find and use touchscreen apps.

*Free of charge.*

[support@actodementia.com](mailto:support@actodementia.com)

[www.actodementia.com](http://www.actodementia.com)



### Alzheimer's Research UK

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. With your help we are making great progress.

If you have questions about dementia, want to know more about dementia research or about how you and your loved ones can get involved in studies, our Dementia Research Infoline can help.

We also offer free information booklets about dementia, including about Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

*Free of charge.*

0300 111 5 111

Monday - Friday, 9am - 5pm,

[infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)

[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)



### Alzheimer's Society

Alzheimer's Society is a care and research charity for people with dementia and their carers. They provide information, advice, and support for people living with dementia and their care partners.

Support can be provided face-to-face, by telephone, email, or video call.

*Free of charge.*

01904 929 444

York

[yorkservices@alzheimers.org.uk](mailto:yorkservices@alzheimers.org.uk)

Harrogate, Ripon and Craven  
[harrogate@alzheimers.org.uk](mailto:harrogate@alzheimers.org.uk)

Hambleton and Richmondshire  
[richmond@alzheimers.org.uk](mailto:richmond@alzheimers.org.uk)

Scarborough  
01723 500 958

[scarborough@alzheimers.org.uk](mailto:scarborough@alzheimers.org.uk)

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



## Dementia-specific support

## Further info



### Alzheimer's Society - Dementia Advice Clinic

Dementia Advice Clinics are run by Alzheimer's Society Dementia Support Workers. The Dementia Support Worker can offer information and practical guidance to help you understand the condition, cope with day to day challenges and prepare for the future. They can help you remain independent and stay active, link up with local organisations and access further support networks. You do not need to be a registered patient at the practice.

07802 857 614

[natalie.heijm@alzheimers.org.uk](mailto:natalie.heijm@alzheimers.org.uk)

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

Posterngate Surgery, Portholme Road, Selby, YO8 4QH

Monthly - the third Monday,  
1pm - 4pm



### Alzheimer's Society - Dementia Connect Support Line

A personalised dementia support service for people with all types of dementia, their families and carers. It is free, easy to access, and puts you in touch with the right support. It provides advice, information, emotional support, reassurance or simply a listening ear. From in person help with a local dementia adviser, to phone and online advice.

*Free of charge.*

0333 150 3456

Textphone  
18001 0300 222 1122

If required, a simultaneous language translation service can be arranged

[www.alzheimers.org.uk/get-support/dementia-connect](http://www.alzheimers.org.uk/get-support/dementia-connect)



### Alzheimer's Society - Dementia Support Service (Scarborough, Whitby and Ryedale)

Our Dementia Support Service provides telephone support to provide information, signposting and referrals to relevant organisations, and assisting to access the relevant support.

01723 500 958

[scarborough@alzheimers.org.uk](mailto:scarborough@alzheimers.org.uk)

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

Monday - Friday, 9am - 4.30pm  
Messages can be left for staff



### Alzheimer's Society - Dementia Talking Point

A helpful online community where anyone who is affected by dementia can receive valuable support. It's open 24-7, and is a safe place to ask questions, share your experiences and receive advice and support.

*Free of charge.*

[talkingpoint@alzheimers.org.uk](mailto:talkingpoint@alzheimers.org.uk)

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



### Dementia Forward - Helpline

A local Helpline for anyone affected by dementia in the York and North Yorkshire area. Please contact us for free confidential advice and support, and access to our local Dementia Support Advisors and wellbeing activities.

03300 578 592

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

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

Monday - Friday, 9am - 4pm



## Dementia-specific support

## Further info



### Dementia Forward

North Yorkshire's leading dementia charity commissioned by health and social care to provide the core service of information, advice and support, across York and North Yorkshire. The services are delivered at local levels in all the districts of the county. In addition to commissioned services they provide a range of wellbeing activities and groups including a specialist young onset dementia service.

Below is the list of what is available from Dementia Forward and more detail can be found in the individual listings.

- North Yorkshire wide helpline
- Information and advice
- Emotional and practical support
- Access to a named, local, Dementia Support Advisor for post diagnostic support
- Access to Dementia Care Coordinators, offering pre diagnosis support
- Home visits
- Signposting to all relevant local services
- Dementia Specialist Nurse
- Day services
- Social activities
- Outward bound day services for young onset dementia and young onset activity days
- Wellbeing cafes and singing groups in 12 locations across the county every week
- Carer support
- Dementia education and website

All services can be accessed via our helpline below:

03300 578 592

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

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



### Dementia UK - Admiral Nurse Dementia Helpline

Dementia UK is the specialist dementia nurse charity. Our nurses, called Admiral Nurses, offer life-changing support to families facing all forms of dementia. They help families manage complex needs, provide practical and emotional support, and help build links with other health and social care professionals.

Admiral Nurses work on the national Dementia Helpline, in GP services, in the community, in hospitals and in virtual clinics.

Admiral Nurse Dementia Helpline  
0800 888 6678

Monday - Friday, 9am - 9pm  
Saturday and Sunday, 9am - 5pm

[helpline@dementiauk.org](mailto:helpline@dementiauk.org)

[www.dementiauk.org](http://www.dementiauk.org)

Closer to Home virtual clinics via telephone/video, visit:

[www.dementiauk.org/closer-to-home](http://www.dementiauk.org/closer-to-home)



## Emotional and practical support

## Further info



### AbilityNet

Free IT support for older people and disabled people of any age remotely or where possible, at home. From setting up new equipment, fixing technical issues, showing you how to stay connected to family, using online services and much more.

0800 048 7642

[volunteers@abilitynet.org.uk](mailto:volunteers@abilitynet.org.uk)

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



### Action for Elders - Digital Support Programme

Offers one-to-one support to help you get online and stay connected. We also offer online guides to help you understand the jargon and stay safe online.

030 330 30132

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

[www.actionforelders.org.uk/digital-and-technology](http://www.actionforelders.org.uk/digital-and-technology)



### Age UK

Age UK is a national charity for older people that provides free and independent information, advice, advocacy and support to over 50s, their carers and families.

Support includes advice on money matters, welfare benefits applications and appeals, housing, social care, friendship groups and one to one calls, practical and emotional bereavement support and exercise classes, as well as signposting to other organisations.

North Yorkshire and Darlington  
0300 30 20 100  
[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)  
[www.ageuk.org.uk/north-yorkshiredarlington](http://www.ageuk.org.uk/north-yorkshiredarlington)

Call 01325 362832 to request a printed guide of our services  
York  
01904 634 061  
[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)  
[www.ageuk.org.uk/york](http://www.ageuk.org.uk/york)



### Age UK - Advice Line

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need.

0800 678 1602

365 days a year, 8am - 7pm



### Age UK York - Will Writing and Lasting Power of Attorney

We are able to offer a straightforward personal will writing service and can also arrange Lasting Power of Attorney. Contact us to make an appointment.

Age UK York cannot be executors for wills.

01904 634 061

[linda.robson@ageukyork.org.uk](mailto:linda.robson@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/wills](http://www.ageuk.org.uk/york/our-services/wills)



British Red Cross

### British Red Cross - Support Line

The British Red Cross Support Line provides free and confidential support in more than 200 languages, supporting people who are lonely, worried, and finding it difficult to access food or medication in the UK. We provide emotional support, local services support and wheelchair and other support services.

0808 196 3651

Daily, 10am - 6pm

[www.redcross.org.uk/support-line](http://www.redcross.org.uk/support-line)





## Emotional and practical support

## Further info



### British Heart Foundation

We fund vital research into heart and circulatory diseases, and the things that cause them.

We provide information and support online and via our heart helpline. Our experienced cardiac nurses are here to help answer your questions or concerns about heart and circulatory diseases.

Heart Helpline  
0300 330 3311

Monday - Friday, 9am - 5pm

[hearthelpline@bhf.org.uk](mailto:hearthelpline@bhf.org.uk)

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



### Cancer Research UK

We are the world's leading independent cancer charity dedicated to saving lives through research, influence and information. If you or someone close to you have been affected by cancer and you've got questions, you can call our nurses on our helpline.

Free leaflets and information on prevention, diagnosis and understanding cancer are available on our website.

Nurse Helpline  
0808 800 4040

Monday - Friday, 9am - 5pm

Email via form on website below:

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

To get support online from others affected by cancer, join our online forum [www.CancerChat.org.uk](http://www.CancerChat.org.uk)



### Citizens Advice Mid-North Yorkshire

Offering free advice on benefits, debt, employment, housing, family and relationships, legal matters, discrimination, healthcare etc.

Face to face drop-in sessions held Mondays and Thursdays, 10am - 12.30pm. Telephone advice available Monday to Friday, 9am - 5pm.

We also have offices in Craven, Harrogate, Malton, Richmond, Scarborough and Selby.

01609 776 551 (option 2)

Telephone Advice on freephone  
0808 278 7900

[receptionh@northyorkslca.org.uk](mailto:receptionh@northyorkslca.org.uk)

277 High Street, Northallerton,  
DL7 8DW

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



### Citizens Advice York

Provides free, independent and impartial information, advice and support to over 50s, their carers and families living in York and District. Support includes advice on debt and budgeting, welfare benefits advice, applications and appeals, housing, social care and consumer issues. Don't worry alone, talk to us.

0808 278 7895

Monday - Friday, 10am - 4pm

West Offices, Station Rise, York,  
YO1 6GA

[www.citizensadviceyork.org.uk  
/callback-request](http://www.citizensadviceyork.org.uk/callback-request)



### Citywide Health

York's independent pharmacy group, with seven pharmacies located around York. We are reliable, caring and our staff are Dementia Friend trained. We offer repeat prescriptions for eligible assisted patients, and medication compliance trays. Our delivery service covers the whole of York. Additional services such as vaccinations are also available.

01904 928 100

[info@citywidehealth.co.uk](mailto:info@citywidehealth.co.uk)

[www.citywidehealth.co.uk](http://www.citywidehealth.co.uk)



## Emotional and practical support

## Further info

Counselling Directory\*

### Counselling Directory

When you're going through a difficult time, we've learnt how important it is to have relevant, accessible information, and how the right support can help transform lives. We know how important it is to find the right counsellor for you. We provide a directory of over 16,000 qualified counsellors, as well as other directories which cover nutrition, complementary therapies, hypnotherapy, and coaching.

0333 325 2500

[info@counselling-directory.org.uk](mailto:info@counselling-directory.org.uk)

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)



### Cruse Bereavement Support - Helpline

Cruse Bereavement Support is the leading national charity for bereaved people. Our Helpline is run by trained bereavement volunteers, who offer emotional support to anyone affected by grief.

Our volunteers are completely non-judgemental and won't share what you've told them with anyone else, unless you are in danger.

0808 808 1677

Monday and Friday, 9.30am - 5pm  
Tuesday - Thursday, 9.30am - 8pm  
Saturday and Sunday, 10am - 2pm

[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[www.cruse.org.uk/get-support/helpline](http://www.cruse.org.uk/get-support/helpline)



### Cruse Bereavement Support - Local Support Services

Cruse offers a range of local bereavement support services including face-to-face group information sessions and peer to peer support groups including walking groups. We also offer one-to-one sessions.

01904 481 162

[york@cruse.org.uk](mailto:york@cruse.org.uk)

[www.cruse.org.uk/get-support/local-services](http://www.cruse.org.uk/get-support/local-services)



### Diabetes UK

At Diabetes UK, our vision is a world where diabetes can do no harm. We're here to campaign for and support everyone affected by diabetes. We have a range of support available across the North East and Yorkshire, including our local support groups, our 'Friends in the North' community on Facebook and our Diabetes UK Helpline. For more information, visit our website or contact our Helpline.

Helpline

0345 123 2399

Monday - Friday, 9am - 6pm

[helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

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



### Elderly Accommodation Counsel (EAC)

Elderly Accommodation Counsel is a national charity that aims to help older people make informed choices about meeting their housing and care needs.

0800 377 7070

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

[www.housingcare.org](http://www.housingcare.org)



## Emotional and practical support

## Further info



### Harrogate & District Community Action - Help at Home (part of HELP) - Here to HELP

We know many people across the district are in need of practical and emotional support in their day-to-day lives but don't necessarily know where to turn. Our Here to HELP team are available to share information and signpost people to local services and activities.

01423 813 090  
01423 813 096  
Monday - Friday, 9am - 4pm

[help@hadca.org.uk](mailto:help@hadca.org.uk)  
[www.helpharrogate.org.uk/harrogate-knaresborough-services/heretohelp](http://www.helpharrogate.org.uk/harrogate-knaresborough-services/heretohelp)



### Healthwatch North Yorkshire

We are here to listen to what you like about health and care services and what you think could be improved. You can also speak to us to find information about health and social care services available locally.

Monday - Friday, 9am - 5pm

01423 788 128

[admin@hwny.co.uk](mailto:admin@hwny.co.uk)  
Jesmond House, 33 Victoria Avenue, Harrogate, HG1 5QE  
[www.healthwatchnorthyorkshire.co.uk](http://www.healthwatchnorthyorkshire.co.uk)



### Healthwatch York

Healthwatch York is your way to influence local health and social care services – hospitals, GP surgeries, home care services and many others. We also provide information about local services to make sure you know how to access the help you need.

Everyday, 10am - 3pm

01904 621 133

[healthwatch@yorkcvs.org.uk](mailto:healthwatch@yorkcvs.org.uk)  
15 Priory Street, York, YO1 6ET  
[www.healthwatchyork.co.uk](http://www.healthwatchyork.co.uk)



### Help for Heroes

We help the Armed Forces community live well after service. There are many ways we help veterans, their relatives, serving personnel, and people who worked alongside the UK military, with their physical and mental health needs, and a range of welfare issues.

0300 303 9888

Monday - Friday, 9am - 5pm  
[www.helpforheroes.org.uk/get-help](http://www.helpforheroes.org.uk/get-help)



### Independent Age Helpline

Independent Age offers information, advice and support for older age. Call us for information, to arrange free, impartial advice from an adviser, or to order one of our free guides.

Our key areas of knowledge include care and support, money and benefits, and health and mobility.

0800 319 6789

Monday - Friday, 8.30am - 6.30pm  
[advice@independentage.org](mailto:advice@independentage.org)  
[www.independentage.org/get-support/call-helpline](http://www.independentage.org/get-support/call-helpline)



### Limbless Association

Offers information, advice and support pre- and post-amputation for amputees, family, friends, and professionals. Support includes our helpdesk, 1:1 peer support, as well as group peer support and opportunities to network with other amputees.

0800 644 0185

[support@limbless-association.org](mailto:support@limbless-association.org)  
[www.limbless-association.org](http://www.limbless-association.org)



## Emotional and practical support

## Further info



### Macmillan Cancer Support

Macmillan is here to do whatever it takes to help everyone with cancer live life as fully as they can.

If you have a question about cancer, or you just need someone to listen, you can chat to our cancer experts. From cancer treatment, to money worries, to feeling down, there is no problem too big or small and we will do whatever it takes to support you.

Macmillan Support Line  
0808 808 00 00

7 days a week, 8am - 8pm

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



### Macular Society

The Macular Society is the national charity for anyone affected by central vision loss. We provide free advice and information via our helpline.

We also have over 300 Macular Society support groups around the UK. Visit our website to find your local support group.

Helpline  
0300 3030 111

[help@macularsociety.org](mailto:help@macularsociety.org)

[www.macularsociety.org](http://www.macularsociety.org)



### Marie Curie

If you're living with a terminal illness or caring for someone, we're here with practical and clinical information, and emotional support.

