

A GOOD LIFE WITH DEMENTIA

EAST RIDING 2025



EAST RIDING
OF YORKSHIRE COUNCIL



Innovations
in Dementia



Humber Teaching
NHS Foundation Trust

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INTRODUCTION

A Good Life With Dementia is a post-diagnostic course created and delivered BY people living with dementia in East Riding FOR people living with dementia in East Riding. The information in this resource pack has been gathered from this year's Good Life courses in Market Weighton, Bridlington, Thorngumbald and Leven.

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 the same local process they had experienced. 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, including top tips; and a rallying call that people with dementia still CAN!

Historically services have been provided for people with dementia by people without dementia. This is an encouraging shift towards the true involvement of people with dementia in shaping services and information that will better hit the mark!

This resource has again been created by and with people living with dementia themselves, and has been born of their real experiences.

A Good Life With Dementia courses in East Riding have also led to the expansion of new groups of peers with dementia, who are now meeting regularly.

These are the '*East Riders*' group in Beverley, the '*Right Minds*' group in Bridlington and the '*Saints*' group in Market Weighton. We shall be helping to co-produce more Good Life courses in 2025.

Damian Murphy. December 2024

A GOOD LIFE WITH DEMENTIA: THE COURSE CONTENT

WEEK ONE:

Welcome!

We want you to be here and have your say. This is your space to share your story and ask ANY questions. We will discover we are ALL experts.

Key Message: You are **NOT** stupid!

WEEK TWO:

What Does My Dementia Mean to Me?

A space to talk about the reality of YOUR dementia. Sharing what happens to you - mishaps and top tips! Adjusting, accepting and recovering confidence.

Key Message: Dementia is not your fault!

WEEK THREE:

Out and About

Keeping healthy, active and engaged. A guest *Occupational Therapists* will talk Gadgets and Gizmos - a look at practical adaptations around the house and beyond.

Key Message: Focus on what you **CAN** do.

Plus: Finding out the many opportunities to access health and wellbeing programmes in your local area - guided walks and more.

Key Message: *'If you don't use it you lose it!'*

WEEK FOUR:

Other People

'When you've got a label on you, you're already in trouble before you open your mouth!'
Getting Along - Labels, misunderstandings, making adjustments and relationships.

Key Message: Dementia is nobody's fault

Plus: Getting what you are entitled to. Accessing your rights - a visit from the 'Your Money' team.

Key Message: We've got rights!

WEEK FIVE:

Getting Involved in Dementia Research

Find out about a range of taking part opportunities to help make today's research tomorrow's practice.

Plus: **The Market Place.** Where we can find out from organisations and groups what they can offer you practically. A chance to chat and make appointments and sign up to a range of things.

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.

WHAT THE COURSE HAS MEANT FOR US

- The course is very much about helping us all to adjust to this change.
- *'I feel like I've learnt more than I ever did after years at sea!'*
- *'As the most recently diagnosed, it is so wonderful to see and realise there is so much less to worry about now.'*
- *'We're not alone in this'. 'I found out I'm exactly like a lot of you.'*
- *'I've met so many nice people to help you with your thinking.'*
- *'It's super lovely. You can feel it in people's voices. You feel loved. You feel that someone has got their arms around you.'*
- *'This has been a lifesaver.'*
- *'The thought that someone is there to help you is nice to go home with.'*
- It's been great, realising there are a lot more people like me in the same boat.
- *'It gave us so many chances to support each other 'What you've got to say helps all of us'.*

- I tended to think I'd be the only one but there are things we can do and re-learn. This has helped me so much.
- *Dementia is frightening - at the start when things go wrong. It has been wonderful coming here. I'm getting relief from that fear.*
- I'm among friends you can talk to. I sit and listen and learn. It's lovely to see friendly faces and it's a good morale booster.
- *I went blank one day. I couldn't understand why and what was happening. I came here and that's when it all started to make sense.*
- I've enjoyed it. It knocks your confidence but I've met people here in a similar situation. I do like it. As the BT advert used to say, 'It's good to talk!'
- *Dementia is horrible. I get angry with myself and others but this has been a place where I didn't have to put on a façade. To be able to come here has helped me so much, being able to talk. It's because this is a safe place.*

