

A GOOD LIFE WITH DEMENTIA

EAST RIDING 2024

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This post diagnostic resource pack came out of the delivery of the Good Life With Dementia course, a post diagnostic course which itself was created and delivered BY people living with dementia in East Riding FOR people living with dementia in East Riding. This is the sixth such co-produced course within East Riding and the first to take place in Goole.

The course, as always, answered the many questions that people recently diagnosed with dementia had about their diagnosis, about the future, about the implications of it on their lives and relationships; and on their confidence and their rights to continue as valid and valued members of their communities.

We knew it would answer the questions people had because it was put together by local people with dementia sharing the key messages that they wanted to give to people going through diagnosis, having gone through that same local process. Who better to learn from than those who have been there and got the T-shirt?

As well as key important local information and numbers to contact gathered from the course, it contains a powerful '*manifesto*' of what local people with dementia expect and demand; a list of what was learnt on the course; and we also include the invaluable '*must read*' insight into '*what my dementia means to me*'.

Local services and providers have requested this updated resource, having benefitted from sharing our outputs from earlier courses. They realise that, however well-intended, much of the information they currently provide themselves has been created by them for others - essentially a best guess.

This resource has again been created by and with people living with dementia themselves, and has been born of their real experiences. The Good Life course in East Riding has also led to the expansion of new groups of peers with dementia, who are now meeting regularly. These are the '*East Riders*' and the newly named '*Right Minds*' group in Bridlington. This latest Good Life course took place in Goole and the learners and tutors have again chosen to continue meeting together as a new peer group based in Howden starting in Spring 2024.

Thanks to the forward-thinking collaboration from across public health, social and third sector across East Riding, we hope to co-produce more Good Life courses - we shall be co-producing two more Good Life programmes over the next 12 months.

Damian Murphy, March 2024

A GOOD LIFE WITH DEMENTIA: THE COURSE OUTLINE

WEEK ONE:

Welcome - Your Story!

A chance to meet each other and to share stories. Also an opportunity for you to pose any questions you want answering on the course. We will discover we are ALL experts.

Key Message: You are **NOT** alone.

WEEK TWO:

What is happening in my head?

A chance to talk about the symptoms we experience, and to explore what might be happening in the brain. Also, a space to talk about the reality of your dementia - from mishaps to medication and to ask any more questions.

Key Message: It's **NOT** your fault!

WEEK THREE:

Navigating the world at large

We can look at practicalities from Driving to a range of Welfare benefits - getting what you are entitled to. Plus a chance to share ideas and look at practical adaptations around the house and beyond.

Key Message: We've got rights!

WEEK FOUR:

Other People!

The impact on you and your relationships. A closer look at how people treat and interact with you.

Key Message: What I can do, you can't!

Plus: Research - the benefits of getting involved.

Key Message: Today's research is tomorrow's practice.

WEEK FIVE:

A Market Place

On this session we arrange a 'market place' to find out from organisations and groups what they can offer you practically. Including a closer look at keeping moving.

Key Message: We shouldn't have to fit into services. They should fit in with us!

WEEK SIX:

A Celebration and What next?

A chance to review and to celebrate what we have learnt together. Creating a dementia 'manifesto' for East Riding! Looking at when and where we might continue to meet.

Key Message: Onwards and upwards.

OUR MANIFESTO

What you and others need to know about us...

- Between us we had (and still have!) huge amounts of skills and experience. We are a great resource.
- We remain so much more than a diagnosis of dementia.
- We are the experts here. Our knowledge matters to a lot of people. We can provide lots of learning and education for everyone.
- We know how to support each other. We are not alone!
- So many people when receiving the diagnosis get written off, which is just not fair and a complete mis-representation!
- Dementia is not our fault!
- We were all floored by the blow of a diagnosis.
- Because dementia creeps up on people, the first signs in our relationships are often silly arguments (or blazing rows!). **Yet it's nobody's fault!**
- This can be a nightmare, when you get overloaded with stuff.
- There's a fine balance to strike so our partners don't take over too much. Not easy but **sometimes it makes me feel a bit helpless.**
- We all share an uncertainty about the future.
- We all share the frustration of having to adjust to what seems like a sudden loss of so many of our skills yet we all still have our uses!

So, what we expect of you, whether professionals or family members

- Acknowledge and use our skills and experience properly!
- Do NOT reduce us to a diagnosis. Help us maintain our identity.
- We all know how frustrating it is to know what you want to say without quite finding the words. 'C'mon, spit it out' is NOT what we need!!