We're here for family and friends too – no one is turned away, so please don't hesitate to call if you need us.

Helpline  
0800 090 2309

Monday - Friday, 8am - 6pm  
Saturday, 11am - 5pm

[www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)



### Mind

We're Mind. We're here to fight for mental health.

We make sure that information and support is available for anyone who needs it.

Our Infoline can give you information and support on mental health. And our Legal line can help you with general advice on mental health law.

Infoline  
0300 123 3393

Legal line  
0300 466 6463

Monday - Friday, 9am - 6pm  
(except Bank Holidays)

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

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



### MS Society

Our MS Helpline gives emotional support and information to everyone living with MS. Give us a ring to chat about everything MS, or get help with benefits, legal advice and getting active.

Helpline  
0808 800 8000  
Monday - Friday, 9am - 7pm  
(except Bank Holidays)

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

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



## Emotional and practical support

## Further info



### National Health Service - Social Prescribing Link Workers

Work out of GP practices and provide one-to-one support - connecting people with local activities and services that can help improve their health and wellbeing.

Please contact your local GP  
[www.england.nhs.uk/personalisedcare/social-prescribing](http://www.england.nhs.uk/personalisedcare/social-prescribing)



### Older Citizens Advocacy York (OCA Y)

Older Citizens Advocacy York provides an independent advocacy service to citizens of York over the age of 50. An advocate works with you and helps you speak up for yourself. Our service is free and confidential. We put people first and treat everyone equally.  
Monday - Friday, 10am - 3pm (by appointment)

01904 676 200

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

The Priory Street Centre,  
15 Priory Street, York, YO1 6ET  
[www.oldercitizensadvocacy.york.org.uk](http://www.oldercitizensadvocacy.york.org.uk)



### Parkinson's UK

The Parkinson's UK helpline is a free and confidential service for Parkinson's information and support.

Helpline  
0808 800 0303

[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)  
Text relay: 18001 0808 800 0303

020 7931 8080  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## RNIB

See differently

### Royal National Institute of Blind People (RNIB)

RNIB is the leading sight loss charity in the UK. We offer practical and emotional support to blind and partially sighted people, their families and carers. We raise awareness of the experiences of blind and partially sighted people and campaign for change to make our society more accessible for all.

Helpline  
0303 123 9999  
Monday - Friday, 8am - 8pm  
Saturday, 9am - 1pm

[helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)  
[www.rnib.org.uk](http://www.rnib.org.uk)



### Royal National Institute for Deaf People (RNID)

We're here for the 12 million people in the UK who are deaf, have hearing loss or tinnitus.

Our Contact Centre provides information and support for anyone who is deaf, has hearing loss or tinnitus.

Get in touch via email or live chat, call or text, or by using SignLive, our BSL translation service:  
[rnid.org.uk/contact](http://rnid.org.uk/contact)

0808 808 0123  
Monday - Friday, 8.30am - 5pm

[contact@rnid.org.uk](mailto:contact@rnid.org.uk)  
[www.rnid.org.uk](http://www.rnid.org.uk)



## Emotional and practical support

## Further info



Better bone health for everybody

### Royal Osteoporosis Society - Helpline

The free osteoporosis Helpline service is provided by nurses with specialist knowledge of osteoporosis and bone health. The Helpline is free from UK landlines, mobiles and call boxes.

Monday - Friday, 9am - 12.30pm, 1.30pm - 5pm

0808 800 0035

[nurses@theros.org.uk](mailto:nurses@theros.org.uk)

[www.theros.org.uk/information-and-support/free-osteoporosis-helpline](http://www.theros.org.uk/information-and-support/free-osteoporosis-helpline)



### Samaritans

Whatever you're going through, a Samaritan will face it with you. Samaritans provide emotional support for anyone who's struggling to cope, who needs someone to listen without judgment or pressure. They are there 24 hours a day, 365 days a year.

116 123

Free from any phone

[jo@samaritans.org](mailto:jo@samaritans.org)

To find your nearest branch, visit:

[www.samaritans.org](http://www.samaritans.org)



### Specsavers Home Visits

If you, or someone you know, are unable to leave home unaccompanied due to a physical or mental illness or disability, we can come to you. Our team of mobile opticians provide a comprehensive eyecare service to those who cannot get to one of our stores unaccompanied.

0808 239 8718

[www.specsavers.co.uk/home-eye-tests](http://www.specsavers.co.uk/home-eye-tests)

Monday - Friday, 9am - 5pm



### Stroke Association

We're a charity that supports people to rebuild their lives after a stroke. To help the recovery, we provide information, support and advice. From local support services and groups to our dedicated Stroke Helpline, we're here to support you.

Helpline

0303 3033 100

Monday - Friday, 9am - 5pm  
Saturday, 10am - 1pm

[helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

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



### The Silver Line Helpline

The Silver Line Helpline is the only free, 24-hour, national telephone service for older people. We offer friendship, support, and a listening ear at any hour of the day or night.

Helpline

0800 470 8090

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

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



## Emotional and practical support

## Further info



### Versus Arthritis

Whether you are looking for information about your arthritis, or want to support a relative or friend, we can help.

Helpline  
0800 5200 52  
Monday - Friday, 9am - 6pm

[enquiries@versusarthritis.org](mailto:enquiries@versusarthritis.org)

[www.versusarthritis.org](http://www.versusarthritis.org)



### Whitby, Scarborough & Ryedale Disability Action Group (DAG)

Support with Disability Benefits including PIP, Attendance Allowance and Carers Allowance forms. We also help with applications to the North Yorkshire Local Assistance Fund.

Monday, Tuesday, Thursday and Friday,  
10am - 4pm

01947 821 001

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

Church House Centre,  
Flowergate, Whitby,  
YO21 3BA

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



### Wilberforce Trust - YorSensory

Provided by the Wilberforce Trust on behalf of City of York Council, we offer Sensory Impairment Assessments, information, advice, signposting, Rehabilitation support and Equipment demonstrations for adults with sight, hearing loss or both.

Monday - Friday, 9am - 4pm

01904 202 292

[enquiry@yorsensory.org.uk](mailto:enquiry@yorsensory.org.uk)

YorSensory Hub, Wilberforce  
House, The Grove, York,  
YO24 1AN

[www.wilberforcetrust.org.uk/what-we-offer/yorsensory](http://www.wilberforcetrust.org.uk/what-we-offer/yorsensory)



### We Care - North Yorkshire Police

We Care provides a high level of safeguarding for vulnerable or disabled people.

Complete a form and the information will be stored securely by the police so you get a better level of service should you call 999 or 101. You will also receive a 'help me' card to carry in your purse or wallet. You can use this if you ever find yourself in need of any help. Police could also use this if they find the person in need of help.

101

Choose option 2 and ask for  
PCSO Justin Piercy by collar  
number, 5562

[wecare@northyorkshire.police.uk](mailto:wecare@northyorkshire.police.uk)



### Yorkshire Cancer Community

We are a patient-led charity offering a support and information network to anyone affected by cancer in Yorkshire. We have a newsletter, website, support group directory, online support group and can help put you in touch with opportunities to participate in patient involvement or research.

07715 761 470

[jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk)

[www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)

Monday - Thursday, 8.30am -  
4.30pm



## Publications and resources by people living with dementia

## Further info



### Dementia Alliance International (DAI)

A collaboration of like-minded individuals diagnosed with dementia providing a unified voice of strength, advocacy, and support in the fight for individual autonomy for people with dementia. DAI supports people diagnosed with dementia to live more positively, through role modelling and peer to peer support.

DAI was established in January 2014 to promote education and awareness about dementia – in order to reduce stigma and discrimination – and to improve the quality of the lives of people with dementia. DAI adopts the philosophy of “Nothing about us, without us”.

DAI provides a wide range of resources to support people living with dementia and their care partners and families including blogs, publications, a Brain Health Hub, useful websites, signposting to other organisations, an award winning YouTube channel, as well as peer to peer support groups and events.

[www.dementiaallianceinternational.org](http://www.dementiaallianceinternational.org)

### Kate Swaffer



Kate Swaffer, MSc (Dementia Care), Bachelor of Psychology, Bachelor of Arts, GradDip Grief Counseling and Retired Nurse.

Kate was 49 years old when she was diagnosed with younger onset dementia. She is an author, researcher and international speaker, based in Australia, and a global Campaigner for dementia to be managed as a disability, and for human rights for older persons including those with dementia. Kate focuses on the critical issues impacting a person living with a diagnosis of dementia and their families, care partners and close friends, as well as academics, health care professionals, and civil society.

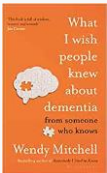
Kate’s books include:

- What the hell happened to my Brain? Living beyond dementia
- Diagnosed with Alzheimer’s or another dementia

To access Kate’s blog, books and for more information about her, visit her website below:

[www.kateswaffer.com](http://www.kateswaffer.com)

### Wendy Mitchell



Wendy spent twenty years as a non-clinical team leader in the NHS before being diagnosed with young-onset dementia in July 2014. Shocked by the lack of awareness about the disease, both in the community and amongst healthcare professionals, she vowed to spend her time raising awareness about dementia and encouraging others to see that there is life after a diagnosis.

Wendy has a blog and has released two books which have become Sunday Times Best sellers - who would have thought that possible after a diagnosis of dementia?

Now proud and humbled to be DrDr from Hull and Bradford Universities.

Wendy’s books include:

- What I wish people knew about dementia
- Somebody I used to know

Please feel free to read my blog on living with dementia:

[www.whichmeamitoday.wordpress.com](http://www.whichmeamitoday.wordpress.com)

or follow me on Twitter:  
[@WendyPMitchell](https://twitter.com/WendyPMitchell)





## Support for carers, family and friends

## Further info



### Carers Plus Yorkshire

Carers Plus Yorkshire's mission is "to enable unpaid family carers and those we support in the community to be heard, to feel empowered to improve their own wellbeing, and to make positive changes in their day to day lives. We do this through one-to-one support and small group activities; connecting people to their communities". *Free of charge.*

01723 850 155

[admin@carersplus.net](mailto:admin@carersplus.net)

[www.carersplus.net](http://www.carersplus.net)



### Carers' Resource

Carers' Resource provides information, advice, and emotional and practical support to unpaid carers across Craven, Harrogate, Selby and Bradford districts. This includes one-to-one support and a range of groups and activities. *Free of charge.*

0808 50 15 939

[info@carersresource.org](mailto:info@carersresource.org)

[www.carersresource.org](http://www.carersresource.org)



### Carers Trust

Carers Trust work to transform the lives of unpaid carers through collaboration, influence, evidence and innovation. We provide help, information and sources of local support for carers on our website.

0300 772 9600

Monday - Friday, 9am - 5pm

[info@carers.org](mailto:info@carers.org)

[www.carers.org](http://www.carers.org)



### Carers UK

Carers UK is the leading national charity for unpaid carers. We're here to listen, to give you expert information and guidance, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

0808 808 7777

[info@carersuk.org](mailto:info@carersuk.org)

[www.carersuk.org](http://www.carersuk.org)



### Dementia Carers Count

Offers practical advice on the everyday reality and challenges of being a carer; including the importance of looking after yourself, how to manage your financial situation - and where you can go for help. You and your personal experience of dementia will be different from anyone else's, but sometimes it can help to share what you're going through.

Dementia Carers Count provides a safe space to connect with other people in a similar situation. *Free of charge.*

0203 096 7895

[support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

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



### Dementia Connection

A peer support group for people with a parent with dementia. We offer support share information, sign post to other organisations and sometimes invite speakers to join us. *Free of charge.*

07984 727 304

Monthly - first Tuesday,  
6.30pm - 8pm

[hello@dementiaconnection.org.uk](mailto:hello@dementiaconnection.org.uk)



## Support for carers, family and friends

## Further info



### Dementia Forward

We provide education to empower and enable those people supporting someone affected by dementia to feel confident in their role. We also offer weekly wellbeing cafes which people with dementia and their carers can attend for activity, emotional support and peer support. There is access to a trained advisor at the cafes.

03300 578 592

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

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



### The Care Workers' Charity (CWC)

The Care Workers' Charity's mission is to advance the financial, professional, and mental well-being of current and former care workers by signposting to resources and providing access to mental health support, as well as one-off crisis grants. To find out more, get in touch.

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

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



### York Carers Centre - Support for unpaid carers of all ages in York

We provide free support and advice for unpaid carers of all ages in York. Offering someone to talk to, advice, groups, training and specialist services for under 25 year old carers.

01904 715 490

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

See our website for calendar of events



### York Carers Centre - Carers Discount Card

A free discount card for carers in York that can save you money at a wide range of local businesses. When you register with us you will receive a discount card automatically as part of the initial information pack.

01904 715 490

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)



### York Carers Centre - Carers Emergency Card

This free scheme is for you if you're a family member or friend who is worried about what will happen to the person you care for if you were suddenly taken ill, had an accident or have another emergency to deal with. Both you and the person you care for will know that an emergency plan can be put into action at any time.

01904 715 490

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

# Activities

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## Key: Icons



Changing Places Toilets



Parking (car park)



Refreshments



Toilets



Transport to and from



Wheelchair accessible



## Art, dance and music

## Time & venue

## Further info



### Accessible Arts & Media - iMUSE for Wellbeing

iMUSE is a 1-to-1 therapeutic multi-sensory experience. It provides a space where you can relax, forget the outside world and feel anxiety and stress reduce. Each 1-to-1 session lasts for 30 minutes. Our facilitator works with you to find out which sounds, music and visuals help you to relax and focus. They then use these to personalise your iMUSE experience so it's tailor-made for you.

**Who for: Anyone wanting to improve their mental wellbeing.**

*Cost: £10 per session, although we have generous subsidies available.*

### Age UK North Yorkshire & Darlington - Tap Dancing



Led by nationally known tap dancer, Alan Beattie, our weekly, fun and friendly tap dancing sessions offer you the chance to learn a new art form, get fit and stay healthy!

**Who for: All welcome.**

*Cost: £3.50 per session.*

### Alzheimer's Society - Dance Café



A friendly weekly social group, which incorporates friendship, peer support, laughter and fun activities that follow cognitive stimulation therapy guidelines, to help improve memory, cognition and mood.

**Who for: People living with dementia and their carers.**

*Cost: Contact organisation for costings.*

### Weekly

Wednesday  
10am - 5pm  
New Earswick  
Folk Hall,  
Hawthorne  
Terrace, New  
Earswick, York,  
YO32 4AQ

07927 570 290

[rose.kent@aamedia.org.uk](mailto:rose.kent@aamedia.org.uk)

[www.aamedia.org.uk/our-projects/imuse](http://www.aamedia.org.uk/our-projects/imuse)



### Weekly

Wednesday  
10.45am - 1pm  
Bedale Leisure  
Centre, Firby  
Road, Bedale,  
DL8 2AT

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)

### Monthly

Second Tuesday  
1.30pm - 3pm  
Clements Hall,  
Nunthorpe  
Road, York,  
YO23 1BW

01904 929 444

[York2@alzheimers.org.uk](mailto:York2@alzheimers.org.uk)

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





## Art, dance and music

## Time & venue

## Further info



### Alzheimer's Society - Singing for the Brain

A singing group where you can meet new people in a friendly, fun and social environment. Singing and music are great therapeutic tools - they can improve your brain activity, wellbeing and mood, as well as provide further benefits for those who attend, such as social interaction and valuable peer support.

You don't need to be a good singer to benefit. Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs in a supported environment. The group is hosted by our skilled, compassionate and experienced group leaders.