- I'm pleased to be here. We've had a wonderful programme. I'd like to record my thanks for that and for everyone around the table. We know we are with friends.
- *It's been super. That's the word. To look at someone and get a smile back. It's important. You think you have helped them and they're the same, helping me. When I came in today and saw all these faces it was lovely to be back here again.*
- It's just amazing to be here. 'Coming out' and saying what you want to be.
- *Thoroughly enjoyed it. I don't like the idea of having dementia but I have accepted it. We all have it and so what!*
- *'Absolutely Excellent!'*
- *'I'd been quite low but coming here made me feel more like my normal self'. 'I can't make a fool of myself here'*
- *'It's like that feeling you get when you whoosh down a slide as a child in a playground and spring to your feet at the end'*

- *'It's been great to be able to get things out.'*
- *'I'm not normally one for groups but I've been pleasantly surprised'.*
- *'It was good to know I'm not on my own we have lots of similarities in our experiences'.*
- *'We feel safe to say things and not be judged here'.*
- *'I don't know why someone diagnosed wouldn't want to attend this course'.*
- *'I feel like I have learnt so much'.*
- *'The course has really opened up new things for me'.*
- *'I feel much more positive about things than I did before I came'.*
- *'I found the different sessions interesting and really useful'.*
- *'I want to continue to meet up with everyone that I met here'.*
- *'It's good to know I'm not alone in this'.*
- *'I've really enjoyed coming and I've had a real laugh'.*
- *'Absolutely Excellent!'*

OUR MANIFESTO

Everyone needs to know

- We have put the course together. There IS life after a diagnosis.
- *It doesn't stop us! And we CAN still do so many things.*
- 'I keep getting into trouble'. That's not fair. Other people make things more difficult unnecessarily!
- *Dementia is not our fault.*
- Nowhere else, other than amongst peers, would you get such encouragement from somebody who can truly say 'I know how you feel!'
- *'We are not stupid' and 'there are things we like to do, and we should be able to carry on doing them'.*
- 'I thought I was on my own with dementia, so it's nice to be here with you all as you don't feel so alone with it'.
- *'It's nice to be here with people that understand what you are going through - as we are not worried if we say something wrong'.*

At the start

- 'My head started to feel really empty... I felt I was always in contention with someone else but didn't know who they were.'
- *'It was strange because you knew something was different'.*
- I was pleased when I was told I had dementia, I kept falling and I just didn't know why.'
- *'I thought they were potty when they told me I had dementia'.*
- 'I started to struggle to read - I couldn't believe it when they looked into this and told me I had dementia'.

- *'Being diagnosed with dementia was a surprise but then I finally acknowledged the changes in myself - I had tried to mask it'. So, reassure us.*
- 'Although I said I wasn't surprised I had dementia, I actually was, as I didn't have an inkling'.
- *'People don't see the change in you, you look the same, but you have changed, and you find things harder'.*
- 'I can't seem to win - if I'm quiet they think I'm getting worse and if I say hello they think I'm hyper!'

Generally

- Other people saying 'don't be silly' and 'why did you do that?'
- *'Your brain is not connecting'.*
- 'I can't think before I speak'.
- *'It's like the Tin Man in Wizard of Oz, 'If I only had a brain'!*
- 'It's not about dying over and over. No. It's about being born again!'
- *'It's about taking all your opportunities, life is great, look at us'.*
- 'Whatever I've got I make the most of it'.
- *'It can really challenge our reason for being'.*
- 'The loss of independence, having to ask for help, is not easy to get used to'
- *'The panic sets in when feeling suddenly lost'.*
- 'I have real difficulty in having to unscramble the sound to make a sentence to mean something - whether that's asking a question myself or trying to respond to someone else'.