- Give us a space where we can continue to meet as peers and support each other.
- Give us a diagnosis that puts everything in perspective. Don't just give us the doom and gloom and send us away. That just makes it worse.
- Don't write us off!
- Enable us to express our wishes and needs clearly as to what matters most to us - to let you know our 'deal breakers'.
- We know it's not easy, because we have good and bad days, but don't take over too much.
- Don't set us up to fail and point out our mistakes. Sooo boring!

WHAT WE LEARNT TOGETHER

About what's going on in our heads - some of our difficulties:

- *'My mind going blank in the queue at the Coop of all places.'*
- Dementia affects our senses and balance too. *'I'm forever falling over!'*
- Checking the aviary then *'suddenly I was stopped in my tracks as to what to do.'*
- Forgetting stuff can be so frustrating *'It's a nightmare.'*
- Even more frustrating when you know what to say but can't even get the words out.
- It constantly knocks you for a burton!

About what works and a few tips

- Taking up something like ballroom classes was such fun. It meant we were in a space where no-one really knew what they had to do. What a great leveller - *'My dementia was not an issue!!'*
- You can't underestimate the kindness of strangers at these moments. Look for the smiling faces!
- The routine and those familiar visual prompts around us can help us recover some composure if we get discombobulated!
- Tending the birds - it's an activity that *'gives me responsibility and a purpose.'*
- Not to lose sight of what we CAN do, and to focus on the positive.
- Knowing, *'We are all individuals and should be proud of ourselves.'*
- *'A calendar is only good if you know what day it is! - so I always double check the date on my phone!'*
- Lifeline bracelets are really useful in case of a fall at home or in the garden when no-one else is around. You can wear it in the shower too.
- A big framed display of photos from across the years can be a great source of reminiscence and conversation with others.

- Occupational Therapists are great! An OT can help you achieve the goals that matter most to you!

About keeping healthy

- If you can still do the stairs, do them!
- Don't do the household chores all in one go. Pace yourself.
- There are loads of funded programmes provided by East Riding Leisure - from exercise sessions to prepare for an operation, weight loss programmes, and sessions to ease pain.
- Just 10 minutes of exercise or movement twice a day will keep you fit. Use it or lose it!
- Between us we already provide a range of healthy social opportunities - biking sessions with Ron and Dance classes with John!

Generally

- It's so important to acknowledge the uncertainty and those questions we cannot answer. e.g *'At what point does it all become unbearable?'*
- We agreed that there should be no pressure to live well with dementia (This can only set you up to fail). Better to seek to live as well as possible which we can do because we have all so much to be proud of.

On research

- Today's research is tomorrow's care.
- You can take part locally or nationally too.
- Research is so much more than laboratories and test tubes! - it's also about our real daily lives and how we live with dementia.
- Research is about asking questions and seeking answers.
- There are many opportunities to take part in all sorts of research.

About science (only a tiny bit!):

- We have about 100 billion nerve cells in the brain - and we don't lose them all at once - so LIFE GOES ON!
- There are four medications that may be prescribed for people living with some forms of dementia, but they are not appropriate for all dementias.
- They have been proven to improve people's ability to function and focus in a range of areas.
- They can help put the brakes on the damage to nerve cells, but they cannot reverse any damage.

ABOUT THE COURSE

- *'We've all learnt from each other'.*
- *'We talked about all sorts of things that were interesting and absorbing'.*
- *'You realise there are others in the same situations as you'.*
- J. *'On my first visit I was able to say how relaxed I felt!'*
- M. *'How thought-provoking it has been!'*
- J. *'I've enjoyed everyone's uplifting company.'*
- The time to chatter and share amongst ourselves at the break was so useful to continue sharing and building friendships.
- This was a space where we could talk about difficult stuff together.
- This course is about getting back on our feet following a diagnosis.

The Goole Good Lifers November 2023.

WHAT DOES MY DEMENTIA MEAN TO ME? - BOB LONG 2021

Hmm! That's a big ask!

My first thought (after, of course, considering that, in spite of my *'inner wishes'*, I have to acknowledge a diagnosis of dementia!) was that, progressively, I have become less able to be as *'comfortable'* in respect of making proactive positive decisions. Hence I am more inclined to *'withdraw'* in circumstances where once I would have offered a response around personal feelings, advice, opinion, thoughts, reflections, perhaps counselling.

I suggest that may be an *'outcome'* of a long and very happy Primary School career! My teaching *'mantra'* was, simply, *"when you speak I will listen, I respect what you say."* (This is a line from our school song *'This Is Our School'* which was sung regularly. My words set to music by a very talented member of staff.