***Who for: People living with dementia and their carers.***

*Cost: Free of charge.*

**Weekly**  
Monday  
1.30pm - 3pm

Christ Church on the Stray, Church Square, Harrogate, HG1 4SW

01904 929 444  
[harrogate@alzheimers.org.uk](mailto:harrogate@alzheimers.org.uk)

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



### Monthly

The Main Hall, Northallerton Methodist Church, High Street, Northallerton, DL7 8EG

01904 929 444  
[richmond@alzheimers.org.uk](mailto:richmond@alzheimers.org.uk)

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

Please contact us for further information about timings



**Weekly**  
Wednesday  
1.30pm - 3pm

Emmanuel St John's Church, St John's Road, Scarborough, YO12 5ES

01723 500 958  
[scarborough@alzheimers.org.uk](mailto:scarborough@alzheimers.org.uk)

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



**Weekly**  
Monday  
10.30am - 12pm (except bank holidays)

St James the Deacon Church, The Vicarage, 2 Sheringham Drive, York, YO24 2SE

01904 929 444  
[york2@alzheimers.org.uk](mailto:york2@alzheimers.org.uk)  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)





## Art, dance and music

## Time & venue

## Further info



### City Screen York Picturehouse - Dementia Friendly Cinema Screenings

Screenings open to all but cater especially for people living with dementia. Films are specially programmed with a focus on older classics and musicals. Sound levels are turned down and lights are left on low, and there are no trailers or adverts. Free tea/coffee and biscuits are served before the film.

**Who for: All welcome.**

*Cost: £4 per ticket, accompanying carers go free.*

### Monthly

Last Monday  
Refreshments  
from 12.30pm,  
film at 1.15pm

13 Coney Street,  
York, YO1 9QL

Cath Sharp  
01904 612 940

[cath.s@picturehouses.co.uk](mailto:cath.s@picturehouses.co.uk)

[www.picturehouses.com/cinema/city-screen-picturehouse](http://www.picturehouses.com/cinema/city-screen-picturehouse)



### Dementia Forward - Singing for Fun

A fun, welcoming singing group led by volunteer musicians and supported by Dementia Support Advisors and volunteers. No singing experience necessary. Just join in and have fun.

**Who for: People living with dementia and their carers.**

*Cost: £3 per session.*

### Weekly

Thursday  
11am - 12.30pm

Christ Church  
Hall, High  
Harrogate,  
HG1 4SW

03300 578 592

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

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



### Holy Trinity Church Ripon - Craft and Natter

Craft and Natter is where people just sit and have a chat and if they feel inclined: knit, sew or crochet. We just ask for a small donation for tea or coffee.

**Who for: All welcome.**

*Cost: No cost – donation welcome!*

### Weekly

Thursday  
1.30pm - 2.30pm

Holy Trinity  
Church, Kirkby  
Road, Ripon,  
HG4 2EY

John Housley  
01765 690 930

[office@holytrinityripon.org.uk](mailto:office@holytrinityripon.org.uk)

[www.htr-church.org.uk](http://www.htr-church.org.uk)





## Art, dance and music

## Time & venue

## Further info



### Dancing for Well-Being CIC

We use accessible dance activities to help older people improve their sense of physical, emotional and social well-being and to foster feelings of belonging, connection and togetherness. Our weekly groups offer gentle exercise, company and friendship. It's relaxing, uplifting and FUN!

**Who for: All welcome.**

*Cost: £5 per session.*

Various times on weekdays and held at accessible community venues in the Harrogate district

Jackie Terry-Schumann  
07890 071 508

[info@dancingforwellbeing.org](mailto:info@dancingforwellbeing.org)  
[www.dancingforwellbeing.org](http://www.dancingforwellbeing.org)



### Moving Minds - Dance and Exercise Classes

Weekly dance and exercise classes which take place in our beautiful dance studio and are accessible for all, including those who need to remain seated. Dance has been proven to have significant benefits for those living with dementia; it can reduce stress, enhance social interaction and communication, improve mobility and reinforce a sense of identity. The sessions are a fantastic opportunity to move at your own pace to music you love.

**Who for: People living with dementia and their carers.**

*Cost: Free of charge.*

#### Weekly

Wednesday  
1.30pm - 2.30pm  
(with an hour for tea and coffee afterwards)

Term-time only

Dance Studio,  
York St John  
University, Lord  
Mayor's Walk,  
York, YO31 7EX

07881 922 343

[movingminds@yorks.ac.uk](mailto:movingminds@yorks.ac.uk)

[www.yorks.ac.uk/movingminds](http://www.yorks.ac.uk/movingminds)



### Musical Connections

Inclusive singing groups and choirs in York for older people, particularly those who are vulnerable and at risk of isolation.

**Who for: All welcome.**

*Cost: £4 voluntary donation per session.*

10 groups in a range of care and community settings across York

#### Weekly

Monday  
Wednesday (am and pm)  
Tuesday (am)  
Thursday (pm)

01904 373 011

[enquiries@musicalconnections.org.uk](mailto:enquiries@musicalconnections.org.uk)

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





## Art, dance and music

## Time & venue

## Further info



### National Centre for Early Music - Cuppa and a Chorus

Cuppa and a Chorus gives you the chance to sing songs you know and love, and also explore new ones from around the world. You don't need to have sung before or consider yourself musical, just enjoy taking part.

**Who for: All welcome.**

*Cost: £3.50 per session.*

### Monthly

Monday  
2pm - 4pm  
(check website for dates)

St Margaret's Church,  
Walmgate, York,  
YO1 9TL

01904 632 220

[education@ncem.co.uk](mailto:education@ncem.co.uk)

[www.ncem.co.uk/cuppa-chorus](http://www.ncem.co.uk/cuppa-chorus)



### Nidderdale Community Choir

We are just a group of ordinary Nidderdale people brought together by our love of singing. Why not join us? We are all inclusive and we don't care how well you can sing, in fact we don't audition. Just bring yourself along and enjoy the music.

**Who for: All welcome.**

*Cost: £4 per practice.*

### Weekly

Thursday  
7pm - 9pm  
(term time)

The Methodist Hall, Pateley Bridge,  
HG3 5NL

07866 266 585

[carrollc@btinternet.com](mailto:carrollc@btinternet.com)

[www.facebook.com/nidderdalecommunitychoir](http://www.facebook.com/nidderdalecommunitychoir)



### Rural Arts - ArtBeat

Creative, one-to-one workshops for those who are housebound, living in the following areas: Craven, Hambleton, Harrogate, Ryedale, Richmond, Scarborough, or Selby.

**Who for: All welcome.**

*Cost: Free of charge.*

### Monthly

1 - 2 hour creative sessions

Contact us for upcoming dates

Sorcha McCole

01845 526 536

[sorcha@ruralarts.org](mailto:sorcha@ruralarts.org)

[www.ruralarts.org](http://www.ruralarts.org)



### Rural Arts - Heart and Craft

Monthly creative workshops for over 65's exploring willow weaving, fused glass, ceramics and more. The sessions take place at eight different locations across Hambleton.

**Who for: All welcome.**

*Cost: Free of charge.*

### Monthly

Contact us for upcoming dates and times or visit our website

Sorcha McCole

01845 526 536

[sorcha@ruralarts.org](mailto:sorcha@ruralarts.org)

[www.ruralarts.org](http://www.ruralarts.org)





## Art, dance and music

## Time & venue

## Further info



### Singing For All with Jessa CIC

Singing For All is an informal singing group open to all - people living with dementia and their carers, those living with other conditions or none, get together to sing, connect with others and enjoy tea and cake, lifting spirits and making friends.

**Who for: All welcome.**

*Cost: £5 per session, with free carers places available.*

*Arrangements available for those struggling financially.*

#### Weekly

Monday  
11am - 12.30pm  
Easingwold

#### Weekly

Tuesday  
11.15am -  
12.45pm  
York

Both sessions are term time only

07740 596 869

[jessaliversidge@googlemail.com](mailto:jessaliversidge@googlemail.com)

[www.jessaliversidge.com](http://www.jessaliversidge.com)

Easingwold Methodist Church,  
Chapel Street, Easingwold,  
YO61 3AF

Clements Hall, Nunthorpe Road,  
York, YO23 1BW



### Song Box - Musical Fun and Friendship

#### Song Box

We visit your support group or day club or create new services with local partners, sharing musical fun, creativity and friendship for wellbeing, confidence, self expression and socialising e.g. "4G (intergenerational) Song Box" and "A song and a smile.

**Who for: All welcome.**

*Cost: Contact organisation for costings.*

To be arranged with Song Box

Thea Jacob  
07765 574 564

[tjsongbox@yahoo.co.uk](mailto:tjsongbox@yahoo.co.uk)

[www.york-songbox.co.uk/adult-support-groups-residential-and-nursing-homes](http://www.york-songbox.co.uk/adult-support-groups-residential-and-nursing-homes)

### The Wilberforce Trust - Learning and Living Zone



Regular weekly activities - wellness, music, togetherness teas, talks, crafts and cookery. Come and join us - we offer a balanced programme covered by our four pillars of wellbeing, creativity, health and knowledge.

**Who for: All welcome.**

*Cost: £2 - £10 per session.*

#### Weekly

Monday - Friday  
(multiple times)

The Wilberforce Trust, Wilberforce House,  
The Grove, York,  
YO24 1AN

01904 760 037

[enquiries@wilberforcetrust.org.uk](mailto:enquiries@wilberforcetrust.org.uk)

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





## Day clubs and group outings

## Time & venue

## Further info



### Age UK York - Day Clubs

Weekly Day Clubs take place across York including groups for people living with dementia. They provide a range of activities tailored to the interests of the client. Lunch is provided in our full day groups (9.45am - 2.15pm). Unfortunately we cannot provide any personal care.

**Who for: All welcome.**

*Cost: Full day (£10) and half days (£4).*

Transport can also be provided to many of the clubs (average £10 return, depending on where clients are based).

### Weekly

See full list of social, dementia and half day clubs below. Get in touch to book.

### Social Clubs

9.45am - 2.15pm

- Monday - Acomb Methodist Church
- Tuesday - Glen Lodge, Heworth
- Wednesday - Alex Lyon House, Tang Hall
- Thursday - Earswick Village Hall, (Old) Earswick
- Friday - Lincoln Court, Acomb

### Dementia Clubs

9.45am - 2.15pm

- Monday - St. Hilda's Church, Tang Hall
- Thursday - Acomb Methodist Church

### Half Day Clubs

- Wednesday  
10am - 12pm  
Gale Farm Court, Acomb
- Wednesday  
1.30pm - 4pm  
Marjorie Waite Court, Clifton

We are also opening further clubs in Fulford, Huntington and Acomb. For more information, get in touch.

Maria Pickard  
01904 866 071  
01904 634 061

[maria.pickard@ageukyork.org.uk](mailto:maria.pickard@ageukyork.org.uk)

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/day\\_clubs](http://www.ageuk.org.uk/york/our-services/day_clubs)





## Day clubs and group outings

## Time & venue

## Further info



### Beetle Bank Social Farm - Social Farming Group

We support people living with dementia and other long-term health conditions. Our aim is to provide an opportunity to be outdoors and to spend a meaningful day involved in the running of a farm.

Our work includes helping out and keeping active by looking after the farm animals, plants and other necessary jobs around the farm.

These activities are great for wellbeing and a sense of purpose. We also take plenty of rests and have a good time! We are a small group of people who enjoy working on a farm throughout the year. Booking required.

**Who for: All welcome.**

*Cost: Contact organisation for costings.*

**Weekly**  
Tuesdays and  
Wednesdays  
10am - 4pm

Beetle Bank  
Farm,  
Moor Lane,  
Murton, York,  
YO1 5XD

Justin Mazzotta  
07932 420 726

[beetlebanksocialfarm@gmail.com](mailto:beetlebanksocialfarm@gmail.com)

[www.beetlebanksocialfarm.org](http://www.beetlebanksocialfarm.org)



### Dementia Forward - Young Onset Time Out Together Group

An outward bound group for people living with young onset dementia. The venues that are visited are assessed for their accessibility and suitability, and the emphasis is on fun and friendship. Transport available to and from.

Please note this group may have a waiting list and an assessment is needed before attending.

**Who for: People living with young onset dementia.**

*Cost: Free of charge.*

**Weekly**  
Wednesday  
Harrogate area

**Weekly**  
Tuesday  
Scarborough  
area

**Weekly**  
Thursday  
York area

03300 578 592

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

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





## Day clubs and group outings

## Time & venue

## Further info



### Dementia Forward - Hub Club

Hub Clubs provide a day of meaningful activity for people with dementia and respite time for carers. We keep group numbers low and there are a variety of activities, with opportunities to participate as a group and for one-to-one support.

Please note, an assessment is needed before attending.

**Who for: People living with dementia.**

*Cost: Contact the organisation for costs.*

All Hub Clubs run  
10am - 3pm

03300 578 592

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

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

**Weekly**  
Monday, Tuesday,  
Thursday  
*Harrogate district*

### Harrogate, Richmond, Skipton

George Armitage House, Church Lane, Burton Leonard, HG3 3SD



**Weekly**  
Monday - Thursday  
*Richmond*

Garget Walker House, 25A Olav Road, Richmond, DL10 4PU



**Weekly**  
Tuesday  
*Skipton*

Neville Crescent Common Room, Gargrave, Skipton, BD23 3RH



**Weekly**  
Friday  
*Settle*

Limestone View, Lower Greenfoot, Settle, BD24 9FH



**Weekly**  
Monday  
(younger people with dementia)  
Wednesday  
Thursday  
*Pocklington*

### Pocklington, York

Ballerina House, Lavender Fields, Feoffee Common Lane, Pocklington, YO42 4DE



**Weekly**  
Tuesday  
*York*

Poppleton Methodist Church Hall, The Green, Upper Poppleton, YO26 6DP





## Day clubs and group outings

## Time & venue

## Further info



### **Easingwold District Community Care Association (EDCCA) - Hub Club for people with Dementia**

Hub Club is a welcoming place. It is your club and we want you to feel relaxed and comfortable, surrounded by good company. Throughout the day, we try to include a variety of activities, such as traditional board games, drawing and painting, crafts and so much more!

We try to have a mix of active times and then quieter times in the day. Your comfort is important to us, so plenty of refreshments will be provided throughout.

Our trained group facilitators and friendly volunteers will ensure you feel supported and valued during your time with us.

***Who for: People living with dementia.***

*Cost: £35 per day (lunch not included).*

### **Weekly**

Tuesday and  
Friday  
10am - 3pm

Easingwold  
Football Club,  
Stillington Road,  
Easingwold,  
YO61 3DX

01347 822 875

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

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





## Exercise, health and sport

## Time & venue

## Further info



### Action For Elders

Action for Elders works with older people to improve the quality of later life. Our Balanced Lives programmes are recommended and prescribed by the NHS. We provide social, mental and physical wellbeing for the older community.

Live Balanced Lives Sessions - Gentle live exercise sessions for all abilities.

**Who for: All welcome.**

*Cost: No charge - donations welcome!*

### Weekly

Friday

10am - 11.30am

Foxwood Community Centre, Acomb Cranfield Place, York, YO24 3HY

0303 303 0132

[james.lewis@actionforelders.org.uk](mailto:james.lewis@actionforelders.org.uk)

[betty.sutherland@actionforelders.org.uk](mailto:betty.sutherland@actionforelders.org.uk)

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



### Age UK North Yorkshire & Darlington - Moving in Circles/Circuits

These classes are especially designed for older people, to help you become fitter and increase your vitality and confidence. These enjoyable classes incorporate exercise and movement, performing our exercises will help to prevent falls, improve your mobility and general wellbeing.