On our relationships

- Although grandchildren are fantastic and you love to see them, it's often an ordeal because of having to unscramble or through the fear of upsetting the children.
- *'Because I can't remember things and my wife does, I feel like I live in a self-centred world'.* Changes in the roles in our relationships can leave us feeling guilty.
- *'I get my mistakes pointed out all the time'.* Don't rub it in!
- *'Communicating is really important'.*
- *'Their (our partner's) lives have changed too'.*
- *'It's about giving and taking'.*
- *'It's nobody's fault' Dementia is nobody's fault.*
- *'The loss of independence, having to ask for help, is not easy to get used to'.*

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

- We go through a process adjusting to a diagnosis of dementia. **Support us and acknowledge our feelings along the way**, as Bob put it: *'There's that initial inclination to withdraw; a fear of embarrassing those around you; the loss of not being able to return to the 'old me'; and the adjustment to be easier on myself; to know I'm still me and to ask for love and a gentle reminder in case I've forgotten to put my trousers on!'*
- *'It's nice to be with people that understand what you are going through, and we are not worried if we say something wrong.'* Peer support is vital, help make that happen!
- *'Sometimes we don't feel normal - but we are normal.'* Don't alienate us.

- *'I might have dementia, but I am still physically fit - I want to keep doing things for myself' - So important to support us to own all decisions ourselves and help us to continue doing the things that are important to us.*
- *'We can often be made to feel afraid, embarrassed, useless and stupid and this can make us less sociable' - It's so unnecessary. Don't do it!* It didn't happen in our course *'because we felt safe there'.*
- *'Sometimes people take over a little' we DO want support not to lose the skills that we have - 'I know behind it all there is immense love'.* Help us have these talks together with our partners.
- *'I want to be included in the conversation, but I get left behind and people ask my wife for my answer' - so over to you to keep me included!*
- *We know dementia is a disability. So, through our insight, YOU can make adjustments!*
- *'I insist that we MUST be able to continue to meet as peers.'* Help make that happen!
- *Some of us feel confused and don't want to admit it. So, reassure us. Don't rub it in!*
- *'It's a struggle - when your loved ones know you have it and you don't and they try to point out every mistake to prove it!' Don't rub it in!*
- *'I want to be able to try to do things for as long as I can - even if I make a mess of it'.* Don't take over!
- *'I know that I sometimes say things over and over again and it must drive people mad'.* Don't keep pointing this out to us.
- *'Dementia has been such a blow to our confidence and other people can make it more difficult at times'.* We go through a process adjusting to a diagnosis of dementia. Support us and acknowledge our feelings along the way.
- Others can change towards us *'It feels like people are suspicious of you'.*

- *'People speak to my partner and ignore me'* Include us in the conversation.
- *'Social situations can be really difficult'*. We want to be involved but support us.
- *'I want to keep doing certain things that I enjoy but my loved ones can take over a little'* Support us by letting us do things for ourselves and not wrapping us in cotton wool.
- About driving, *'I made the decision'* - so important to support us to own all decisions ourselves.
- *'We don't want suffocating, bossy or condescension - but we DO want collaborations'* - *'We know our care partners are learning about this too'*. Help us have these talks together with our partners.
- We are both learning this new dance with dementia! And it's inevitable we will tread on each other's toes at times!
- *I'll follow the conversation but won't initiate. It's crazy* - so over to you to keep me included!
- *'I feel like I'm by myself'*. - Acknowledge me!
- *'I get, 'What do you mean?', 'What are you doing that for?'* Don't rub it in!
- *'You know you do it but don't wrap us in cotton wool'*.

What we learnt together

About what's going on in our heads

- We've got billions of brain cells. We don't lose them all in one go!
- *My long-term memory is so much better than what I did five minutes ago.*
- It's good to know I'm not the only one.
- *I can forget things in record time!*

- Dementia affects different people in different ways.
- *Dementia can affect our balance. 'I'm forever falling over!'*
- Dementia is not our fault!
- *Dementia can affect not only the way we walk, but also how we see (or not) steps and kerbs, for example.*
- You must declare if you have dementia, but you may still be able to drive following more tests.
- *How great to be able to laugh about making mistakes and it not mattering. As J said, 'We've all got dementia, so what?!'*
- What Happens? - Well, the mind boggles!
- *What Happens? - 'I set out to do something or find something and I find myself getting stressed - then I look around and I've made a real mess of things.'*
- Dementia can be so different for men and women.