Anyway, I have now had enough experience of personal *'inappropriate'* behaviour to recognise that I need to be a careful listener before I respond to other people's thoughts, ideas, passions, decisions etc. before *'expounding'* my views! I guess that, generally, (Sue may not agree!) this is why I *'walk behind'*, not necessarily in fear of my own integrity (and personal wellbeing) but, (this is a hopeful *'belief'*!) that I don't embarrass the company around me! I suppose, to some extent, that's a *'cop-out'* and, on reflection, enhances the *'analysis'* and definition of my dementia.

Who is kidding who?!

And the positive? Mmm! Not many in terms of returning to the *'old'* Bob! However, certainly since I've *'come out'* (!?) I am more easy on myself and the *'understanding'* displayed by my family and friends has *'soften'* and grown!

Certainly there are *'bad, sad'* bits and, in respect of the times I *'default'*, I am always later aware of its effects on and responses from my loved ones (so sorry Suzie; your patience is incredible!) when the *'clouds'* roll over and I lose my *'me'*! That *'me'* is now much too often! From the simple *'where did you put it?'* to the *'that's got to be done again!'*

Anyway, that's my *'today'* reflection. It's been *'cathartic'* in terms of *'emptying my head'* and, having read it to Sue (and her not sending me off to try again!) I am happy to have shared it with you.

I'm still Bob. Just be patient, tell me you love me and, politely, remind me that I've forgotten to put my trousers on.

Thank you. Bob.

A LITTLE ABOUT MEDICATION

There are four medications that may be prescribed for people living with some forms of dementia. They are not appropriate for all dementias, and they are by no means suited to everyone. The memory service will work with you to identify what might be best for you. This is just to tell you a little about how they work.

Anti-cholinesterase inhibitors:

Three of them work in a very similar way and are often prescribed for people with a mild to moderate dementia - they are:

- **Donepezil (also known as Aricept)**
- **Rivastigmine (also known as Exelon)**
- **Galantamine (also known as Reminyl).**

In people with Alzheimer's disease there is often an increased amount of an enzyme in the brain called acetylcholinesterase. An excess of this has been found to relate to the damage to nerve cells in the brain.

These three drugs all work to inhibit the production of acetylcholinesterase. They help put the brakes on the damage to nerve cells, but they cannot reverse any damage. Some who take them notice an improvement of some of their symptoms. It has been proven to help many function at their best for quite some time.

The fourth medication is **Memantine (or Ebixa, Nemdatine, Valios)**. It is often prescribed for people with a moderate to more advanced dementia. It is also frequently used in early-stage dementias when the other medications are not deemed appropriate or are not tolerated.

This medication blocks the action of a natural substance in the brain called **glutamate**. It has been found to exist in higher levels in people with some forms of dementia.

In practical terms, if you are trying to pick up a book to look at, for example, it might be really difficult if there is a radio on or a conversation going on, or traffic passing by a window.

Memantine has been proven to help people pick out the one stimulus they are seeking, in this case, the book.

This medication can therefore help to slow down the progression of the condition and assist in reducing the impact of some of the symptoms of dementia.

WELFARE RIGHTS, ENTITLEMENTS AND SUPPORT

For all welfare rights advice in East Riding, the first number to dial for detailed information and advice is:

The East Riding Your Money Team on their direct line ☎ (01482) 394633.

Christine Craven and her colleague, Jane Arnold who spoke at our Goole Good Life course are happy for you to contact them direct here:

Chris Craven @ chris.craven@eastriding.gov.uk Chris has happily given her direct line which is ☎ (01482) 394751. She works Monday to Wednesday.

Jane Arnold @ jane.arnold@eastriding.gov.uk

You can also send your name, address, contact number and date of birth to @ yourmoney@eastriding.gov.uk and the Your Money team will ring you. They can do a complete welfare benefits check and can let you know about a whole host of useful information and resources. They can arrange a home visit if that is easier for you.

Here is a summary of the information they shared with us:

If you are at the age of receiving your pension and you have dementia:

Then you are entitled to Attendance Allowance.

(AA - either lower rate £68.10 or higher rate £101.75 per week).

(From April 2024 lower rate £72.65 or higher rate £108.55 per week).

If you are younger (not receiving your pension):

Then you are entitled to Personal Independence Payments (PIP).

PIP also has a lower and higher rate. The 'Daily Living' elements are either £68.10 or £101.75 per week (the same rates as attendance allowance and they will increase as above from April 2024).

