



The Blue Book

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

North Yorkshire

2022 - 2023



“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 this year, 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
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



Music for my Mind



My Life TV
The dementia-friendly channel



North Yorkshire
County Council



NORTH YORKSHIRE
FIRE & RESCUE SERVICE

OCA Y
OLDER CITIZENS
ADVOCACY-YORK

Picture house
— CITY SCREEN —



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



Royal
Osteoporosis
Society

Better bone health for everybody



Rural Arts



Call free day or night on
116 123
Email
jo@samaritans.org

samaritans.org

A registered charity



SHOPMOBILITY
YORK

Easy going in York



Talking News Federation

THE HAPPY NEWS
BY EMILY COXHEAD®

THE
ABLE®
LABEL
Beautiful clothes, easier to dress



Unforgettable
Experiences



using gardening to change lives

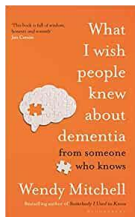
wetwheels
YORKSHIRE



The Silver Line
helpline for older people
0800 4 70 80 90



TEA & COFFEE | CAKE & CHAT



Free Support for Unpaid Carers



Yorkshire
Housing



Providing support for sight and hearing loss

A snapshot of some organisations included in this edition

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.

Contents

Support	Page
Advice • Books, factsheets, information guides and useful resources • Dementia-specific support • Emotional and practical support • Publications and resources by people living with dementia • Support for carers, family and friends	8
Activities • Art, dance and music • Day clubs and group outings • Exercise, health and sport • Social and support groups • Other	23
Activities at home • Music, radio, podcasts, publications and TV • Telephone friendship and befriending services • Virtual events and other activities at home	48
Education and training	58
Getting out and about • Holidays • Quiet shopping • Support when out and about • Transport	61
Help at home • Day-to-day support, odd jobs and adaptations • Meals at home • Personal care, fall prevention and safety • Pet care	67
Helpful products • Equipment hire • Products	74



The Blue Book

Advice

Books, factsheets, information guides and useful resources	9
Dementia-specific support	12
Emotional and practical support	15
Publications and resources by people living with dementia	20
Support for carers, family and friends	21



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



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
9am - 5pm, Monday - Friday

info@alzheimersresearchuk.org

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.

www.alzheimers.org.uk/get-support/publications-factsheets

publications@alzheimers.org.uk



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

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

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

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

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.

info@contenteddementia.org

www.contenteddementia.org



Dementia Forward – Useful links

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.

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.

03300 578 592

info@dementiaforward.org.uk

www.dementiaforward.org.uk/useful-links/



Dementia UK - Resources and information leaflets

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.

www.dementiauk.org/get-support/resources



HammondCare h.

HammondCare - The Dementia Centre - Knowledge Hub

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.

www.dementiacentre.com/resources



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

All publications are available through our website below:

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



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



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/



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

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

9am - 5pm, Monday - Friday

infoline@alzheimersresearchuk.org

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

Harrogate, Ripon and Craven

harrogate@alzheimers.org.uk

Hambleton and Richmondshire

richmond@alzheimers.org.uk

Scarborough

01723 500 958

scarborough@alzheimers.org.uk

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

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



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

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

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

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

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

www.dementiauk.org

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

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 0487 642

volunteers@abilitynet.org.uk

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

www.actionforelders.org.uk/digital-and-technology/



Age UK

Age UK is a national charity for older people that provide 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

www.ageuk.org.uk/northyorkshiredarlington

Call 01325 362832 to request a printed guide of our services
York

01904 634 061

firstcall@ageukyork.org.uk

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

8am - 7pm, 365 days a year



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

www.ageuk.org.uk/york/our-services/wills



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

10am - 6pm, daily

www.redcross.org.uk/support-line



Emotional and practical support

Further info



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

277 High Street, Northallerton, DL7 8DW

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](#)



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

www.citywidehealth.co.uk



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

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

www.cruse.org.uk/get-support/helpline



Emotional and practical support

Further info



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

www.cruse.org.uk/get-support/local-services



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

www.housingcare.org



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

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

Jesmond House, 33 Victoria Avenue, Harrogate, HG1 5QE

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

15 Priory Street, York, YO1 6ET

www.healthwatchyork.co.uk



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 particular 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

www.independentage.org/get-support/call-helpline



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



Older Citizens Advocacy York (OCAY)

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

The Priory Street Centre, 15 Priory Street, York, YO1 6ET

www.oldercitizensadvocacyyork.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
Text relay: 18001 0808 800 0303

020 7931 8080
www.parkinsons.org.uk



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

To find your nearest branch, visit:
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

Monday - Friday, 9am - 5pm



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
www.thesilverline.org.uk



Emotional and practical support

Further info



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

www.theros.org.uk/information-and-support/free-osteoporosis-helpline



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

Church House Centre,
Flowergate, Whitby,
YO21 3BA

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

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

www.wilberforcetrust.org.uk/what-we-offer/yorsensory



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.