About getting the best out of your GP

- The GP wants to review my medication and explain it over the phone. That's no good for me! The GP practice needs to accommodate my disability not to expect me to fit into what's convenient for them.
- *My GP gives me a double appointment so I have time.*
- Get your GP to write down what they have said to you.
- *Write some questions down before you go to see the GP so you don't miss anything out!*
- If they don't want us to miss an appointment, maybe come out and see us at home! - Especially if we live on our own.

A RALLYING CRY

Some top tips

- When stopped in your tracks, just pause, take a couple of minutes to compose yourself and then ask for help. People are so friendly.
- *Keep connected and stimulated with friends, family, each other.*
- When reading, it's good to use short stories and also poetry.
- *It's good to laugh and one still can! This is something we have done a lot of on this course.*
- We still CAN do so much!
- *If you don't use it, you lose it! - Keep moving! There are plenty of opportunities.*
- Research: It's not all white coats and laboratories - far from it! 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. Sign up. We can and should take part!
- *Occupational therapists (OT's) can help make your environment more inclusive and accessible for you. They can help you achieve the goals that matter most to you!*
- 'I have a medicine box with all the days of the week written on it. It would be okay if I knew what day it was!'
- *D came up with the genius idea of a pill dispenser with a flashing day of the week! We could all be millionaires this time next year!*

People with dementia CAN!

Before she died, Wendy Mitchell, from Walkington, was part of the small group of course 'tutors' helping put this course together. Bob, another tutor, shared this beautiful poem. Inspired by the example of Wendy, it is a call to action for all of us.

Wen-dy - by Bob Long

Wen-dy day is looking grey
Wen-dy 'dos' don't go your way
Then it's time to turn your mind
To Wendy Mitchell

Wen-dy head don't seem to know
Wen-dy worries seep and grow
Then you MUST blow off the dust
With Wendy Mitchell

Wen-dy evening seems too long
Wen-dy 'should I?'s go all wrong
Then remind yourself the ways
Of Wendy Mitchell

For without a single doubt
Think of Wendy you will shout
'she can do it!
'so can I!'

She has shown me how to fly!
Take on all those conflagrations!
To exceed all expectations!
I am here!
And, best of all, I'm ME!

Bob Long, 2024

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. 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 linked 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.

The fourth medication is **Memantine (or Ebixa, Nemdatine, Valios)**. It is often prescribed for people with a moderate to more advanced dementia or when the other medications are not appropriate or are not tolerated. This medication blocks the action of a natural substance in the brain called glutamate.

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.

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 here:

Chris Craven @ chris.craven@eastriding.gov.uk - part-time team leader

Jane Arnold @ jane.arnold@eastriding.gov.uk - part-time supervisor

Louise Parker @ louise.parker@eastriding.gov.uk - full-time supervisor/team leader

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 £72.65 or higher rate £108.5 per week).

(As of April 7, 2025, Lower rate: £73.90 Higher rate: £110.40).

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 £72.65 or £108.55 per week (the same rates as attendance allowance and they will increase as above from April 2025).

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

£28.70 standard rate (rising to £29.20 from April 2025) and £75.75 enhanced rate (£77.05 from April 2025).

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

Tell your care partner they may be entitled to Carer's Allowance


(£81.90 per week rising to £83.30 in April 2025) up to April 2025 they need to be earning less than £151 per week and be caring for at least 35 hours per week. AFTER April 2025 the earnings limit rises to £196 per week in line with the increase in minimum wage.