PIP ALSO includes a payment for mobility needs at two rates:

£26.90 standard rate (rising to £28.70 from April 2024) and £71.00 enhanced rate (£75.75 from April 2024).

If you are on PIP and reach retirement age you remain on PIP. You do not switch to Attendance Allowance.

Both AA and PIP are NON-MEANS TESTED. Christine's team can help you set the ball rolling with the Department for Work and Pensions. (DWP)

- They are both long forms and ask you to report on all the things you need help with.
- You SHOULD get awarded either of these because of your diagnosis.
- Do not try to complete the PIP or AA forms on your own! It is important to mention all the right 'buzzwords' around needing attention and support.
- Innovations in Dementia have put together a template form made up of real examples purely related to the attention needed when living with dementia. This can help you complete the form using the right terms and words. Email @ damian@myid.org.uk for the template.
- If your claim is declined you must appeal within one month and you need to ask for a 'reconsideration'.

Once you are awarded either AA or PIP you are entitled to a council tax disregard on the grounds of 'severe mental impairment'.

Contact East Riding of Yorkshire Council on ☎ (01482) 393939 or email @ counciltax@eastriding.gov.uk and request and mention the form for 'Severe Mental Impairment'.

- If you are part of a couple, you receive 25 per cent disregard.
- If you live on your own you receive 100 per cent disregard.
- If there are more than two adults in the house, you receive no disregard.

If you get the mobility component of personal independence payment (PIP). You should be able to get a 50 per cent discount on your car tax if you receive the STANDARD mobility element. (Not available if you are on Attendance Allowance). You could get a full exemption if you receive the ENHANCED mobility element.

In both of these cases it is only if:

- The vehicle is registered in the disabled person's name or their nominated driver's name.
- It is only to be used for the disabled person's personal needs.

You still need to tax the car but it will be at a reduced rate.

Unfortunately, there is no mention of Attendance Allowance being a qualifying criteria 📍 [gov.uk/financial-help-disabled/vehicles-and-transport](https://www.gov.uk/financial-help-disabled/vehicles-and-transport)

Tell your care partner they may be entitled to Carer's Allowance (£76.75 per week rising to £81.90 in April 2024). They need to be earning less than £128 per week and be caring for at least 35 hrs per week.

If they're already drawing a pension then they will not be able to receive their carer's allowance as essentially these are both wage substitutes and you can only have one 📍 [gov.uk/carers-allowance](https://www.gov.uk/carers-allowance). The Your Money team can complete this form for you.

Other sources of support:

- If you use a wheelchair indoors: you can be moved down a band in your council tax (this is a 'disablement band reduction'). The Your Money team can complete this form for you.
- If you tell your energy supplier about your diagnosis: They can give you a 'Priority Service' - e.g. they will get in touch direct in the event of repair works or a power cut.
- If you tell Yorkshire Water about your diagnosis: they can cap your rate for you if you are having to use more water than usual.
📍 [yorkshirewater.com/bill-account/help-paying-your-bill](https://www.yorkshirewater.com/bill-account/help-paying-your-bill)
or telephone 📞 0345 1 299 299

- If you are in receipt of Pension Credit (Christine's team can help check for this) and you are over 75: you qualify for a free TV license. The Your Money team can complete this form for you.
- If you need a smoke alarm. Christine's team can help make a referral to the fire service who will come and fit new alarms for you.

Other referrals the Your Money team can make for you:

- Social prescribing teams who can help you access a range of groups/activities.
- Occupational Therapy (OT) who can assess your environment and arrange the fitting of ramps, grab rails and order mobility aids and other equipment (up to a limit of £1000 a time).
- A wheelie bin pull out service (needs no explanation!) 📞 (01482) 393939 is the number to call to request a wheelie bin pull out service.

Contact the East Riding Council for the following:

- Blue badge scheme. Doesn't matter how fit you are if you can't see or remember where you've parked your car! You have a right to apply though that does not guarantee success!

The Council website states the following about hidden disabilities:

'Due to the nature of non-visible (hidden) conditions, we will assess your application by looking at your needs and you will be expected to provide evidence, such as a diagnosis letter, appointment letters, prescriptions or a care plan'

📍 [eastriding.gov.uk/environment/roads-streets-traffic-and-parking/parking/blue-badge-parking-permits](https://www.eastriding.gov.uk/environment/roads-streets-traffic-and-parking/parking/blue-badge-parking-permits)

Lifeline service:

📍 [eastriding.gov.uk/living/care-and-support-for-adults/help-to-live-at-home/staying-independent-at-home-lifeline-and-responder-service](https://www.eastriding.gov.uk/living/care-and-support-for-adults/help-to-live-at-home/staying-independent-at-home-lifeline-and-responder-service)

OCCUPATIONAL THERAPISTS - A GREAT RESOURCE

Here's some extra information from Sally Ford, our co-facilitator and Sharon Tootell - both Occupational Therapists!