**Who for: All welcome.**

*Cost: £4 per session.*

### Weekly

Thursday

11am - 12pm

Jennyfields Styan Community Centre, Grantley Drive, Harrogate, HG3 2XU

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)



### Age UK North Yorkshire & Darlington - Gentle Exercise to Music

Get up and moving with our gentle exercises set to music. This light-hearted and fun activity helps with mobility and aims to improve balance, posture and coordination. These friendly classes are welcoming to all and are full of fun.

Runs September - June.

**Who for: All welcome.**

*Cost: £3.50 per session.*

### Weekly

Thursday

10.30am - 12pm

Morton on Swale Village Hall, Morton-on-Swale, Northallerton, DL7 9QW

2pm - 3pm  
Hutton Bonville Parish Hall, Northallerton, DL6 2PB

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)



## Exercise, health and sport

## Time & venue

## Further info

BETTER

### Better - Energise Leisure Centre - Swimability

A dementia friendly swimming session, carers are welcome. Both our Main Pool and Learner Pool are open during this session. Swim safely rules apply.

**Who for: All welcome.**

**Cost:** Contact organisation for costings.

**Weekly**  
Tuesday  
10.30am -11.30am

**Weekly**  
Sunday  
2.45pm - 3.45pm

Energise Leisure Centre, Cornloads Road, York, YO24 3DX

01904 403 900

[energise@gll.org](mailto:energise@gll.org)

[www.better.org.uk/leisure-centre/york/energise](http://www.better.org.uk/leisure-centre/york/energise)



Supported by  
**BRIMHAM**  
*active*

### Brimhams Active - Active Health

A range of exercise activities provided by the Active Health team to include seated exercise and Strong and Steady - exercise for falls prevention.

**Who for: All welcome.**

**Cost:** £5 - £5.50 per session.

Various days and times in centres across the Harrogate district

01423 556 106

[activehealth@brimhamsactive.co.uk](mailto:activehealth@brimhamsactive.co.uk)

[www.brimhamsactive.co.uk/activehealth](http://www.brimhamsactive.co.uk/activehealth)



**Golf in**  
**SOCIETY**

### Golf in Society

We support people living with chronic health issues such as dementia, Parkinson's, stroke, depression, and loneliness to enjoy the health and wellbeing benefits of golf.

We run weekly golf sessions where carers can be confident to leave their loved ones enjoying themselves. No previous golf experience required and first taster session is free!

Carers do not need to attend but are welcome to stay enjoy the facilities that the golf club has to offer. We also offer monthly carers wellbeing sessions, contact us to find out more.

**Who for: All welcome.**

**Cost:** £10 per hour.

Timings are tailored to suit your needs.

Rudding Park Golf Academy, Follifoot, Harrogate, HG3 1DJ

Anthony Blackburn  
07491 694 938

[info@golfinsociety.com](mailto:info@golfinsociety.com)

[www.golfinsociety.com](http://www.golfinsociety.com)



Other venues across the UK can be found on our website or get in touch.



## Exercise, health and sport

## Time & venue

## Further info



### HADCA - Friendship and Exercise Club

Friendship and Exercise Club is perfect for anyone wanting an opportunity to socialise and also improve mobility. Sessions start with seated mobility exercises led by a qualified instructor. Attendees then enjoy catching up over refreshments.

**Who for: Older people.**

*Cost: No charge - donations welcome!*

**Weekly**  
Thursday  
1pm - 2.30pm

St Wilfrid's  
Community  
Centre, Coltsgate  
Hill, Ripon, HG4  
2AB

01765 645902  
01765 645915

[ripon@hadca.org.uk](mailto:ripon@hadca.org.uk)

[www.helpharrogate.org.uk/ripon-rural-services/here-to-help](http://www.helpharrogate.org.uk/ripon-rural-services/here-to-help)



### Harrogate Amateur Bowling Association - Try Crown Green Bowls

Try crown green bowls for free at the 16 clubs across the Harrogate district. Bowls is a sport for everybody that helps maintain and improve your fitness levels and mental wellbeing. It is a great way to relax, make new friends and feel part of your local community as a member of a local bowling club.

**Who for: All welcome.**

*Cost: Free of charge.*

Afternoon,  
weekends,  
evenings available  
by agreement

16 clubs across  
the district in  
Nidderdale,  
Harrogate,  
Knaresborough,  
Wetherby and  
surrounding areas

Dave Rowson  
07896 679 547

[habasect@gmail.com](mailto:habasect@gmail.com)

To find your local club, use our club finder on our website below:

[www.harrogateaba.co.uk](http://www.harrogateaba.co.uk)



### Harrogate Town AFC Community Foundation - Sporting Memories

Our Sporting Memories sessions are aimed not exclusively to those with dementia, but for those who may suffer from depression, be lonely but also for the carers, we are about bringing people together with activities for all and the chance to meet over a cup of tea for a chat and the opportunity to reminisce.

**Who for: All welcome.**

*Cost: Free of charge.*

**Alternate Fridays**  
1.30pm - 3pm

St Mark's Church,  
Leeds Road,  
Harrogate,  
HG2 8AY

**Alternate Tuesdays**  
10am - 11.30am

Steve Pattison  
07948 099 531

[stevepattison@harrogatetownafc.com](mailto:stevepattison@harrogatetownafc.com)

[www.htafccommunity.co.uk](http://www.htafccommunity.co.uk)



Knaresborough Community  
Centre, 79 Stockwell Avenue,  
Knaresborough, HG5 0LG





## Exercise, health and sport

## Time & venue

## Further info

### Move the Masses - Move Mates



A walking buddy project which makes getting out for walks a reality for people who would otherwise find it difficult to leave their homes.

Our friendly and trained volunteers give people the confidence and moral support to go for a walk.

Eligibility criteria applies.

**Who for: All welcome.**

*Cost: No charge - donations welcome!*

**Weekly**  
For up to an hour

01904 373 017  
[york@movemates.org.uk](mailto:york@movemates.org.uk)  
[www.movemates.org.uk](http://www.movemates.org.uk)

### Move the Masses - Wellbeing Walks



Our Wellbeing Walks are gentle and sociable group walks, aimed towards people who cannot (or do not want to) walk very far or very fast. They cover approximately one mile with opportunities to stop and rest.

**Who for: All welcome.**

*Cost: No charge - donations welcome!*

**Monthly**  
We have walks in various locations across York

01904 373 017  
[york@movemates.org.uk](mailto:york@movemates.org.uk)  
[www.movemates.org.uk/my-events](http://www.movemates.org.uk/my-events)

### Zumbagold - Over 50's Dance Fitness



An over 50's fun, dance fitness class aimed at people still young at heart!

**Who for: All welcome.**

*Cost: £5 per session.*

**Weekly**  
Monday  
2pm - 2.45pm  
  
Thursday  
9.30am - 10.15am

Angela Robertson  
07887 570 590  
[angelarobertson16@googlemail.com](mailto:angelarobertson16@googlemail.com)



Heworth without  
Community  
Centre, 38  
Applecroft Road,  
Heworth, York,  
YO31 0HQ



## Social and support groups

## Time & venue

## Further info



### Age UK North Yorkshire & Darlington - Ageing Well

A light-hearted afternoon of activities and friendship every Monday at Kirk House. The activities operates in partnership with North Yorkshire County Council and Broadacres Housing Association.

**Who for: All welcome.**

*Cost: £1.50 per session, plus £3 if transport is required.*

**Weekly**  
Wednesday  
2pm

Kirk House,  
14 The Green,  
Northallerton,  
DL7 8NR

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)



### Age UK North Yorkshire & Darlington - Northallerton Over Fifties Forum Coffee Mornings

An opportunity to meet new people, enjoy free taster sessions of activities taking place in and around Northallerton and Hambleton. Entry and refreshments are complimentary.

**Who for: All welcome.**

*Cost: Free of charge.*

**Monthly**  
First Thursday  
10.30am -  
12.30pm

Northallerton  
Town Hall, High  
Street,  
Northallerton,  
DL7 8QR

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)



### Age UK North Yorkshire & Darlington - Reeth Community Coffee Morning

Our community coffee morning has visiting speakers, information about services available and a chance to chat and meet others over tea, coffee and cake. Entry is free with donations to help us cover refreshment costs welcome.

**Who for: All welcome.**

*Cost: No cost – donations welcome!*

**Monthly**  
First Tuesday  
10am - 12pm

Memorial Hall  
Reeth,  
Arkengarthdale  
Road, Reeth,  
Richmond,  
DL11 6QT

01609 771 624

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)

If you are elderly, disabled or isolated and you are unable to access public transport, call Kate Marriott on 01748 327 155





## Social and support groups

## Time & venue

## Further info



### Age UK North Yorkshire & Darlington - Veterans Group

Encouraging veterans of all forces to come along, share experiences and socialise with other veterans, with regular days out.

**Who for: All welcome.**

**Cost: £3 per session.**

**Weekly**  
Wednesday  
10am - 12pm

Creative Café,  
North Yorkshire  
Police  
Headquarters,  
Crosby Road,  
Northallerton,  
DL6 1BF

01609 771 624  
[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events](http://www.ageuk.org.uk/north-yorkshiredarlington/activities-and-events)



### Alzheimer's Society - Reminiscence Café

A friendly inclusive group for people with dementia and their carers. Resources will be provided to stimulate memories and conversation. The group is supported by a team of volunteers and a lead facilitator to ensure a safe and welcoming environment for all.

**Who for: People living with dementia and their carers.**

**Cost: No cost - donations welcome!**

**Monthly**  
Last Thursday  
1.30pm - 2.30pm

St Wulstan's  
Church, 48  
Fossway,  
Heworth,  
YO31 8SL

Natalie Heijm  
07802 857 614

[natalie.heijm@alzheimers.org.uk](mailto:natalie.heijm@alzheimers.org.uk)

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



### AWOC York (Ageing Without Children)

We meet monthly at Spark York with speakers on topics of interest to people ageing without children or the support of nearby children for whatever reason. Snack lunch beforehand and plenty of time to socialise. All welcome!

**Who for: All welcome.**

**Cost: £1 collection. Optional purchase of lunch at 1pm from the diversity of fast food units or bring your own.**

**Monthly**  
Second  
Wednesday  
2pm - 4pm

Spark York, 17-21  
Piccadilly, York,  
YO1 9PB or  
Hybrid meeting  
on Zoom

Sue Lister  
01904 488 870

[helo@awocYork.org.uk](mailto:helo@awocYork.org.uk)

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





## Social and support groups

## Time & venue

## Further info



### Dementia Forward - Community Coffee Morning

A friendly coffee morning open to everyone.

**Who for: All welcome.**

*Cost: No cost - donations welcome!*

#### Weekly

Friday  
10.30am -  
12.30pm

Ballerina House,  
Lavender Fields,  
Feoffee Common  
Lane, Barmby  
Moor, Pocklington,  
YO42 4DE

03300 578 592

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

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



### Dementia Forward - Community Coffee Morning

A monthly coffee morning at George Armitage House, Dementia Forward's hub between Ripon and Harrogate. Refreshments, good company and occasional special events.

**Who for: All welcome.**

*Cost: No cost - donations welcome!*

#### Monthly

Second Friday  
10am - 12pm

George Armitage  
House, Church  
Lane, Burton  
Leonard, HG3 3SD

03300 578 592

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

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



### Dementia Forward - Community Wellbeing Café

A relaxing morning with activities and refreshments on offer, and a chance to meet other people in your local community.

**Who for: People living with dementia and their carers.**

*Cost: No cost - donations welcome!*

#### Weekly

Wednesday  
10am - 12pm

Portholme Church,  
Portholme Road,  
Selby, YO8 4QH

03300 578 592

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

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





## Social and support groups

## Time & venue

## Further info



### **Dementia Forward - Friends Together Friday Wellbeing Cafe**

A welcoming social group, offering a light lunch, activities and good company in a supportive environment.

**Who for: People living with dementia and their carers.**

*Cost: £3 or £4 including soup.*

#### **Weekly**

Friday  
1pm - 3pm  
Middleton & Aislabey Village Hall, Main Street, Middleton, Pickering, YO18 8PB

03300 578 592

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

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



Friday  
1pm - 3pm  
Clements Hall, Nunthorpe Road, York, YO23 1BW

For York, there is disabled parking outside, street parking nearby and a pay and display car park a short walk away.



### **Dementia Forward - Meet Up Monday**

A welcoming social group, offering a light lunch, activities and good company in a supportive environment.

**Who for: All welcome.**

*Cost: £3 or £4 including soup.*

#### **Weekly**

Monday  
1pm - 3pm  
Salvation Army Hall, Parkin Avenue, Selby, YO8 8BY

03300 578 592

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

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



### **Dementia Forward - Time Together Tuesday**

A welcoming social group, offering a hot drinks and homemade cakes or light lunch, activities and good company in a supportive environment.

**Who for: People living with dementia and their carers.**

*Cost: £3 or £4 including soup / refreshments.*

#### **Weekly**

Tuesday  
1pm - 3pm  
Christ Church Hall, High Harrogate, Harrogate, HG1 4SW

03300 578 592

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

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



#### **Weekly**

Tuesday  
2pm - 3.30pm  
St John's Church Hall, Church Street, Settle, BD24 9JH



## Social and support groups

## Time & venue

## Further info



### Dementia Forward - Time Together Tuesday (Richmond)

A friendly volunteer-led wellbeing café with support from Dementia Forward, Age UK NYD and Carers Plus. Join us for a delicious lunch, activities and good company, with support from local organisations.

**Who for: All welcome.**

**Cost: £2.50 per session.**

**Weekly**  
Tuesday  
1pm - 3pm

Richmond Town Hall, Market Place, Richmond, DL10 4QL

03300 578 592

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

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



### Dementia Forward - Welcome Wednesday Wellbeing Café

A welcoming social group, offering a refreshments, activities and good company in a supportive environment.

**Who for: People living with dementia and their carers.**

**Cost: £3 per session.**

**Weekly**  
Wednesday  
1pm - 3pm

Trinity Methodist Church, Westmoreland Street, Skipton, BD23 2EA

03300 578 592

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

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



On street car parking available



### Dementia Forward - Wellbeing Café

A welcoming social group, offering a refreshments, activities and good company in a supportive environment.

**Who for: People living with dementia and their carers.**

**Cost: £3 per session.**

Scarborough

Please contact Dementia Forward for details of the day and venue

03300 578 592

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

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



### Foxwood Community Centre - Friday HUB

A lunch club for the local community - "pay as you feel".

**Who for: All welcome.**

**Cost: No cost - donations welcome!**

**Weekly**  
Friday  
12pm - 2pm

Cranfield Place, Bellhouse Way, Foxwood, York, YO24 3HY

07928 486 040

[infofoxwoodcc@gmail.com](mailto:infofoxwoodcc@gmail.com)

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





## Social and support groups

## Time & venue

## Further info



### Heworth Retired Men's Forum

We are a non-religious and non-political organisation who provide quality environment for retired men to enjoy a range of different experiences. This includes for example speakers on wide range of subjects such as local history, travel, music, art etc, as well as luncheons, visits out and small garden social events. Partner's wives and other guests are sometimes included.