Monday - Thursday, 8.30am - 4.30pm

07715 761 470

jill@yorkshirecancercommunity.co.uk

www.yorkshirecancercommunity.co.uk



North Yorkshire Police - We Care

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



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



Kate Swaffer

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

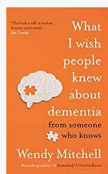
Kate was 49 years old when she was diagnosed with younger onset dementia. She is an author, researcher and international speaker, based in Australia, and a global Campaigner for dementia to be managed as a disability, and for human rights for older persons including those with dementia. Kate focuses 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



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

or follow me on Twitter:
@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

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

www.carersresource.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

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.

Monthly - first Tuesday, 6.30pm - 8pm

07984 727 304

hello@dementiaconnection.org.uk



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

www.dementiaforward.org.uk



Support for carers, family and friends

Further info



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

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

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

www.yorkcarerscentre.co.uk

Activities

Art, dance and music	24
Day clubs and group outings	30
Exercise, health and sport	34
Social and support groups	38
Other	47

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.

Weekly

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

07927 570 290

rose.kent@aamedia.org.uk

www.aamedia.org.uk/our-projects/imuse



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.

Weekly

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

01609 771 624

enquiries@ageuknyd.org.uk

www.ageuk.org.uk/northyorkshiredarlington/activities-and-events



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.

Monthly

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

01904 929 444

York2@alzheimers.org.uk

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

www.alzheimers.org.uk



Monthly

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

01904 929 444

richmond@alzheimers.org.uk

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

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

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

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

www.dementiaforward.org.uk



Holy Trinity Ripon

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

<https://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-Schuhmann
07890 071 508

info@dancingforwellbeing.org
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
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

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

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

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

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

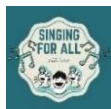
www.ruralarts.org



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

www.jessaliversidge.com

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

Clements Hall, Nunthorpe
Road, York, YO23 1BW



Song Box

Song Box - Musical Fun and Friendship

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

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

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 Autumn 2022.

Maria Pickard
01904 866 071
01904 634 061

maria.pickard@ageukyork.org.uk

firstcall@ageukyork.org.uk

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

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

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

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

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

betty.sutherland@actionforelders.org.uk

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

www.ageuk.org.uk/northyorkshiredarlington/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

www.ageuk.org.uk/northyorkshiredarlington/activities-and-events



Exercise, health and sport

Time & venue

Further info



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

www.better.org.uk/leisure-centre/york/energise



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

www.brimhamsactive.co.uk/activehealth



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

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

Anthony Blackburn
07491 694 938

info@golfinsociety.com

www.golfinsociety.com





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

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

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

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

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

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

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

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

Angela Robertson
07887 570 590

angelarobertson16@googlemail.com





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

www.ageuk.org.uk/northyorkshiredarlington/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

www.ageuk.org.uk/northyorkshiredarlington/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

www.ageuk.org.uk/northyorkshiredarlington/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

www.ageuk.org.uk/northyorkshire/darlington/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

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

2nd Wednesday
2pm - 4pm

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

Sue Lister
01904 488 870

hello@awocYork.org.uk

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

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

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

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 & Aislaby Village Hall, Main Street, Middleton, Pickering, YO18 8PB

03300 578 592

info@dementiaforward.org.uk

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

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

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

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

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

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

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



Holy Trinity Ripon

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

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

<https://htr-church.org.uk/>





Social and support groups

Time & venue

Further info



Holy Trinity Ripon

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@holyltrinityripon.org.uk

<https://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

www.facebook.com/NELLI.NewEarswick.Less.Loneliness.Initiative/



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

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

www.parkinsons.org.uk





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

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

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
07728 028 666
0800 716543

info@reengage.org.uk

www.reengage.org.uk/join-a-group/tea-parties/apply-tea-parties



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





Social and support groups

Time & venue

Further info



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!

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.

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



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

Lidgett
Methodist
Church, Acomb

Lunch is
provided and we
can also help
with transport if
needed

Damian Murphy
07927 405 854

dementiafriendly@outlook.com

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





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

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
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
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

www.wetwheelsfoundation.org/locations/yorkshire



Activities at home

Music, radio, podcasts, publications and TV	49
Telephone friendship and befriending services	53
Virtual events and other activities at home	55



Music, radio, podcasts, publications and TV

Further info



BBC Music Memories and BBC Memory Radio

<https://musicmemories.bbc.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.

info@goldieslive.com

www.goldieslive.com

Tuesday and Thursday at 11am. For older folk.