From adaptations around your house or working together on achieving new personal goals and generally adjusting to life with a diagnosis of dementia, we agreed that Occupational Therapists are precious resources!

You have to go through your GP to get an OT to visit.

What to say: *'I'm struggling at home with a range of things, (this could be getting in or out of the bath, or a loss of confidence around managing a range of issues at home since my diagnosis) Can you please make a referral to the OT as they are the problem solvers.'*

For a visit and an assessment from an OT, you can also ask your GP, *'please make a referral for me to the Community Mental Health Team to request an Occupational Therapy consultation.'*

Sally is happy for you to contact her for help and advice about the steps to take. Sally can be reached by e-mail @ sally.ford7@nhs.net or by phone on ☎ **07974 888204**. Sharon can also be contacted at @ sharon.tootell1@nhs.net

Some practical advice we picked up:

- Try a NOMAD system for your medicines. This is where meds come already in a blister pack for each day's doses.

(To get this set up you can go to your pharmacist or GP and say, *'I'm struggling with taking my medication. I need a different way of doing my medication. Could you set up a NOMAD system for me?'*)

- Pill boxes with the day on it can also help as well as alarmed medicine dispensers.
- You can put a little tracking device on your keys so you need never lose them again.

Telecare

Telecare is all about the use of technology that might help around the home. Get lots more information from Philip: @ philip.woolhead@eastriding.gov.uk

Driving advice / assessments

Sally Ann Long is an OT who completes assessments at RDAC (Regional Driving Assessment Centre) and can be contacted professionally on @ slong.rdac@co.uk.

Your local OT can refer you to them for tests if appropriate and that would be free. Otherwise it's about £75.

RDAC's website is as follows:

📍 rdac.co.uk


More information on reporting your diagnosis to the DVLA is on the next page.

INFORMATION ON THE PROCESS OF REPORTING TO THE DVLA

Key steps from the Government  gov.uk/dementia-and-driving

1. You MUST tell DVLA if you have dementia

This does NOT mean you automatically lose your Licence. You let them know by filling in the CGI form.

 gov.uk/government/publications/cgi-online-confidential-medical-information

Return this by post to:  Drivers Medical Group, DVLA, Swansea SA99 IDF

2. The DVLA will get back to you


They should get back to you within six weeks and they may:

- Contact your doctor or specialist
- Arrange for you to be examined
- Ask you to take a driving assessment, eyesight or driving test.

3. They will decide one of the following

- A) You need to get a new driving licence.
- B) You can have a shorter licence - for 1, 2, 3 or 5 years.
- C) You need to adapt your car by fitting special controls.
- D) You must stop driving and give up your licence.

4. If you disagree with DVLA

You can write to  DVLA at DM Business Support, D7, DVLA, SA99 IZZ providing:

- Relevant information that was not included originally /
- Proof that you meet the required standards for driving.
- The reference number from your decision letter.

5. If you want to appeal the decision

You can contact your local magistrates court within 21 days.

You may want to get legal advice before you appeal - you might be able to get legal aid to pay for it.

You must tell DVLA in writing if you choose to appeal here:

 DVLA, Drivers Medical Group, Swansea SA99 IDF

RESEARCH OPPORTUNITIES

We were visited by Pretha from the Humber research team.

Research isn't just about laboratories and white coats. It is mostly now about finding out about your lives, what works for you, and about your experience of services. Today's research is tomorrow's practice!

- There are plenty of taking part opportunities locally and nationally.
- To be made aware of any local research opportunities, please contact Pretha, Katie and their colleagues on 📞 (01482) 301726 or by email: 📧 hnf-tr.researchteam@nhs.net
- DO sign up to the national Join Dementia Research Database by going to 📍 joindementiaresearch.nihr.ac.uk. The website contains information on current studies happening nationally and in your area.
- DO watch this short video featuring East Riding's own Wendy Mitchell who lives with dementia. She talks about the importance of research and her own experience. 📺 [youtube.com/watch?v=GKrcbcbpXPA](https://www.youtube.com/watch?v=GKrcbcbpXPA)

The Living With Dementia Toolkit

📍 livingwithdementiatoolkit.org.uk This is a great example of what can come out of research studies. This new resource very much aimed at people living with dementia. It all came out of the seven year long research programme called the IDEAL study.