**Who for: Retired men.**

*Cost: £2 per session.*

### Two Tuesdays a month

10am - 11.30am

Heworth Without Community Centre,  
38 Applecroft Road, Heworth, York,  
YO31 OHQ

Allen Humphries  
07517 661 872

[lemhumph@gmail.com](mailto:lemhumph@gmail.com)



### Holy Trinity Church - Renew Ripon

Renew Ripon isn't just for older folk - but many older folk come. It is a place to come to chat or even be still and quiet but in the company of others. It is here to help people who are lonely, and need somewhere that they feel safe to come to.

**Who for: All welcome.**

*Cost: No cost - donations welcome!*

### Weekly

Monday

11.30am - 1.30pm

Tuesday

6.30pm - 8.30pm

Holy Trinity Church, Kirkby Road, Ripon, HG4 2EY

John Housley  
01765 690 930

[office@holytrinityripon.org.uk](mailto:office@holytrinityripon.org.uk)

[www.htr-church.org.uk](http://www.htr-church.org.uk)



Holy Trinity Ripon

### Holy Trinity Church - Thursday Holy Communion

A said Holy Communion held downstairs. Older folk seem to like this because it is quiet and reflective; it is not a long service with minimal movement (standing and sitting); and is in a comfortable room with good access.

**Who for: All welcome.**

*Cost: Free of charge*

### Weekly

Thursday

11.30am - 12pm

Room 3, Holy Trinity Church  
Ripon, Kirkby Road, Ripon, HG4 2EY

John Housley  
07497 950 796

[office@holytrinityripon.org.uk](mailto:office@holytrinityripon.org.uk)

[www.htr-church.org.uk](http://www.htr-church.org.uk)



Holy Trinity Ripon



## Social and support groups

## Time & venue

## Further info



### Holy Trinity Church - Thursday Lunch

Thursday Lunch is held in our coffee area or sometimes rooms 1 and 2 (depending on numbers). There is great food prepared by our volunteers and a local restaurateur with even better fellowship. This is open to all ages but is predominantly frequented by older folk.

**Who for: All welcome.**

*Cost: £5 for 2 courses, £7 for 3 courses.*

**Weekly**  
Thursday  
12pm - 1.30pm

Holy Trinity Church Ripon,  
Kirkby Road,  
Ripon,  
HG4 2EY

John Housley  
01765 690 930  
[office@holytrinityripon.org.uk](mailto:office@holytrinityripon.org.uk)

[www.htr-church.org.uk](http://www.htr-church.org.uk)



### NELLI - New Earswick Less Loneliness Initiative

NELLI is a community group who aim to reduce loneliness in New Earswick. We run a community cafe every Wednesday. Please come and join our welcoming group and make new friends. Refreshments are available to purchase from the Folk Hall cafe.

**Who for: All welcome.**

*Cost: Free of charge.*

**Weekly**  
Wednesday  
10am - 12pm

New Earswick Folk Hall,  
Hawthorn Terrace,  
New Earswick,  
York, YO32 4AQ

Elspeth Barraclough  
01904 769 621

[newearswicklli@gmail.com](mailto:newearswicklli@gmail.com)

[www.facebook.com/NELLI.New.Earswick.Less.Loneliness.Initiative/](https://www.facebook.com/NELLI.New.Earswick.Less.Loneliness.Initiative/)



### Parkinson's UK York Group

A York area group offering friendship and support for people living with Parkinson's. We campaign to change attitudes, fundraise for research and run therapeutic classes: exercise, dance, art and pilates. There is a monthly social meeting and other events.

**Who for: People living with Parkinson's and their family.**

*Cost: Free of charge (monthly meetings), activities by donation.*

**Monthly**  
Second  
Wednesday  
(timings for the activity sessions vary)

New Earswick Folk Hall,  
Hawthorn Terrace, York,  
YO32 4AQ

Sue Nunn  
07519 126 514

[info@yorkparkinsons.co.uk](mailto:info@yorkparkinsons.co.uk)

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



**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.





## Social and support groups

## Time & venue

## Further info



### PCC Bilton St John & St Luke - Thirst

Community weekly coffee morning to come along, chat, drink tea/coffee and eat cake. Weekly except between Christmas and New Year.

**Who for: All welcome.**

*Cost: Free of charge. Refreshments available to purchase.*

**Weekly**  
Wednesday  
10.30am - 12pm

Dene Park  
Community  
Centre, Dene  
Park, Harrogate,  
HG1 4JZ

Val and John Carr  
01423 565 129

[church@stjohnsandstlukes.org.uk](mailto:church@stjohnsandstlukes.org.uk)

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



### PCC Bilton St John & St Luke - Wellbeing Café

Supported by Dementia Forward, our cafe provides anyone living with Dementia and their carers a chance to relax, have a chat and join in some activities.

**Who for: All welcome.**

*Cost: £2 per session.*

**Weekly**  
Friday  
1pm - 3pm  
(term time)

St Luke's Church  
Centre, Franklin  
Square,  
Harrogate,  
HG1 5EL

Victoria Amella  
01423 565 129

[church@stjohnsandstlukes.org.uk](mailto:church@stjohnsandstlukes.org.uk)

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



### Re-engage - Tea Parties

Our tea parties are free monthly social groups open to people aged 75 and over. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages. You will even be taken there and home again so you don't need to worry about sorting travel.

**Who for: Older people.**

*Cost: Free of charge.*

**Monthly**  
Usually on  
Sundays

Venues vary -  
see our website  
for more  
information

Deb Meynell  
0800 716 543

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

[www.reengage.org.uk/join-a-group/tea-parties/apply-tea-parties](http://www.reengage.org.uk/join-a-group/tea-parties/apply-tea-parties)



### Stroke Association - Support Groups

Stroke support groups are a safe and supportive space to try things again, to learn more about stroke and self-care and to build your confidence as you rebuild your life after stroke.

**Who for: Stroke survivors and their families.**

*Cost: Confirm with group contact.*

Stroke support  
groups meet in  
different ways,  
either face to  
face, or online.

See what's available online and in your local area via:

[www.stroke.org.uk/finding-support/support-groups](http://www.stroke.org.uk/finding-support/support-groups)



## Social and support groups

## Time & venue

## Further info



### University of York's Tea and Coffee Club

A weekly tea and coffee meeting for older people and students during term time! In these sessions, we sit and chat, whilst drinking tea or coffee and eating biscuits. Sometimes we have quizzes or play board games and bingo.

**Who for: Older people.**

*Cost: Free of charge.*

**Weekly**  
Monday  
11am - 12.30pm  
University of York, York,  
YO10 5DD

[teaandcoffee@yusu.org](mailto:teaandcoffee@yusu.org)



### Wednesday Welcome Centre

A light lunch is served with a variety of activities taking place! This includes dominoes, crafts, golf putting, simple bowling activities, knitting and a singalong, good company, good conversation and plenty of laughter!

**Who for: All welcome.**

*Cost: Contact organisation for more information.*

**Weekly**  
Wednesday  
12.30pm - 3.30pm  
Masham Methodist Church,  
38 Park Street,  
Masham,  
HG4 4HN

Joy Rayden  
01765 689 310

[wednesdaywelcomecentre@gmail.com](mailto:wednesdaywelcomecentre@gmail.com)



The Café is open to everyone, but offers additional information and support for people living with dementia.

We are supported by Carers Resource and Dementia Forward.



### York Minds and Voices

York Minds and Voices is a fun, friendly and welcoming peer support group for people with dementia in the York area.

We still have a great deal to contribute and strongly believe that you can live as well as possible with dementia. We are keen to change people's perceptions of people with dementia.

**Who for: People living with dementia and their carers.**

*Cost: Contact organisation for more information.*

**Monthly**  
Monday  
10.30am - 1.30pm

Damian Murphy  
07927 405 854

[dementiafriendly@outlook.com](mailto:dementiafriendly@outlook.com)

[www.dementiavoices.org.uk/group/minds-and-voices-york](http://www.dementiavoices.org.uk/group/minds-and-voices-york)



Lidgett Methodist Church, Acomb  
Lunch is provided and we can also help with transport if needed.



## Other

## Time & venue

## Further info



### **Brimhams Active Knaresborough Community Centre - Cook and Eat**

Do you have difficulty cooking a meal? Trying to manage on a budget? We'll work together to cook a nutritious meal using donated produce which you can enjoy at the centre or take home. Open to all regardless of ability.

**Who for: All welcome.**

*Cost: Free of charge.*

**Weekly**  
Tuesday  
11am - 1pm

Knaresborough  
Wellbeing Hub,  
Stockwell  
Avenue,  
Knaresborough,  
G5 0LG

Helen Dennis  
07525 988 158

[helen.dennis@brimhamsactive.co.uk](mailto:helen.dennis@brimhamsactive.co.uk)

[www.brimhamsactive.co.uk](http://www.brimhamsactive.co.uk)



### **University of the Third Age (u3a)**

u3a is a UK wide, cooperative movement of people no longer in full time work who come together to continue their educational, social and creative interests in a friendly and informal environment. It showcases what it means to have a positive later life. The subjects are wide-ranging - from art, architecture and bridge to history, yoga, zoology with every topic you can think of in between.

**Who for: Older people.**

*Cost: Contact organisation for costings.*

There are over 1,000 u3as across the UK with at least 10,000 interest groups taking place every week in person and online.

Get in touch with your local group for more information.

National office  
020 8466 6139  
[info@u3a.org.uk](mailto:info@u3a.org.uk)  
[www.u3a.org.uk](http://www.u3a.org.uk)

There are two ways to join a u3a:

1. Get in touch with your local u3a group via link below:  
[www.u3a.org.uk/join](http://www.u3a.org.uk/join)
2. Join our online only group (Trust u3a) - see the 'virtual events' section for more information



### **Wetwheels - Boat Trips**

Wetwheels offers a unique opportunity for disabled and disadvantaged people of all ages from the very young to the very old - including those with multiple, profound and complex impairments - to access the water in a safe, stimulating and rewarding way on board specially-built, fully-accessible powerboats.

**Who for: All welcome.**

*Cost: Standard trips are £30 for 90 minute session but we are happy to discuss alternatives to suit your needs.*

Various times, get in touch for more information and to book.

Whitby Harbour,  
Whitby,  
YO21 1YW

01947 466 566

[office@wetwheelsyorkshire.com](mailto:office@wetwheelsyorkshire.com)

[www.wetwheelsfoundation.org/locations/yorkshire](http://www.wetwheelsfoundation.org/locations/yorkshire)



# Activities at home

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## Music, radio, podcasts, publications and TV

### Further info

#### BBC Music Memories and BBC Memory Radio

<https://musicmemories.bbcrewind.co.uk/home>



##### Music Memories

A website that is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and then export it to Spotify to listen to your tracks in full.

Includes links to classical music, popular music, theme tunes, UK nations music, international music, social music and memory radio.

##### Memory Radio

Archive and music-based radio programmes, accompanied by printable activity sheets. Brings you the best of BBC Radio from past decades. Select a decade and start listening.

#### Goldies Live

07860 944 410



You can enjoy Goldies singing sessions in your own home. These are recorded and go 'live' on YouTube, so you can watch them as many times as you like, free of charge. Song words are included on the screen.

Tuesday and Thursday at 11am. For older folk.

[info@goldieslive.com](mailto:info@goldieslive.com)

[www.goldieslive.com](http://www.goldieslive.com)

#### Golden Oldies Radio

0151 345 3839



Golden Oldies Radio is a digital radio station which plays hits from the 1950s to 1989 with the goal of providing music lovers with an alternative to the typical hits of our times.

[goldenoldiesliverpool@gmail.com](mailto:goldenoldiesliverpool@gmail.com)

[www.radiouk.co.uk/golden-oldies](http://www.radiouk.co.uk/golden-oldies)

#### Happiful Magazine and Podcast

[hello@happiful.com](mailto:hello@happiful.com)



We're on a mission to create a healthier, happier, more sustainable society. Through a magazine, e-magazine and podcast we provide informative, inspiring and topical stories about mental health and wellbeing.

We want to break the stigma of mental health, and to shine a light on the positivity and support that should be available for everyone, no matter their situation.

[www.happiful.com](http://www.happiful.com)

#### HammondCare - The Dementia Podcast

[communications@dementia.com.au](mailto:communications@dementia.com.au)



The Dementia Podcasts is where you can hear the latest research, experts and thinking on the clinical and practice issues in dementia.

Real life stories of people living with and working in dementia provide unique insights and practical tips.

[www.dementiapodcast.com](http://www.dementiapodcast.com)



## Music, radio, podcasts, publications and TV

### Further info



#### Koast Radio

Koast Radio 106.6 FM is a local community radio for South East Northumberland and is also available online nationally. It includes news, music from the 50s, 60s & 70s, local nostalgia, health and fitness, hobbies and interest, and phone-ins.

The sessions on Tuesday, Wednesday and Sunday are in partnership with Age UK.

01670 432 107 (Studio)  
07858 429 316 (Text us)

[voice@koastradio.co.uk](mailto:voice@koastradio.co.uk)

[www.koastradio.co.uk](http://www.koastradio.co.uk)

Tuesday, 6pm - 7pm  
Wednesday, 10am - 11am  
Friday, 9pm - 10pm  
Sunday, 1pm - 3pm



#### Memory Sparkles

Memory Sparkles provides reminiscence resources, including a magazine and weekly newspaper, all designed to spark memories and create meaningful moments.

With Memory Sparkles, you can feel confident that your loved one is receiving engaging and stimulating materials that can improve their quality of life.

David Nefs

[info@memorysparkles.com](mailto:info@memorysparkles.com)

[www.memorysparkles.com](http://www.memorysparkles.com)



#### Music for my Mind

Create a personalised playlist for yourself or a loved one living with dementia within 15 minutes by answering a few questions about your upbringing and music taste. You will receive up to 30 songs from your teenage years, which you can enjoy on Spotify or YouTube.

[info@musicformymind.com](mailto:info@musicformymind.com)

<https://app.musicformymind.com>



#### Music for Dementia (M4D) Radio

A group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. Choose your era, listen and enjoy. Our musical memories are typically made from our early teen years to our late twenties.

Choose your birth year to listen to the musical decade where your musical memories were made.

[info@m4dradio.com](mailto:info@m4dradio.com)

[www.m4dradio.com](http://www.m4dradio.com)



#### Musical Memories

We provide fun singing and chat sessions currently online. Live music with piano and guitar, vintage popular songs and live interactive chat and reminiscence all streamed live on our Facebook page and YouTube channel free.

Ruth Hannah  
07527 006 402

[ruth@musicalmemoriescic.org.uk](mailto:ruth@musicalmemoriescic.org.uk)

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



## Music, radio, podcasts, publications and TV

### Further info



#### My Life Films - My Life TV

My Life TV is the first streaming service with content specifically curated for the cognitive needs of people living with dementia. The dementia-friendly TV platform is a great resource to keep loved ones stimulated and connected to the world.

The team behind the streaming service is an award winning charity called 'My Life films' who are dedicated to improving the lives of people affected by dementia.

020 8154 6220

[info@mylifefilms.org](mailto:info@mylifefilms.org)

[www.mylifefilms.org](http://www.mylifefilms.org)



#### North Yorkshire Libraries

42 Libraries throughout North Yorkshire provide information and resources including:

- the Reading Well dementia collection
- online services include e-books, e-audio, magazines and newspapers
- Playlist for Life (Dementia support resource) Help Points
- various events including Dementia support groups and activities
- volunteers deliver our Home Library Service to those who can no longer visit the library themselves

01609 532 774

[libraries@northyorks.gov.uk](mailto:libraries@northyorks.gov.uk)

Opening hours of all our libraries and full details are available online below:

[www.northyorks.gov.uk/libraries](http://www.northyorks.gov.uk/libraries)



#### Playlist for Life

Over two decades of scientific research shows that listening to personally meaningful music can improve the lives of those living with dementia.

