



Keighley

Working to become

Dementia Friendly



A voluntary organisation changing the way
communities in Keighley think, talk and act about dementia

Are you living with dementia?

**Do you feel supported
in your community?**

What might the future hold?

How can things be better?

Find out more by contacting Dementia Friendly Keighley on:

info@dementiafriendlykeighley.org.uk

www.dementiafriendlykeighley.org.uk

07452 773788

Visit our office at:

**29 Brunswick Arcade, The Airedale Shopping Centre,
Keighley BD21 3QB**

Registered Charity Number: **1171003**

Dementia is caused by diseases of the brain; it is not a normal part of the ageing process. Early diagnosis and good support from family, friends and the wider community can help people to live well with dementia.



Dementia Friendly Keighley is a voluntary organisation providing:

- **A friendly office which is open to the general public on Mondays (1pm-4pm), Wednesdays (10am-4pm) and Fridays (10am-1pm), offering advice, information and an opportunity to have a chat.**
- **A drop-in session (with an appointment based system) for those living with dementia to enjoy fun and creative activities.**
- **A portable display and volunteers who will support local community events to promote DFK and provide resources to create awareness of dementia.**
- **Weekly dementia exercise class on Mondays 11:15-12noon followed by a light lunch at Central Hall, delivered by a qualified exercise tutor.**
- **Monthly singing for the brain group, The Singing Teapot welcomes new people of all singing ability on the first Friday of each month at Keighley Health Living, 1:30-3pm.**
- **Events about dementia and fundraising in the local community. Keep an eye on the office notice boards or website for dates and information.**
- **Free Dementia Friends Information sessions for those who want to learn more about dementia.**
- **Support for local business and services to become more dementia friendly.**
- **A wide variety of volunteering opportunities for local people.**

Contact us for more information about all our activities and services.