The Living with Dementia toolkit covers five broad themes:

- Stay safe and well.
- Stay connected.
- Keep a sense of Purpose.
- Stay active.
- Stay positive.

To make it easy to start you can click the 'how are you feeling today?'

WHAT'S OUT THERE IN EAST RIDING? GROUPS, ACTIVITIES, RESOURCES

Check out Beverley Cherry Tree Community Centre

They can help with completing benefit forms and all advice around money, welfare rights and housing.

Via appointment at 📍 ctca.org.uk/what-we-do/free-advice

Carers' Support Service

- 📍 The Carers Centre, County Hall, Cross Street, Beverley, HU17 9BA
- 📍 nhs.uk/services/service-directory/east-riding-of-yorkshire-carers-support-service/NI0498956

The Carers' service now has two dedicated dementia support workers.

Kim: @ kim.marshall@eastriding.gov.uk

and Claire: @ claire.daglish@eastriding.gov.uk

A particular service they can provide is the Getting Along programme that supports couples (or any caregiving partnership) to avoid a lot of the traps that dementia sets within relationships. We looked at this in week three 📞 (01482) 396500 @ ercarers@eastriding.gov.uk

As Time Goes By Hornsea

Meet every second Wednesday, 12 noon - 2pm.

A Dementia Support project sponsored by Hornsea Town Council.

"A relaxed, informal and free drop-in where we provide support for people with memory difficulties and their carers". New members are welcome. If you are interested please contact Linda Pugh - Tel: 📞 (01964) 542625
Mobile: 📞 07903 257976 Email: @ pugh862@hotmail.com

The East Riders

We are a group of peers living with dementia across the East Riding. We currently meet monthly on the last Friday of every month, 11am - 12.30pm at the Peter Harrison Community room at the side of Beverley Minster. For more information email:

@ damian@myid.org.uk or call Damian on ☎ 07927 405854

Right Minds

We are another new group of peers living with dementia across the East Riding. We currently meet monthly on the third Tuesday of every month, 10.30am to 12 noon at the Bridlington Town Football Club, Queensgate, Bridlington.

For more information email @ michelle.leach@eastriding.gov.uk or call Michelle on ☎ 07929 773575

Howden Peer Group

A NEW GROUP starting MAY 2024. We have emerged from the Google Good Life With Dementia course and will be meeting on the fourth Wednesday of every month at Howden Shire hall from 2 - 3.30pm.

For more information email @ gilldix@talktalk.net or @ sueb66@hotmail.com

Butterflies

The Butterflies Memory Loss Support Group enjoys monthly social gatherings, singing, walking and community events. e.g.

- The men's luncheon club every Tuesday.
- The Cottingham group meets on the third Monday each month at the Methodist Church 12 noon - 2.30pm over lunch (£6.50 per person).
- Purple Emperors is a support group for those who have lost their loved one or if they have moved into residential care.
- The carer's drop-in support session.
- The Voice and Influence Forum - A bi-monthly session for families living with dementia to share their experiences of the services they receive, and improve the future for those being diagnosed.

For info on all these groups and more about Butterflies, contact Eleanor and June 📍 3rd Floor, Stonefield House, 16 - 20 King Edward Street, Hull HU1 3SS ☎ 07821 519212 @ butterfliesmlsg@yahoo.co.uk or visit the website: 🌐 butterflies.org.uk

Social Prescribing

Social Prescribing is anything non-medical you get from your GP practice - like a place on the Good Life course, for example! A social prescriber can help you access a range of groups and organisations that may help you.

To contact a local link worker or make an appointment, you can:

- Call in to your GP. Every GP practice has a social prescriber.
- Call free on ☎ 0800 9177752 or email @ hnf-tr.socialprescribing@nhs.net

Dementia Forward

Services in East Riding of Yorkshire take place at 📍 **Ballerina House, Feoffee Common Lane, Barmby Moor, York YO42 4DE**

- **A Community Coffee Morning**
Every Friday 10.30am - 12.30pm (except bank holidays).
- **A Hub Club**
This is a day centre. They would like you to feel relaxed and comfortable, surrounded by good company. They aim to organise activities that mean something to you - whether that's something you enjoy or want to try as new.

Cost: £45 per day including transport if needed. Bring your own packed lunch.