We offer free resources to help you make a personalised playlist for yourself or to help someone make theirs.

0141 404 0683

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

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



#### Talking News Federation - Local Talking Newspaper in Audio Format

Talking Newspapers provide regular, free audio recordings including local news, information and features that can help people feel part of their community.

Nationwide service with over 400 Local Talking Newspapers.

01793 497 555

[enquiries@tnf.org.uk](mailto:enquiries@tnf.org.uk)

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



## Music, radio, podcasts, publications and TV

### Further info



#### **The Happy Newspaper - a newspaper with happy news!**

A newspaper to celebrate all the good things in the world. Quarterly publication, 32 pages fully illustrated with regular stories and features, as well as happy news from across the globe included to cover 3 months. A quarterly recipe and featured articles and charities.

Quarterly: March, June, September and December on the 1st of the month.

£3.99 per quarter UK on subscription, £7.50 overseas on subscription per quarter

07517 670 212

[thehappynewspaper@gmail.com](mailto:thehappynewspaper@gmail.com)

[www.thehappynewspaper.com](http://www.thehappynewspaper.com)

#### **University of the Third Age (u3a) - Newsletter**



The u3a National Newsletter is filled with information, stories and advice from across the u3a movement as well as advice on how to keep safe and occupied during this difficult time.

See more information about the u3a in the 'activities' section.

Use the form below to signup and receive u3a updates, both regional and national, direct to your email inbox.

[www.u3a.org.uk/news/newsletter](http://www.u3a.org.uk/news/newsletter)

#### **University of the Third Age (u3a) - Radio Podcast**



The u3a radio podcast showcases the amazing things happening across the movement. It features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers.

Available via YouTube, Spotify, Apple and Google Podcasts by searching 'u3a radio podcast'.





## Telephone friendship & befriending services

## Further info



### Age UK - Telephone Friendship

We offer free telephone friendship services so you can enjoy chatting with someone over the phone, all from the comfort of your own home.

Whether you'd like to speak to someone every week, or just want to talk when the need strikes, Age UK and our partner charity Silver Line are here to help.

This may not be helpful for people with memory loss or dementia but we're happy to help find you a local service which may be able to support you.

24 hour helpline service with The Silver Line

0800 4 70 80 90

Regular telephone friendship service

Sign up below or contact your local Age UK team

[www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending](http://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending)



### Age UK North Yorkshire & Darlington - Good Friends

To ensure everyone has a network of support around them to stay well and independent, we match people in need of a little extra support to one of our volunteers. It could include popping round for a cup of tea and a chat, assisting with light household tasks to attending community events together and much more.

01325 362 832

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

It is available in the districts of Hambleton, Richmondshire and surrounding villages

[www.ageuk.org.uk/north-yorkshiredarlington](http://www.ageuk.org.uk/north-yorkshiredarlington)

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



### Age UK North Yorkshire & Darlington - Befriending Service for Darlington (see Good Friends above for North Yorkshire)

Trained volunteer befrienders support their befriendees in a variety of ways such as home visits, telephone befriending, dementia befriending and much more.

0300 30 20 100

[enquiries@ageuknyd.org.uk](mailto:enquiries@ageuknyd.org.uk)

[www.ageuk.org.uk/north-yorkshiredarlington](http://www.ageuk.org.uk/north-yorkshiredarlington)



### Age UK York - Befriending Service

Volunteer befrienders visit or make regular phone calls to older people in York who live alone. These are social visits/calls and befrienders are not allowed to become involved in personal care, domestic tasks, administering medication, financial/legal matters or to offer formal advice.

01904 634 061

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/reducing-loneliness](http://www.ageuk.org.uk/york/our-services/reducing-loneliness)



### Easingwold District Community Care Association (EDCCA) - Sitting and Befriending

We provide a sitting and befriending service for clients in their own homes. It offers friendship and a chance to have a good natter!

01347 822 875

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

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



## Telephone friendship & befriending services

## Further info

### Harrogate & District Community Action (HADCA) - The Ripon & Rural Befriending Service

01765 645 902

[ripon@hadca.org.uk](mailto:ripon@hadca.org.uk)

[www.helpharrogate.org.uk/ripon-rural-services/ripon-rural-wellbeing-project](http://www.helpharrogate.org.uk/ripon-rural-services/ripon-rural-wellbeing-project)



Our volunteer befrienders offer regular one-to-one visits to clients' homes, providing them with company and a friendly listening ear. The volunteers are matched with clients, taking into account mutual interests, so that both parties benefit from this social contact.

If the need arises, our friendly office team can also provide information and signposting. They can also refer you to other local agencies who can offer you additional support.

### Macular Society Yorkshire Telephone Group

Lucinda Hardy  
07517 544 027

Vicky Thompson  
07376 398 916

Calls take place on the First Tuesday of each month from 2pm - 3pm

[www.macularsociety.org](http://www.macularsociety.org)



These calls are for anyone who would like additional support, as they are a great way of passing on hints and tips, and finding out about local organisations/services.

The calls offer individual programmes, filled with fascinating speakers that are specific to each area, something you can enjoy from the comfort of your own home.

### Re-engage - Call Companions

0800 716 543

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

[www.reengage.org.uk/join-a-group/get-a-call-companion](http://www.reengage.org.uk/join-a-group/get-a-call-companion)



Would you like a regular friendly chat over the phone with your very own call companion?

Call companions is available to anyone aged 75 and over who would benefit from a regular chat over the phone with a friendly volunteer. Calls are usually weekly, at any time of your choice and last half an hour.

### Re-engage - Rainbow Call Companions

0800 716 543

[samuel.higgins@reengage.org.uk](mailto:samuel.higgins@reengage.org.uk)

[www.reengage.org.uk/join-a-group/get-a-call-companion](http://www.reengage.org.uk/join-a-group/get-a-call-companion)



Telephone befriending for over 75s who are lesbian, gay, bisexual, transgender or otherwise part of the LGBT+ community. Calls are usually weekly, at any time of your choice and last half an hour.

### York Neighbours

01904 891 627

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

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



We provide help with practical tasks, regular calls and outings to people in York. *Free of charge.*



## Virtual events and other activities at home

## Further info



### Action For Elders - Balanced Lives Chat and Relaxation

Action for Elders works with older people to improve the quality of later life. Our Balanced Lives programmes are recommended and prescribed by the NHS. We provide social, mental and physical wellbeing for the older community.

Balanced Lives Chat and Relaxation. Friendly chat and support with Betty online. *Free of charge.*

Every Friday, 7pm - 7.45pm

030 330 30132

[james.lewis@actionforelders.org.uk](mailto:james.lewis@actionforelders.org.uk)  
[betty.sutherland@actionforelders.org.uk](mailto:betty.sutherland@actionforelders.org.uk)

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



### Action For Elders - Balanced Lives HOP (Healthy Older People)

See more information about Action for Elders above. Balanced Lives HOP (Healthy Older People) - Exercises for older people with Betty Sutherland online. *Free of charge.*

Every Monday, 11am - 12pm.

030 330 30132

[james.lewis@actionforelders.org.uk](mailto:james.lewis@actionforelders.org.uk)  
[betty.sutherland@actionforelders.org.uk](mailto:betty.sutherland@actionforelders.org.uk)

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



### Action For Elders - Walking For Health and Exercise Guides

Social walks are perfect for social interaction and fitness. Download our free walking guides for all levels of fitness from beginner to advanced. Our free downloadable Balanced Lives exercise guide shows you how to stay fit, healthy and active.

030 330 30132

[info@actionforelders.org.uk](mailto:info@actionforelders.org.uk)  
[www.actionforelders.org.uk/walking-for-health](http://www.actionforelders.org.uk/walking-for-health)

[www.actionforelders.org.uk/free-exercise-guide](http://www.actionforelders.org.uk/free-exercise-guide)



### Ageing Without Children York (AWOC) - Weekly Zoom Socials

We meet weekly for an informal online social with people ageing without the support of children or family. Catching up with friends old and new is fun, with plenty of ideas and info to share. All welcome wherever you live! Every Thursday, 11am - 12.30pm.

01904 488 870

[hello@awocyork.org.uk](mailto:hello@awocyork.org.uk)  
[www.awocyork.org.uk](http://www.awocyork.org.uk)



### Arts 4 Dementia - Art Wednesdays

Our small, friendly online art sessions provide an opportunity to socialise, engage creatively and learn new art techniques from the comfort of your own home. The sessions are fun, relaxed and enable people to share ideas and creations freely. *Free of charge.* Every Wednesday, 2pm - 3pm via Zoom.

020 3633 9954

[emily@arts4dementia.org.uk](mailto:emily@arts4dementia.org.uk)  
[www.arts4dementia.org.uk/join-art-Wednesdays](http://www.arts4dementia.org.uk/join-art-Wednesdays)



## Virtual events and other activities at home

## Further info



### Mind for You - Activity Packs

Activity packs created specifically for people with dementia. From birds and gardening to art and food, we are sure you'll find something interesting, fun and enjoyable to suit both of you. Free to download online, or receive the latest edition monthly.

01509 351 008

[info@mindforyou.co.uk](mailto:info@mindforyou.co.uk)  
[www.mindforyou.co.uk/activity-packs](http://www.mindforyou.co.uk/activity-packs)



### Peggi App

'Peggi' is a private digital application connecting loved ones for real time reminiscence. Download on tablet, phone / other devices, Peggi safely stores multi-media content. Text and audio voice recordings can be inserted over the uploaded images to describe photographs and memories. Small subscription cost.

Glenda Devlin  
07779 131 642

[glenda.devlin@yourhealthandcare.com](mailto:glenda.devlin@yourhealthandcare.com)  
[www.peggiapp.com](http://www.peggiapp.com)



### Thrive - Gardening Information Website

Thrive's Information Service is a website that supports people to overcome their barriers to gardening, including those living with disabilities or ill health. *Free of charge.*

[www.thrive.org.uk/get-gardening](http://www.thrive.org.uk/get-gardening)



### Unforgettable Experiences

A variety of online therapeutic activities proven to increase memory, concentration and focus, and improve mental health. Sessions include art & mixed media, creative writing, culture & history, music & composition, as well as photography. Make new friendships, stay connected and learn new skills. Each session is one hour long and takes place twice a week online. Those who take part are provided dedicated IT support to help you get online when you need it.

01325 238 007

[referrals@unforgettableexperiences.org.uk](mailto:referrals@unforgettableexperiences.org.uk)  
[www.unforgettableexperiences.org.uk](http://www.unforgettableexperiences.org.uk)



### The Royal Voluntary Service - Virtual Village Hall

A programme of themed online activities designed to enjoy at home, which help people stay physically and mentally active, connected and having fun. From art and language lessons, to pilates, laughter yoga and sitfit to name a few, there's something for everyone.

Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment. For over 60's. Days and times vary.

[virtualvillagehall@royalvoluntaryservice.org.uk](mailto:virtualvillagehall@royalvoluntaryservice.org.uk)

<https://virtualvillagehall.royalvoluntaryservice.org.uk>



## Virtual events and other activities at home

## Further info



### University of the Third Age (u3a) - Trust u3a

Trust u3a is an online u3a that gives you the opportunity to join groups, talks and courses. You can join groups etc via the Trust u3a, Beacon Members Portal. See more information about the u3a under the 'activities' section.

There are lots of online interest groups taking place every week at varying times. Get in touch with the interest group for more information.

National office  
020 8466 6139  
[info@u3a.org.uk](mailto:info@u3a.org.uk)  
[www.u3asites.org.uk/trustu3a](http://www.u3asites.org.uk/trustu3a)

All online interest groups can be viewed below:  
[www.u3asites.org.uk/trustu3a/groups](http://www.u3asites.org.uk/trustu3a/groups)



### Well-being Tree - Meditation and Mindfulness

Mindfulness, relaxation, gentle upper body movement, visualisation, meditation and group discussion.

Suitable for beginners and experienced meditators. The practice is easy to follow and participants are encouraged to do things at their own pace and in their own way. This is an inclusive, small and friendly group. We welcome people with Dementia, mental health issues and also carers.

£10 per class, but pay what you can if this is too much for you.

Every Wednesday, 10.30am - 11.45am.

07546 582 899

[hannah@wellbeingtree.org](mailto:hannah@wellbeingtree.org)  
[www.wellbeingtree.org/online-groups](http://www.wellbeingtree.org/online-groups)



### Well-being Tree - Art Group

A small and friendly group. Every couple of weeks a new project is emailed to you, with lovely inspiring images to look at.

We do art together and learn about different artists and techniques and discuss the project we are working on. You will be supported in developing confidence in your own individual style, whether you are an experienced artist, or haven't drawn since childhood.

Carers are welcome to join too.

£10 per class, but pay what you can if this is too much for you.

Every Thursday, 11am - 12pm.

07546 582 899

[hannah@wellbeingtree.org](mailto:hannah@wellbeingtree.org)  
[www.wellbeingtree.org/online-groups](http://www.wellbeingtree.org/online-groups)

# Education and training



## Education and training

## Further info



### Alzheimer's Society - Carers' Information and Resource Programme (CRISP) Levels 1 and 2

Short courses for carers of people living with dementia. *Free of charge.* CrISP 1 - four sessions of 3 hours, CrISP 2 - three sessions of 3 hours.

01904 929 444

[yorkservices@alzheimers.org.uk](mailto:yorkservices@alzheimers.org.uk)

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



### Alzheimer's Society - Dementia Friendly Communities

This programme encourages everyone to share responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community. Learn how to make your organisation dementia friendly with support from our Dementia Friends initiative and sector specific resources.

[programmepartnerships@alzheimers.org.uk](mailto:programmepartnerships@alzheimers.org.uk)

[www.alzheimers.org.uk/get-involved/dementia-friendly-communities/make-your-organisation-more-dementia-friendly](http://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/make-your-organisation-more-dementia-friendly)



### Alzheimer's Society - Dementia Friends Information Session

A Dementia Friend is somebody that learns about dementia and the challenges people face so they can support them by taking actions - both big and small, every action counts! Anyone can become a Dementia Friend - it's easy! Attend an online or in person session, or watch a short video.

0300 222 5855

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



### Contented Dementia Trust - SPECAL Method and Photograph Album Training

A UK charity with the overall aim of promoting a sustainable sense of well-being for people with dementia. The Trust achieves this through the application of the SPECAL method.

The Contented Dementia Trust provides a range of courses and services on the SPECAL method to carers, both family and friends, as well as health and social care professionals.

[info@contenteddementiastrust.org](mailto:info@contenteddementiastrust.org)

[training@contenteddementiastrust.org](mailto:training@contenteddementiastrust.org)

[www.contenteddementiastrust.org](http://www.contenteddementiastrust.org)



### Dementia Adventure - Dementia Training for Family and Friends

We provide regular free online training for family and friends supporting somebody with dementia. Attendees hear from experienced dementia trainers, learn more about dementia and receive practical tips and strategies to help them in their supportive role and connect with the wellbeing benefits of nature. A limited number of places are available for professionals. *Free of charge.*

01245 237 548

[info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

[www.dementiaadventure.org](http://www.dementiaadventure.org)



## Education and training

## Further info

### Dementia Carers Count



Dementia Carers Count provides free courses and information, designed, and delivered by health and care professionals. We'll give you practical tips that you can use every day, helping you develop skills and build confidence to navigate the highs and lows of caring for someone with dementia and to look after yourself too.