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. 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.
Visit  yorkshirewater.com/bill-account/help-paying-your-bill
or call  0345 1 299 299
- **If you are in receipt of Pension Credit** (The Your Money team or Age UK  ageuk.org.uk/hull 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 £1,000 a time).
- **A wheelie bin pull out service** (needs no explanation!)
 (01482) 393939 is the number to call to request a 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'

Lifeline service:

-  eastriding.gov.uk/adult-social-care/staying-independent/lifeline-and-response-service

OCCUPATIONAL THERAPISTS - A GREAT RESOURCE

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'.*

East Riding OTs have helped the Good Life course. Their contact details are @ HNF-TR.Humbermemoryservice@nhs.net and ☎ (01482) 336617

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, see website or below

🖱️ 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 CG1 form.

🖱️ gov.uk/government/publications/cg1-online-confidential-medical-information

Return this by post to 📍 Drivers Medical Group, DVLA, Swansea SA99 1DF

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

🖱️ gov.uk/giving-up-your-driving-licence

4. If you disagree with DVLA

You can write to 📍 DVLA at DM Business Support, D7, DVLA SA99 1ZZ 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 (🖱️ gov.uk/find-legal-advice) before you appeal - you might be able to get legal aid to pay for it (🖱️ gov.uk/check-legal-aid).

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

📍 DVLA, Drivers Medical Group, Swansea SA99 1DF

RESEARCH OPPORTUNITIES

We have also been supported by Pretha and colleagues at 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 📧 hmf-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 lived with dementia. She talks about the importance of research and her own experience. 📺 youtu.be/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 is 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 active
- Keep a sense of purpose.
- Stay connected
- Stay positive

To make it easy to start you can click the 'how are you feeling today?' button to find some material to match your mood - **Genius!**

WHAT'S OUT THERE IN THE 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/N10498956

The Carers' service has two dedicated dementia support workers.

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

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

A particular service hosted and facilitated by Kim, Claire and a select group of specialist facilitators is the **Getting Along programme** that supports couples (or any caregiving partnership) to avoid a lot of the traps that dementia sets within relationships. A series of Getting Along cafés, for any couples to attend, will be held in Spring 2025 and repeated again later in the year.

For information call ☎ (01482) 396500 or email @ 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 - call ☎ (01964) 542625 mobile 📞 07903 257976 or email @ pugh862@hotmail.com

The East Riders - Beverley

We are a group of peers living with dementia across the East Riding. We currently meet monthly on the first Wednesday of every month 1.30 - 3pm at the Armstrong Centre, Armstrong Way, Beverley.

For more information email @ damian@myid.org.uk or call Damian on ☎ 07927 405854

The Saints - Market Weighton

We are a group of peers living with dementia across the East Riding. We currently meet monthly on the first Tuesday of every month 10.30am - 12 noon at the All Saints Church, Market Weighton.

For more information email @ damian@myid.org.uk or call Damian on ☎ 07927 405854

Right Minds - Bridlington

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 - 12 noon at CYP, Sports Centre, Gypsy Road, Bridlington YO16 4AY.

For more information contact Trish on @ trishdobbs41@btinternet.com ☎ 07495 183364, or Michelle on @ michelle.leach@eastriding.gov.uk ☎ 07929 773 575

Howden Dementia Café

This group for both people with dementia and their care partners meets every second and fourth Wednesday of the month at Howden Shire Hall from 2 - 4pm.

For more info please 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 📍 **Studio 700, 15 Princess St, Hull HU2 8BJS** call ☎ 07821 519212 email @ 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. They can attend groups and activities with you if you struggle to get someone to go with you. Ask your GP surgery for a referral to the 'Social Prescriber' and they will get in touch with 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: Contact Sarah Vernon on

📧 sarah.vernon@dementiaforward.org.uk call ☎ **03300 578592**

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 or when requested.
- **Dementia Advice Service.** Dementia Advisers are always contactable and you can also find them at:
 - 1 - 4pm every second Wednesday at Crown Buildings, Bridlington.
 - 9am - 12 noon fortnightly on Tuesdays in Goole, please call for an appointment.
 - 9.30am - 4pm every Thursday at Holderness Health Hedon, please ring for an appointment.