Open: Monday to Friday 10am - 3pm

For more information on any of these:

Sarah Vernon @ sarah.vernon@dementiaforward.org.uk

For more information on any of these call ☎ 03300 578592 or email @ info@dementiaforward.org.uk or visit 🌐 dementiaforward.org.uk

Together we ride!

For free and fun group bike rides contact Di at

@ di_ron_2000@yahoo.com

Alzheimer's Society

Services include:

- A **Carers Information and Support Programme** (CrISP for short). This is for carers of people living with dementia and is a four week course of two and half hours per week. The course runs approximately every three months.
- **Dementia Advisers** are always contactable and you can also find them.
- 1 - 4pm every second Wednesday at Crown Buildings, Bridlington.
- 9am - 12 noon fortnightly on Tuesdays in Goole, please ring for an appointment.
- 9.30am - 4pm every Thursday at Holderness Health Hedon, please ring for an appointment.
- 9am - 4pm fortnightly on Thursdays working at Alfred Bean, Driffield.
- **Activity Groups in East Riding** eight monthly activity groups taking place across the East Riding. Please see page 30 for upcoming dates.

For more information: See their local website page

➤ dementiaastriding.org.uk Worker please call ☎ (01482) 211255

and leave a message or email @ hulleastriding@alzheimers.org.uk

Nationally Alzheimer's Society offers

- **Talking Point:** A free national online community available 24 hours a day, where you can ask questions, get information and share practical tips with people who understand. Join at ➤ forum.alzheimers.org.uk
- **Dementia Together magazine:** A national magazine with real-life stories and ideas packed into every issue that will help you to take action to make a difference. ➤ alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together-subscribe

Healthwatch

If you've got something to say about any health or social services that you encounter, then Healthwatch want to listen so they can feed back any issues to services. For more information you can contact Carrie by email: @ cfrost@healthwatcheastridingofyorkshire.co.uk or call the Healthwatch office on ☎ (01482) 665684

Humberside Fire and Rescue Service

Heather from Humberside Fire and Rescue explained how to arrange a home fire safety visit from them. Well worth it! They can help fit new smoke alarms. They have a website ➤ humbersidefire.gov.uk and also a phone number to arrange: ☎ 0300 303 8242

ALZHEIMER'S SOCIETY ACTIVITY GROUPS

	Driffield	Market Weighton (musical activity)	Goole	Preston	Hessle	Willerby (musical activity)	Bridlington	Beverley (musical activity)
When	First Wednesday of the month 1 - 3pm	First Thursday of the month 10.30am - 12.15pm	First Friday of the month 10.30am - 12.30pm	Second Wednesday of the month 1 - 3pm	Second Thursday of the month 10.30am - 12.30pm	Second Friday of the month 1 - 3pm	Last Thursday of the month 1 - 3pm	Last Friday of the month 1 - 3pm
Where	Driffield Methodist Church Westgate Driffield YO25 6TJ	The Community Hall Station Road Market Weighton YO43 3AX	The Courtyard Boothferry Road Goole DN14 6AE	Preston Community Hall Main Road Preston HU12 8UA	Hessle Town Hall South Lane, Hessle HU13 0RR	Willerby Methodist Church Carr Lane, Willerby HU10 6JP	Applegarth Court Applegarth Lane Bridlington YO16 7NE	The Parish Hall Beverley Minster, Minster Yard North, Beverley HU17 0DP
Dates	3 January 7 February 6 March 3 April 1 May 5 June 3 July 7 August 4 September 2 October 6 November 4 December New Year	4 January 1 February 7 March 4 April 2 May 6 June 4 July 1 August 5 September 3 October 7 November 5 December 2 January	5 January 2 February 1 March 5 April 3 May 7 June 5 July 2 August 6 September 4 October 1 November 6 December 3 January	10 January 14 February 13 March 10 April 8 May 12 June 10 July 14 August 11 September 9 October 13 November 11 December 8 January	11 January 8 February 14 March 11 April 9 May 13 June 11 July 8 August 12 September 10 October 14 November 12 December 9 January	13 January 9 February 8 March 12 April 10 May 14 June 12 July 9 August 13 September 11 October 8 November 13 December 10 January	25 January 29 February 28 March 25 April 30 May 27 June 25 July 29 August 26 September 25 October 28 November Christmas 30 January	26 January 23 February Good Friday 26 April 31 May 28 June 26 July 30 August 27 September 31 October 29 November Christmas 31 January

Due to circumstances beyond our control these dates may be subject to change. For further information about the activity groups or other support services in the East Riding please visit dementiaastriding.org.uk or contact the Hull and East Riding team on [01482\) 211255](tel:01482211255) or [@ hulleastriding@alzheimers.org.uk](mailto:hulleastriding@alzheimers.org.uk)

ACCESS TO HEALTH AND LEISURE PROGRAMMES

The following are all accessed via your GP practice - and that can be from any health professional in that practice such as a physiotherapist.