All of our sessions are free to family carers. If you work for an organisation and are interested in one or more of our courses, please contact our friendly team.

0203 096 7895

[support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

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

We run several sessions each week, with different times and on different subjects

Our full events calendar is below:  
[www.dementiacarers.org.uk/our-courses/events-calendar](http://www.dementiacarers.org.uk/our-courses/events-calendar)

### Dementia Forward



We run sessions to make people 'Dementia Aware'. These are for any groups, businesses, local communities etc and we provide a sticker and pins for those who take part. In addition we provide education sessions for family, friends, carers and any relevant groups.

03300 578 592

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

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

### Royal Osteoporosis Society - #BoneMatters



#BoneMatters, is a new series of online Q+A sessions from the Royal Osteoporosis Society – giving you the chance to hear from leading experts in osteoporosis and bone health about the subjects that matter to you.

Sessions occur monthly. Previous events are accessible at any time.

01761 473 201

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

[www.theros.org.uk/information-and-support/online-information-events](http://www.theros.org.uk/information-and-support/online-information-events)

### York Carers Centre - Education and training for carers



If you would like to take up learning or do some training, we can help get you started including exploring your ideas and options, application processes and accessing funding.

We also run useful events such legal clinics and information sessions on power of attorney.

01904 715 490

[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

[shirley.monteith@yorkcarerscentre.co.uk](mailto:shirley.monteith@yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk/adult-carers/education-and-training-for-carers](http://www.yorkcarerscentre.co.uk/adult-carers/education-and-training-for-carers)



# Getting out and about

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## Holidays

## Further info

### **Dementia Adventure - Supported Dementia Holidays**



Holidays shouldn't stop because of a diagnosis of dementia. We specialise in fully supported holidays and short breaks for people with dementia to enjoy with their partner, family member or friend.

Whether you want to relax by the coast, sail on the river, or walk in the mountains, we have something for everyone and welcome people with all types of dementia.

01245 237 548

[info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

[www.dementiaadventure.org](http://www.dementiaadventure.org)

Prices include all your food, accommodation, entrance fees, meals out, transport during the holiday and one free photo book per booking. All holidays are subsidised by at least 30% but further financial assistance is available if needed.

### **MindforYou - Specialist Dementia Holidays**



MindforYou specialise in the delivery of personalised dementia holidays throughout the UK! Our experience in dementia and our extra special attention to detail allows us to create holidays that are tailored to your physical and emotional needs.

From the accommodation, staff and food, to personal care and equipment, you can be sure our holidays are dementia friendly.

01509 351 008

[info@mindforyou.co.uk](mailto:info@mindforyou.co.uk)

[www.mindforyou.co.uk](http://www.mindforyou.co.uk)

### **Revitalise Respite Holidays - Treasured Moments**



We're the people who create revitalising holidays for people with dementia, and their companions. Everything you'd expect from a holiday backed up by expert care support.

We host tailored weeks throughout the year, where you and your loved one can enjoy a proper break. With over 55 years' experience in catering for guests with varying support needs, you can relax, safe in the knowledge that the best holiday is combined with the best possible care.

0303 303 0145

[bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

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

We run 2 - 3 Treasured Moments weeks at each of our centres throughout the year

Prices start from £779 per person for a 7 night stay which starts on Mondays at Sandpipers, Fairway, Southport, PR9 0LA



## Quiet shopping

## Further info



### ASDA - Quieter Hour

'Quieter Hour' from 2pm - 3pm Monday to Thursday will see reduced noise levels in their stores to make visits more accessible for customers with additional needs.

Asda Store Locator provides accessibility information for individual stores, including in relation to Changing Places bathroom facilities, braille guns and hearing loops.

[www.corporate.asda.com/newsroom/2021/11/02/asda-rolls-out-quieter-hour-and-trains-over-85-000-colleagues-to-better-serve-customers-with-additional-needs](http://www.corporate.asda.com/newsroom/2021/11/02/asda-rolls-out-quieter-hour-and-trains-over-85-000-colleagues-to-better-serve-customers-with-additional-needs)

To access the Asda Store Locator, follow the link below:

<https://storelocator.asda.com/>



### Morrisons - Quieter Hours

Morrisons offer quieter hours across all its stores on Saturday between 9am - 10am, and on Sunday during the store's first hour of trading.

During quiet hours, Morrisons will dim the lights, turn music and radio off, avoid making tannoy announcements, reduce movement of trolleys and baskets, turn checkout beeps and other electrical noises down, and will place a poster outside to tell customers it's Quieter Hour.

[www.morrisons-corporate.com/media-centre/corporate-news/morrisons-to-add-quieter-hours-in-all-stores-every-sunday](http://www.morrisons-corporate.com/media-centre/corporate-news/morrisons-to-add-quieter-hours-in-all-stores-every-sunday)



### Tesco - Quiet Hours

Tesco offers Quiet Hours in all of its large stores in order to improve accessibility for some of its customers.

Every Wednesday and Saturday between 9am and 10am, Tesco will be dimming its lights and lowering checkouts noise.

[www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers](http://www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers)

Visit their website below to find out which stores offer Quiet Hours

[www.tesco.com/store-locator](http://www.tesco.com/store-locator)



### Waitrose & Partners

Waitrose supports independent living through various initiatives when shopping in store.

They can help with shopping, packing and carrying to the car, just ask at the Welcome Desk.

Customers accompanied by a guide or assistance dog are welcome in their shops and cafes.

Partners receive disability training, and many have also been trained to support shoppers with dementia.

Get in touch or go online to find out what other services, such as wheelchair trolleys, are available at your local branch

Customer Service Team

0800 188 884

[customerserviceteam@waitrose.co.uk](mailto:customerserviceteam@waitrose.co.uk)

[www.waitrose.com/ecom/help-information/shopping-with-waitrose/shopping-instore](http://www.waitrose.com/ecom/help-information/shopping-with-waitrose/shopping-instore)



## Support when out and about

## Further info

### Age UK York - Out and about



Age UK York support people on a short-term basis following difficulties, illness or other crisis that has affected their confidence and their ability to participate in activities they enjoy. It could be as simple as supporting someone to catch a bus, take a walk, visit shops or join activities in the community.

01904 634 061

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/reducing-loneliness](http://www.ageuk.org.uk/york/our-services/reducing-loneliness)

### Changing Places Toilets



Changing Places Toilets are larger accessible toilets which have more space and specific equipment, including:

- Curtains or a mobile privacy screen
- A height-adjustable-adult-sized changing bench
- A centrally-placed toilet
- An over-head hoist

Available for anyone who would benefit from more accessible toilets.

0207 803 4814

[changingplaces@muscular-dystrophyuk.org](mailto:changingplaces@muscular-dystrophyuk.org)

Changing Places Toilets are located nationally. To locate one, please visit the Changing Places Toilets' Map:

[www.changing-places.org/find](http://www.changing-places.org/find)

### City of York Council - Age Friendly York



Age Friendly York

Age Friendly York wants older residents to help shape where they live by working with local groups, businesses and ourselves to identify and make changes to their physical and social environments.

We're focusing on certain aspects of living in York as an older person, including getting out and about, your time, your access to information, your service, and your home.

If you would like to be involved in making York more age friendly or for more information, please contact:

01904 554 595

[agefriendlyyork@york.gov.uk](mailto:agefriendlyyork@york.gov.uk)

[www.york.gov.uk/AgeFriendlyYork](http://www.york.gov.uk/AgeFriendlyYork)

### Euan's Guide



Euan's Guide is the award winning disabled access charity. We're best known for Euan'sGuide.com, the disabled access review website where people can find and share reviews on the accessibility of venues.

We also make tens of thousands of accessible toilets safer through our Red Cord Card scheme and run the UK's largest and longest running Access Survey.

0131 510 5106

[hello@euansguide.com](mailto:hello@euansguide.com)

[www.euansguide.com](http://www.euansguide.com)



## Support when out and about

## Further info

### Hidden Disabilities Sunflower - Sunflower-friendly journey



A discreet way to make the invisible visible. Wearing the Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time.

Plan your Sunflower-friendly journey. Search for places, events and airports that support people with invisible disabilities. This is a space for you to plan days out to shop, travel or be entertained with the Sunflower by your side.

[www.hidden disabilitiesstore.com](http://www.hidden disabilitiesstore.com)

### Home Instead York - 'Take A Seat' initiative



The 'Take a Seat' initiative asks local business to display a sticker in their window, if they have a seat or facilities for older citizens to use, whilst out and about in York.

To see where they are located, use our interactive map via link below: [www.homeinstead.co.uk/york/take-a-seat-initiative](http://www.homeinstead.co.uk/york/take-a-seat-initiative)

01904 690 884

[jack.fisher@york.homeinstead.co.uk](mailto:jack.fisher@york.homeinstead.co.uk)

[info@york.homeinstead.co.uk](mailto:info@york.homeinstead.co.uk)

### North Yorkshire Council / York City Council - The Blue Badge



Blue Badges provide disabled people with severe mobility problems, or other conditions, the ability to access goods and services, by allowing them to park close to their destination.

Eligibility criteria applies and evidence is required.

It costs £10 for a blue badge (including replacements and renewals).

For more information, or to apply for, or renew, a blue badge, follow links below:

#### North Yorkshire

01609 780 780

[www.northyorks.gov.uk/blue-badge-parking-permits-disabled-people](http://www.northyorks.gov.uk/blue-badge-parking-permits-disabled-people)

#### York

01904 552 522

[www.york.gov.uk/BlueBadgeScheme](http://www.york.gov.uk/BlueBadgeScheme)

[bluebadge@york.gov.uk](mailto:bluebadge@york.gov.uk)

### The National Key Scheme (NKS) - Radar Keys



Offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

£6 including VAT per key.

Available to purchase from below online store:

<https://shop.disabilityrightsuk.org/products/radar-key>



## Transport

## Further info



### Bedale Community Minibus

Bedale Community Minibus is a registered charity providing transport in the Bedale and the surrounding area for all age groups, especially elderly and disabled using specially designed vehicles.

Office hours 9.30am - 12pm daily, closed Wednesday.

01677 425 329

[office@bedaleminibus.org.uk](mailto:office@bedaleminibus.org.uk)

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



### Easingwold District Community Care Association (EDCCA) - Minibus Outings and Car Scheme

**Minibus outings** - trips to various locations in Yorkshire (usually weekly).

**Car scheme** - open to anyone who is elderly, ill, has a disability or special needs and those who are unable to access other forms of public transport. All journeys are eligible - shopping trips, medical and hair appointments, visits to friends. 55p per mile. 48 hours' notice preferred.

01347 822 875

[carscheme@edcca.org.uk](mailto:carscheme@edcca.org.uk)

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



### Harrogate & District Community Action (HADCA) - Help - Harrogate Easier Living Project

#### Driving Force & Ripon and Rural Voluntary Car Driving Service

Volunteer drivers provide door-to-door transport for non-urgent trips for people without access to their own transport and unable to use public transport due to mobility, disability or location to make journeys.

Journeys include to health appointments, day centres and lunch clubs, shops, bank, post office and other essential trips, social visits to relatives, hairdressers etc. Monday - Sunday (subject to volunteer availability)

45p per mile vehicles' running costs, plus a £1 booking fee per return journey towards our scheduling costs.

**Driving Force** - Jen Sonley

01423 813 090

[transport@hadca.org.uk](mailto:transport@hadca.org.uk)

[www.helpharrogate.org.uk/harrogate-knaresborough-services/driving-force](http://www.helpharrogate.org.uk/harrogate-knaresborough-services/driving-force)

**Ripon and Rural Voluntary Car Driving Service** - Ceri Naylor

01765 645 907

[requests@hadca.org.uk](mailto:requests@hadca.org.uk)

[www.helpharrogate.org.uk/ripon-rural-services/ripon-rural-voluntary-drivers](http://www.helpharrogate.org.uk/ripon-rural-services/ripon-rural-voluntary-drivers)

### National Rail - Senior Railcard



Get 1/3 off train travel with a Senior Railcard for everyone aged 60 and over. £30 for 1 year or £70 for 3 years.

For more information, or to apply for, or renew, a Senior Railcard, visit the website.

0345 3000 250

[www.senior-railcard.co.uk](http://www.senior-railcard.co.uk)



### North Yorkshire Council and York City Council - Concessionary Travel

Older people of pensionable age are entitled to a bus pass giving free off-peak travel on local bus services anywhere in England.

For more information, or to apply for, or renew, a bus pass, follow the website link.

**North Yorkshire**

01609 780 780

[www.northyorks.gov.uk/older-persons-bus-pass](http://www.northyorks.gov.uk/older-persons-bus-pass)

**York**

01904 551 550

<http://www.york.gov.uk/OlderPersonsBusPass>

[ycc@york.gov.uk](mailto:ycc@york.gov.uk)

# Help at home

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## Day-to-day support, odd jobs and adaptations

## Further info



### Age UK York - Feather Duster Home support service

A cleaning service run for older people in the York area who find it difficult to do their own cleaning. Our cleaners offer a friendly and helpful service which is tailored to your needs.

Cleaning charges start at £20 per hour.

01904 866 142

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/helping-you-at-home](http://www.ageuk.org.uk/york/our-services/helping-you-at-home)



### Age UK York - Home Services Directory

A listed of Trusted Traders vetted by Age UK York and City of York Council Trading Standards so you can have confidence in their trustworthiness and their ability to do the job they are offering.

It is produced in conjunction with Older Citizens Advocacy York (OCAY) and York Carers Centre.

The directory can be accessed online via:

[www.ageuk.org.uk/york/our-services/trusted-traders](http://www.ageuk.org.uk/york/our-services/trusted-traders)

01904 634 061

Hard copies are also available



### City of York Council - Fall Prevention Services

A service aimed at supporting vulnerable people to live safely in their own homes. We offer free home safety visits with a Falls Prevention Practitioner and Prevention Officer / Joiner, to City of York residents who require practical help and advice to reduce the risk of falls in their home.

01904 567 456 (appointments)  
01904 552 300 (enquiries)

[reducingfalls@york.gov.uk](mailto:reducingfalls@york.gov.uk)

[www.york.gov.uk/ReducingFalls](http://www.york.gov.uk/ReducingFalls)



### City of York Council - Healthy Homes Handyperson Scheme

This service allows you live independently and safely, by helping with simple repairs and jobs around your home such as fitting key safes, hanging pictures and curtain rails, changing bulbs etc.

If you receive income based benefits, it's free of charge and you will only pay for materials. If not, it's £24 (including VAT) per hour plus materials. Minimum half hour labour charge applies.

01904 552 300

[healthyhomes@york.gov.uk](mailto:healthyhomes@york.gov.uk)

[www.york.gov.uk/HandypersonService](http://www.york.gov.uk/HandypersonService)



### City of York Council - Homeshare York

If you have a spare room, are over 55 and would appreciate the company and support from a younger adult, homeshare may be an option. No cost to the householder, they receive at least 10 hours of support (not care), such as cooking, gardening, shopping, outings and companionship. The sharer will contribute to utility bills.

This is supported by City of York Council to ensure all safeguarding procedures are followed.

01904 552 898

[melanie.elkan@york.gov.uk](mailto:melanie.elkan@york.gov.uk)  
[homeshareyork@york.gov.uk](mailto:homeshareyork@york.gov.uk)

[www.york.gov.uk/HomeshareYork](http://www.york.gov.uk/HomeshareYork)





## Day-to-day support, odd jobs and adaptations

## Further info



### Community Bees

Provide essential advice and support to people in York to help them improve their living conditions, stay safe and enable them to continue to live independently. This includes people with long-term hoarding tendencies.