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

www.radio-uk.co.uk/golden-oldies



Happiful Magazine and Podcast

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.

www.happiful.com

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.



HammondCare - The Dementia Podcast

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.

www.dementiapodcast.com

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



Music, radio, podcasts, publications and TV

Further info



Koastradio

Koastradio 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

www.koastradio.co.uk

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



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

<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

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

www.musicalmemoriescic.org.uk



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

www.mylifefilms.org



Music, radio, podcasts, publications and TV

Further info



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

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

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

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

www.tnf.org.uk



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.

07517 670 212

thehappynewspaper@gmail.com

www.thehappynewspaper.com

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



Music, radio, podcasts, publications and TV

Further info



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



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



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

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

www.ageuk.org.uk/northyorkshire/redarlington/

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

www.ageuk.org.uk/northyorkshire/redarlington/



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

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

www.edcca.org.uk



Telephone friendship & befriending services

Further info



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

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.

01765 645 902

ripon@hadca.org.uk

www.helpharrogate.org.uk/ripon-rural-services/ripon-rural-wellbeing-project



Re-engage - Call Companions

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.

0800 716 543

info@reengage.org.uk

www.reengage.org.uk/join-a-group/get-a-call-companion



Re-engage - Rainbow Call Companions

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.

020 7881 2368

samuel.higgins@reengage.org.uk

www.reengage.org.uk/join-a-group/get-a-call-companion



York Neighbours

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

01904 891 627

info@yorkneighbours.org.uk

www.yorkneighbours.org.uk



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
betty.sutherland@actionforelders.org.uk

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
betty.sutherland@actionforelders.org.uk

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
www.actionforelders.org.uk/walking-for-health/
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
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
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

www.mindforyou.co.uk/activity-packs



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



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

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

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



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

www.u3asites.org.uk/trustu3a

All online interest groups can be viewed below:

www.u3asites.org.uk/trustu3a/groups



Virtual events and other activities at home

Further info



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

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

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

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

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



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

training@contenteddementiastrust.org

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

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

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



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

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

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

shirley.monteith@yorkcarerscentre.co.uk

www.yorkcarerscentre.co.uk/adult-carers/education-and-training-for-carers

Getting out and about

Holidays	62
Quiet shopping	63
Support when out and about	64
Transport	66



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

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

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

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

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



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.c.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



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

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

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

Changing Places Toilets are located nationally. To locate one, please visit the Changing Places Toilets' Map:

www.changing-places.org/find



City of York Council - 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

www.york.gov.uk/AgeFriendlyYork



Euan's Guide

Euan's Guide is the award winning disabled access charity. We're best known for EuansGuide.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

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.hiddendisabilitiesstore.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

01904 690 884

jack.fisher@york.homeinstead.co.uk

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

www.northyorks.gov.uk/blue-badge-parking-permits-disabled-people

01609 780 780

York

www.york.gov.uk/BlueBadgeScheme

01904 552 522

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

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

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

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

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



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

York
01904 551 550
<http://www.york.gov.uk/OlderPersonsBusPass>
ycc@york.gov.uk

Help at home

Day-to-day support, odd jobs and adoptions	68
Meals at home	71
Personal care, fall prevention and safety	72
Pet care	73



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

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

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

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

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

homeshareyork@york.gov.uk

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

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

www.goodgym.org



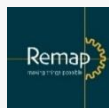
Harrogate & District Community Action - Help at Home (part of HELP)

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

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/

Central office

01732 760209

data@remap.org.uk

www.remap.org.uk



Day-to-day support, odd jobs and adaptations

Further info



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 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

www.ageuk.org.uk/northyorkshire/darlington/our-services/

Available in Richmond



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

www.edcca.org.uk



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

www.oakhousefoods.co.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

www.actionforelders.org.uk

Action For Elders YouTube Channel

<https://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

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.

30 min - £14, 45 min - £18, 60 min - £25.

01904 866 070

firstcall@ageukyork.org.uk

www.ageuk.org.uk/york/our-services/helping-you-at-home



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

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

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

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

www.keepyourpet.co.uk



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

www.cinnamon.org.uk

Helpful products

Equipment hire	75
Products	76



Equipment hire

Further info



**British
RedCross**

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

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

Coppergate Car Park, Level 2,
Piccadilly, York, YO1 9NX

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

Church House Centre,
Flowergate, Whitby, YO21 3BA

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.

<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

<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

www.alzproducts.co.uk



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



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

Personalised Sunflowers cards
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

www.jellydrops.com



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

www.techsilver.co.uk



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

www.theablelabel.com

Notes

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 Chantal Kinsella

info@the-blue-book.org.uk
www.the-blue-book.org.uk

Proudly printed by instantprint
www.instantprint.co.uk