People with dementia can participate in these programmes as long as there are no other health contra-indications.

Just make an appointment with the practice and request a referral for:

Exercise referral:

- A scheme to encourage activity and improve health and wellbeing.
- This is ten week programme of two sessions a week.
- The scheme costs £35, you can access gym, swimming pool or exercise classes in one leisure centre within East Riding.

Live well:

- A weight management programme for people with a BMI of 45 or greater.
- It's a programme lasting six to eighteen months with regular one-to-one sessions.
- A funded scheme, you can access the gym, swimming pool or exercise class in one leisure centre within East Riding.

HOP - Get Fit for your operation

- It lasts for between four and 28 weeks.
- It helps you prepare for non-urgent surgery, such as knee replacement. Clients will have a BMI of 30 or greater.
- A funded scheme, you can access the gym, swimming pool or exercise class in one leisure centre within East Riding.

Escape Pain

- It is for adults experiencing chronic pain.
- This is a six week course - two sessions every week.
- It costs £19.80 for the 12 sessions.
- During that time you can access any Swimming Pool or exercise class in any leisure centre within East Riding.
- If you want to access gyms outside of your twice weekly sessions then you would need to pay for a gym induction of £17.80.

For more information about accessing health and leisure programmes contact the wonderfully helpful team at @leisure.health@eastriding.gov.uk or look at their website [eastringleisure.co.uk/health](https://www.eastringleisure.co.uk/health)

Outdoor activities and walks information

All Ride 2024 adapted cycle scheme

Accessible cycling with specially adapted bikes along Bridlington promenade. From April to November one hour hire starting North Promenade below Bridlington Leisure centre. This is FREE! Turn up on the day or call [\(01482\) 844422](tel:01482844422) to pre-book.

Walking for Health

The Leisure team cover the whole of East Riding so there will be programmes, walks and events near you!

For more information these contact @laura.hutchinson@eastriding.gov.uk You can also check out the walking for health web pages [eastringleisure.co.uk/health/walking-for-health](https://www.eastringleisure.co.uk/health/walking-for-health)

For Cycling, walking football, walking netball - or just walking!

You can check your local library or go to [👉 activecoast.org](https://www.activecoast.org)

The Active Coast Facebook page [👉 facebook.com/activecoast](https://www.facebook.com/activecoast) covers events and activities along the East Riding coast, one off events, walks, beach yoga, beach cleans, sand and stone art, beach festivals etc.

The Active Towns Site

[👉 activeeastriding.co.uk/active-towns](https://www.activeeastriding.co.uk/active-towns) covers projects in Goole, Pocklington, Howden and Market Weighton. It supports residents to be physically, mentally and socially active.

Active Together Site

There are some excellent videos here with many simple exercises: including the easiest of chair-based exercises [👉 activeeastriding.co.uk/active-together/videos](https://www.activeeastriding.co.uk/active-together/videos)

East Riding Health and Wellbeing Service website

[👉 eastridinghealthandwellbeing.co.uk](https://www.eastridinghealthandwellbeing.co.uk)

It contains information that is being constantly updated around activities across the region including local and national services, to help you thrive in all areas of life!

For more information, email the active communities team here:

[@ healthandwellbeing@eastriding.gov.uk](mailto:healthandwellbeing@eastriding.gov.uk)

Healthier Futures Programme

This is run by East Riding and offers you free support and advice such as:

- Health and wellbeing advice.
- Healthy lifestyle - a free 12 week programme aimed to improve nutrition and being more active.
- Healthier together - a free programme aimed at families who want to eat healthier and move more together. This will promote ways to eat healthier and be more physically active as a family.
- Stop Smoking service is a free 12 week programme to support people to quit smoking. People will be able to access free treatment to aid them to quit and support from a trained health professional to stay smoke free.

For more information Email:

[@ HealthierFuturesEastRiding@xylahealth.com](mailto:HealthierFuturesEastRiding@xylahealth.com)

Or visit the website [👉 eastriding.healthier-futures.co.uk](https://www.eastriding.healthier-futures.co.uk)



East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language, please contact [@ janet.smith@eastriding.gov.uk](mailto:janet.smith@eastriding.gov.uk).