East Riding Alzheimer's Society provide a range of monthly activity groups including three singing groups across East Riding in Driffild, Market Weighton, Goole, Preston, Hessle, Willerby, Bridlington, Beverley and Withernsea (see groups at the end of this section).

For the 2025 programme of events see their local website page

🖱 dementiaeastriding.org.uk call ☎ **(01482) 211255**

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

You can also arrange a visit by completing an online form here:

🌐 humbersidefire.gov.uk/your-safety/safety-in-the-home-advice/referral-and-contact

Local Lions Clubs

Lions clubs are a charity that raises money for local and national causes. Of great worth is the 'message in a bottle' scheme that is supported by the emergency services. You can learn more about this scheme at

🌐 lionsclubs.co/MemberArea/home/lions-message-in-a-bottle

Move4Medicine

Our guest speaker Colin gave us a taster of gentle chair-based exercise classes where you move to music. If you wish to find out more about sessions he is putting on at the Crown buildings in Bridlington, please contact Colin at

@ post@move4medicine.com

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

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

Exercise referral

- A scheme to encourage activity and improve health and wellbeing.
- Anyone with dementia can participate.
- This is ten week programme of two sessions a week.
- The scheme costs £36.50, you can access gym, swimming pool or exercise classes in a leisure centre within East Riding.

Live Well

- A weight management programme for people with a BMI of 45 or above.
- 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 a 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 (typically knees, etc.)
- A funded scheme, you can access the gym, swimming pool or exercise class in a 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

Outdoor activities and walks information:

All Ride 2025 adapted cycle scheme

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

Walking for Health

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

For more information contact @ laura.hutchinson@eastriding.gov.uk
You can also check out the walking for health web pages
🖱 eastringleisure.co.uk/health/walking-for-health

For other activities including cycling, walking sports, community groups

You can check your local library or go to

🖱 eastridingculture.co.uk/active-communities

You can also follow the Active Communities Facebook page

🖱 facebook.com/EastRidingActive

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

East Riding Health and Wellbeing Service website

🖱 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 at

@ active.communities@eastriding.gov.uk

The healthier futures programme 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

Or visit the website  eastriding.healthier-futures.co.uk

[illegible]

ALZHEIMER'S SOCIETY

ACTIVITY GROUPS

	Driffield	Market Weighton (musical activity)	Goole	Preston	Hessle	Willerby (musical activity)	Withernsea	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 Wednesday of the month 10.30am - 12.30pm	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	The Shores 31 Withernsea Road Withernsea HU19 2DL	Applegarth Court Applegarth Lane Bridlington YO16 7NE	The Parish Hall Beverley Minster, Minster Yard North, Beverley HU17 0DP
Dates	No Jan Group 5 February 5 March 2 April 7 May 4 June 2 July 6 August 3 September 1 October 5 November 3 December 7 January	2 January 6 February 6 March 3 April 1 May 5 June 3 July 7 August 4 September 2 October 6 November 4 December 5 February	3 January 7 February 7 March 4 April 2 May 6 June* 4 July 1 August 5 September 3 October 7 November 5 December 2 January	No Jan Group 12 February 12 March 9 April 14 May 11 June 9 July 13 August 10 September 8 October 12 November 10 December 14 January	9 January 13 February 13 March 10 April 8 May 12 June 10 July 14 August 11 September 9 October 13 November 11 December 8 January	10 January 14 February 14 March 11 April 9 May 13 June 11 July 8 August 12 September 10 October 14 November 12 December 9 January	No Jan Group 26 February 26 March 30 April 28 May No Group 30 July 27 August 24 September 29 October 26 November New Year 28 January	30 January 27 February 27 March 24 April 29 May 26 June 31 July 28 August 25 September 30 October 27 November Christmas 29 January	31 January 28 February 28 March 25 April 30 May 27 June 25 July 29 August 26 September 31 October 28 November Christmas 30 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 or ✉ hulleastriding@alzheimers.org.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