Services include decluttering and tidying rooms, cleaning and deep cleaning rooms, removal and replacement of ineffective equipment and taking items directly to the tip, as well as everyday issues.

07772 107 763

[general.communitybees@gmail.com](mailto:general.communitybees@gmail.com)

[www.communitybees.co.uk](http://www.communitybees.co.uk)



### GoodGym

At GoodGym we support older people in our communities by offering social visits from our GoodGymers. We can also help with tasks such as grocery shopping, prescription collection, changing lightbulbs and a bit of gardening. Referrals to GoodGym can be requested through Age UK and the British Red Cross.

[missioncontrol@goodgym.org](mailto:missioncontrol@goodgym.org)

[www.goodgym.org](http://www.goodgym.org)



### Harrogate & District Community Action - Help at Home (part of HELP)

Our support workers work together with volunteers to offer various services including an annual garden tidy up, painting, basic DIY and small repairs, as well as odd jobs e.g. moving furniture, defrosting freezers, clearing out a shed and taking items to the tip.

01423 813 090

[help@hadca.org.uk](mailto:help@hadca.org.uk)

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



### REMAP

REMAP offers a unique service to anyone unable to carry out daily tasks because of some form of disability.

We create bespoke solutions to help you overcome everyday challenges. Our work ranges from simple modifications (e.g. to existing household fittings and appliances), through to developing an entire solution to a problem or helping you take up that hobby.

We prefer referrals to come via healthcare professionals such as occupational therapists, but you can also approach us directly too.

To find the details of your local Remap group, visit:

[www.remap.org.uk/contact-remap](http://www.remap.org.uk/contact-remap)

Central office

01732 760209

[data@remap.org.uk](mailto:data@remap.org.uk)

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



## Day-to-day support, odd jobs and adaptations

## Further info



**Yorkshire  
Housing**

### **Yorkshire Housing Association - Help at Hand**

Our Help at Hand service supports people to live safe, healthy and independent lives in their own homes. This can be, support with correspondence, setting up utilities and direct debits, support with appointments, shopping meal prep and companionship but to name a few!

We can also provide you with 24 hour emergency alarm lifeline pendant and other telecare services.

0345 366 4410

[www.yorkshirehousing.co.uk/  
support/independent-living](http://www.yorkshirehousing.co.uk/support/independent-living)



**Yorkshire  
Housing**

### **Yorkshire Housing Association - Home adaptations**

If you're having difficulty getting into or around your around your home, we may be able to help by carrying out minor adaptations. We can add fixtures and fittings to help make your home more suitable.

A self-assessment or Occupational Therapist assessment may be required.

0345 366 4406

[www.yorkshirehousing.co.uk/  
support/adaptations](http://www.yorkshirehousing.co.uk/support/adaptations)



## Meals at home

## Further info

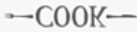


### Age UK North Yorkshire & Darlington - Meals at Home

Our hot 'Meals On Wheels' style service for older people offers a nutritionally balanced two course, hot meal delivered to your home at an affordable price. Prepared by professional cooks and brought to the door by trained and vetted Age UK volunteers. Delivered Monday - Thursday, 12.30pm - 2pm.

01325 362 832  
[catering@ageuknyd.org.uk](mailto:catering@ageuknyd.org.uk)  
[www.ageuk.org.uk/north-yorkshiredarlington/our-services](http://www.ageuk.org.uk/north-yorkshiredarlington/our-services)

Available in Richmond



### COOK

When you could use a helping hand in the kitchen, we make it easy with our frozen meals. Prepared by our own chefs and delivered to your door via our nationwide delivery service. Or discover your local COOK shop!

01732 759 010  
[edwardanddale@cookfood.net](mailto:edwardanddale@cookfood.net)  
[www.cookfood.net](http://www.cookfood.net)



### Easingwold District Community Care Association (EDCCA) - Meals on Wheels

The meals service supplies a freshly cooked, nutritious, hot two course meal, delivered by a team of friendly volunteers.

This service is currently offered in a number of local areas and 5 days a week.

07541 356 046  
[helen.beck@edcca.org.uk](mailto:helen.beck@edcca.org.uk)  
[www.edcca.org.uk](http://www.edcca.org.uk)



### Mindful Chef

Mindful Chef is the UK's highest rated recipe box and delivers healthy, nutritionally balanced fresh recipes and frozen ready meals to your door. They're made from 100% British meat, free-range chicken and fresh produce from UK farmers, and are all free from dairy ingredients, gluten and refined sugar.

020 3950 0455  
[hello@mindfulchef.com](mailto:hello@mindfulchef.com)  
[www.mindfulchef.com](http://www.mindfulchef.com)



### Oakhouse Foods York

Home delivered frozen meals and groceries to support independent living. We are only ever a phone call away and our friendly drivers become a regular and reassuring face each week. We offer free delivery on orders above £30. Minimum spend per delivery is £15.

01904 948 949  
[york@oakhousefoods.co.uk](mailto:york@oakhousefoods.co.uk)  
[www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)



### York Foodbank

Help to access emergency food and support, available by referral.

Advice, support and referral available during Foodbank openings from Peasholme Charity and Citizens Advice Partners.

Get in touch for opening times and locations.

For enquiries about Foodbank vouchers, please call for free 0808 208 2138

07871 610 894  
[info@york.foodbank.org.uk](mailto:info@york.foodbank.org.uk)  
[www.york.foodbank.org.uk](http://www.york.foodbank.org.uk)



## Personal care, fall prevention and safety

## Further info



### Action for Elders - Fall Prevention and Advice Service

Our Balanced Lives Programmes are proven to reduce falls. Our bespoke exercises can build muscle strength, confidence and resilience, preventing the falls cycle. Our support also includes a series of on-demand Balance and Fall Prevention videos via our YouTube channel.

030 330 30132

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

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

Action For Elders YouTube Channel

[www.youtube.com/channel/UC52atW6yZxQeovF4pVLVQ8A](http://www.youtube.com/channel/UC52atW6yZxQeovF4pVLVQ8A)



### Age UK York - After Hospital Support

Supports older people once they have left hospital to ensure their recovery goes well and to reduce readmission. Our hospital services scheme is a free, flexible service of up to 6 weeks.

01904 933 633 (Hospital Office)

01904 634 061 (Age UK York)

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/after-hospital-support](http://www.ageuk.org.uk/york/our-services/after-hospital-support)



### Age UK York - Bridge the Gap Personal Care Service

A high quality service, ranging from meeting personal care needs, preparing meals and giving medication. Our service is available across the whole of York for both short and long term support.

01904 866 070

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/helping-you-at-home](http://www.ageuk.org.uk/york/our-services/helping-you-at-home)

30 min - £14, 45 min - £18, 60 min - £25.



### Age UK York - Respite care scheme

Available to enable carers to have a break knowing that their loved ones are in safe hands. Our care organisers will visit your home and give advice on what type of care is available and then match you with a suitable volunteer or care worker. There is a charge for both the schemes.

01904 634 061

[firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

[www.ageuk.org.uk/york/our-services/insafehands](http://www.ageuk.org.uk/york/our-services/insafehands)



### Home Instead - Harrogate, Ripon and Thirsk

Offer companionship, home help, personal care services and dementia care. We pride ourselves on a person centred approach. 7 days per week, night and day.

01423 774 490

[harrogate@homeinstead.co.uk](mailto:harrogate@homeinstead.co.uk)

[www.homeinstead.co.uk/harrogate](http://www.homeinstead.co.uk/harrogate)



NORTH YORKSHIRE  
FIRE & RESCUE SERVICE

### North Yorkshire Fire & Rescue Service - Safe and Well Visits

A Safe and Well visit is for people who would like advice on how to reduce the risk of fire in their home. We can put in place preventative measures and install equipment to help reduce the risk.

01609 780 150

[prevention@northyorksfire.gov.uk](mailto:prevention@northyorksfire.gov.uk)

[www.northyorksfire.gov.uk](http://www.northyorksfire.gov.uk)



## Pet care

## Further info



### Age UK York - Keep your Pet

Provides older and vulnerable owners in York with short term help and support to care for their pets during difficult times so they can focus on getting better. Services include dog walking, visiting a home to feed an animal, taking them to the vet, short-term fostering and more.

01904 634 061

[keepyourpet@ageukyork.org.uk](mailto:keepyourpet@ageukyork.org.uk)

[www.keepyourpet.co.uk](http://www.keepyourpet.co.uk)



### Macmillan Cancer Support - Pet care

It can be difficult to look after a pet at times. Macmillan have listed many options and organisations who could help with your pet care. From local charities and organisations, dog walkers, short-term fostering and local sitting services through to planning for emergency care, find out who can support you.

[www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/pet-care](http://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/pet-care)



### The Cinnamon Trust

The Cinnamon Trust is a charity that supports the elderly and those in the latter stages of a terminal illness with pet care. We help with dog walking, cleaning cat litter tray and bird cages, fostering when an owner is in hospital and transport to the vets.

01736 757 900

[ctadmin@cinnamon.org.uk](mailto:ctadmin@cinnamon.org.uk)

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

# Helpful products

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## Equipment hire

## Further info



### British Red Cross - Equipment Hire

Largest national provider of short-term wheelchairs in the UK - £20 a week (up to 20 weeks)

Commodes, toilet seats and toilet frames - £10 a week (up to 15 weeks)

Available for collection and delivery (£25)

0300 456 1914

[www.redcross.org.uk/get-help](http://www.redcross.org.uk/get-help)

If you are unable to afford the cost, we may be able to offer further assistance, get in touch



### Shopmobility York

Shopmobility is a Registered Charity which hires out electric scooters, wheelchairs and manual wheelchairs to anybody who needs one to enable them to enjoy the shops and attractions of the City of York. Whatever your age or walking disability. Blue badge not needed. Low daily hire charge.

Monday - Saturday, 10am - 4pm

01904 679 222

[enquiries@shopmobilityyork.org.uk](mailto:enquiries@shopmobilityyork.org.uk)

Coppergate Car Park, Level 2, Piccadilly, York, YO1 9NX

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



### Whitby, Scarborough & Ryedale Disability Action Group (DAG) - Mobility Equipment Hire Scheme

DAG hires out mobility scooters and wheelchairs all year round, subject to availability (we get incredibly busy during the summer months). We also have two beach wheelchairs for hire at Whitby's blue flag beach. Advance booking preferred.

Monday, Tuesday, Thursday and Friday, 9am - 5pm

Wednesdays and Saturdays must be booked in advance and are subject to availability of staff and volunteers.

01947 821 001

07956 751 790

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

Church House Centre, Flowergate, Whitby, YO21 3BA

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



## Products

## Further info



### Age UK - Independent Living Products

Through our trading company Age Co, we offer products and services from trusted partners that could make life easier for older people. Every Age Co sale supports our charitable work.

[www.ageuk.org.uk/products/mobility-and-independence-at-home](http://www.ageuk.org.uk/products/mobility-and-independence-at-home)



### Alzheimer's Society - Online shop

Discover our gifts, merchandise and helpful products. We have a great range of high-quality products at affordable prices which are designed to help people with dementia and their carers. These products are tested and reviewed by people living with dementia and their carers.

Shop customer service

0300 124 0900

[alzheimers@mosaic-fs.co.uk](mailto:alzheimers@mosaic-fs.co.uk)

<https://shop.alzheimers.org.uk>



### AlzProducts

Our online store contains a range of dementia aids and equipment to help assist people with cognitive loss.

0247 642 2224

[support@alzproducts.co.uk](mailto:support@alzproducts.co.uk)

[www.alzproducts.co.uk](http://www.alzproducts.co.uk)



British  
RedCross

### British Red Cross - Independent Living Shop

Our new online store, created to help you achieve more comfort and independence at home, and when you're out and about.

All purchases you made through our online store help fund our vital work to support people in crisis in the UK and around the world.

0344 871 11 11

[www.store.redcross.org.uk](http://www.store.redcross.org.uk)



### Hidden Disabilities Sunflower

A discreet way to make the invisible visible. Wearing the Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time.

You can also discreetly highlight the type of support and care you might need with our personalised Sunflower cards.

Purchase your sunflower lanyard, card and wallet for around £2.28 (varies depending on type purchased).

Purchase through online store below:

[www.hiddendisabilitiesstore.com/shop/sunflower-lanyards.html](http://www.hiddendisabilitiesstore.com/shop/sunflower-lanyards.html)

Personalised Sunflowers cards  
[www.hiddendisabilitiesstore.com/shop/make-it-yours.html](http://www.hiddendisabilitiesstore.com/shop/make-it-yours.html)





## Products

## Further info



### Jelly Drops Water Sweets

Jelly Drops are a tasty innovative sugar-free sweet, made of 95% water, designed to increase fluid intake. Popular with people with dementia and others who struggle to stay hydrated, they're sugar free and vegan with added electrolytes.

0808 164 8977

[hello@jellydrops.com](mailto:hello@jellydrops.com)

[www.jellydrops.com](http://www.jellydrops.com)

Seenin

### Seenin - Adaptive Clothing and Accessories

Our range of easy to wear products are designed for the needs of those with dementia, disabilities and help independent living. Made from quality fabrics and with special features such as quick fastenings, our products provide comfort and make everyday tasks easier.

Visit us online to see our range and prices.

01434 634 457

[info@seenin.co.uk](mailto:info@seenin.co.uk)

[www.seenin.co.uk](http://www.seenin.co.uk)

Sibstar

### Sibstar

A flexible debit card and app which helps families living with dementia to safely manage their everyday spending.

Sibstar costs just £4.99 per month plus a one-off set up fee of £4.99. You can cancel at anytime.

01962 676 080

[hello@sibstar.co.uk](mailto:hello@sibstar.co.uk)

[www.sibstar.co.uk](http://www.sibstar.co.uk)

TechSilver

### TechSilver

TechSilver is a specialist retailer of assistive technology, with a wide range of products and services designed to improve the lives and wellbeing of elderly, disabled and vulnerable people around the world.

Prices vary depending on the products or services chosen, but our friendly team are always happy to give advice and guidance!

03300 101 418

[hello@techsilver.co.uk](mailto:hello@techsilver.co.uk)

[www.techsilver.co.uk](http://www.techsilver.co.uk)

THE  
ABLE<sup>®</sup>  
LABEL  
Beautiful clothes, easier to dress

### The Able Label Clothing

The Able Label provides easy to dress, adaptive clothing for those with dressing difficulties. Available for both women and men, the online clothing range avoids fiddly fastenings and tricky overhead dressing. Maintain dressing independence and discover style without the struggle. Call to order a free catalogue.

The Blue Book readers can use the discount code BLUETAL10 at checkout for 10% off your first order.

01622 744 242

[cservices@theablelabel.com](mailto:cservices@theablelabel.com)

[www.theablelabel.com](http://www.theablelabel.com)

## Notes

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This booklet is provided for the purpose of general information only. It does not take into account any person's individual situation or needs - users should obtain professional advice relevant to their particular circumstances. The producers of this guide do not accept any liability for the suitability or delivery of any of the services listed.

If you would like to include your group or organisation in our next edition or to order copies, please contact

[info@the-blue-book.org.uk](mailto:info@the-blue-book.org.uk)  
[www.the-blue-book.org.uk](http://www.the-blue-book.org.uk)

Since we started, proudly supported by

**instantprint.**

[www.instantprint.co.uk](http://www.instantprint.co.uk)

Proudly supported by



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