

DEMENTIA FRIENDLY KEIGHLEY NEWSLETTER



ISSUE 1 MAY 2019

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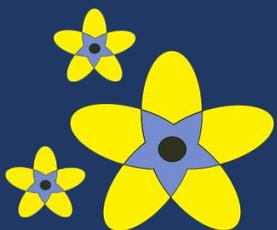
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INTRODUCING OUR NEW TRUSTEES

Dementia Friendly Keighley are pleased to welcome a number of trustees who are new to Dementia Friendly Keighley in 2019. In our next newsletters we will be introducing you to our other new Trustees.

BARRY ECCLES joins us as the new Chair of DFK. Over the past few weeks Barry has been attending lots of our sessions and talking to our staff and volunteers.

"I have really enjoyed my first few weeks with DFK and have been nothing short of inspired by our dedicated team of volunteers and the work they do. Wherever I go I feel the organisation has a wonderful spirit"

Barry has enjoyed a long career in business and also has extensive knowledge of working with a wide range of charities. Acknowledging the ongoing expansion of DFK Barry told us "I look forward to working with you all to support the next stage for Dementia Friendly Keighley. I hope our work continues to expand to support as many people as possible living with dementia in and around Keighley".



FIRTHS BOUTIQUE FASHION SHOW

Friday 5th April
7pm
Laycock
Village Hall
BD22 0PH

Tickets £10
Includes:
Prosecco
& Canapes

Tickets available From:-
Amy Smith Tel:- 07966053923 or Firths Boutique
Tel:- 01535 643800

Supporting Laycock Village Hall and Dementia Friendly Keighley

FIRTHS FASHION SHOW

Once again we extend our thanks to Nikki from Firths Boutique. For the third year in a row they have held a Fashion Show at Laycock Village Hall, with all of the proceeds supporting the Village Hall and Dementia Friendly Keighley.

All of the models in the show are local ladies who volunteered to appear on the catwalk for the evening, showcasing the latest spring summer season fashions from Firths, an independent boutique at the top of Haworth Main Street

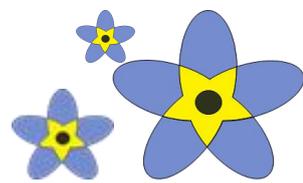
If you were able to attend, we hope you enjoyed your canapes and glass of fizz and maybe won a prize or two in the raffle.

The evening raised £266.00

DFK Contact Details: 07452 773788, email info@dementiafriendlykeighley.org.uk

www.dementiafriendlykeighley.org.uk

Visit the office at 29 Brunswick Arcade, Airedale Shopping Centre



DEMENTIA FRIENDLY KEIGHLEY FETE

As you are all aware, our fabulous summer fete is fast approaching.

Please Join Us on Saturday 18th May between 11.00 am and 3.00 p.m.

We will be based in the Airedale Shopping Centre in Keighley. Why not ask your family and friends to come along, buy some cakes or buns, browse our books and crafts stall or take a turn on the tombola.

The day will include lots of fun entertainment including Val and Halla, never before seen in Keighley! Come and meet them on the day for some plunder and pillaging fun!!!

We hope to see you on the day!!!!!!

If you would like to volunteer to help on the day please get in touch with Helen on 07452 773788 or email info@dementiafriendlykeighley.org.uk

GROWING TO MEET DEMAND

Here at DFK we are proud to be continually expanding, not only the various support services we offer, but also the hours we are able to open our successful advice and information unit.

Following a successful bid to The National Lottery we have been able to expand the days that we are open to the public for information and advice, now offering a Saturday support service for those who may not otherwise be able to visit during the week.

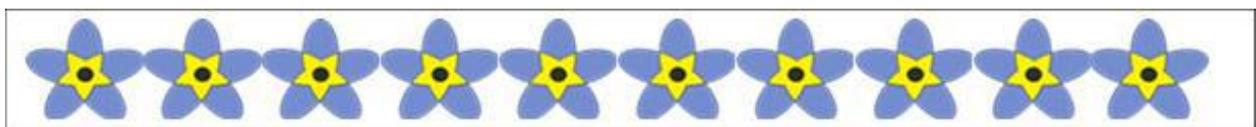
DFK have taken on a new Assistant Administrator, Julia Gillatt who has been running the unit on Saturdays with support from our fabulous volunteers. Julia has worked in both local government and the Health Service for many years and has personal experience of caring for family members with dementia. Julia feels "pleased and privileged to have the opportunity to contribute to the work already undertaken by our staff and volunteers".

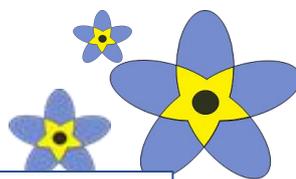
In the first 8 weeks since our first Saturday, we are pleased to report that we welcomed a total of 41 new visitors to our services, as well 30 of our existing contacts.



TIME FOR TAI CHI ?

New lottery funding is enabling us to look at expanding the support and interactive services we offer. These will be introduced over the next two years. A Tai Chi session, providing movement for body, mind and spirit is one of the first of these to be investigated. Keep your eye on future Newsletters for the latest news!!





DEMENTIA ACTION WEEK MAY 2019

The biggest week of our year is nearly here, Dementia Action Week runs from 20th to 26th May. The week will be about working to increase understanding about dementia and to connect those in need to the right support at the right time.

Dementia Friends Champions

Our own Dementia Friends Champions run regular, one hour, sessions for anyone who wishes to become a "Dementia Friend". Learning about what it's like to live with dementia as well as the ways you can help, either personally, or within your community, workplace or school to create a truly dementia friendly place to live.

Dementia Action Week



INTRODUCING OUR DEMENTIA FRIENDS CHAMPIONS

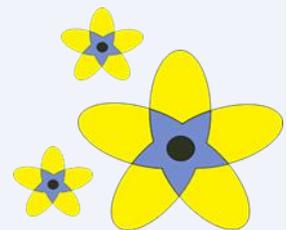


MAGARET MARSDEN became a Dementia Friends Champion over four years ago and since then has completed over 60 sessions and recruited 633 Dementia Friends

"When I first became a Dementia Friends Champion I had the idea that there would be hundreds and hundreds of people just queuing up to become Dementia Friends, but that just wasn't the case. Most people don't give dementia much thought until and unless it touches their own lives". Margaret points out that we can't know when that moment will come for anybody so we just have to raise awareness amongst the broader community; the more we do that, the more likely we are to get the information to the right people when it's needed.

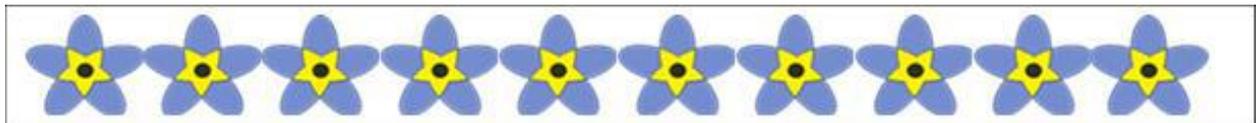
Margaret started by approaching organisations such as Rotary, Round Table, Women's Institute etc. and offering them a session. She says "It's a great idea to start with these groups because they are always looking for speakers for their regular meetings. The feedback from these sessions was very good and a lot of 'Friends' were recruited but I was very aware that a large part of the community was not being reached and that needed to be addressed"

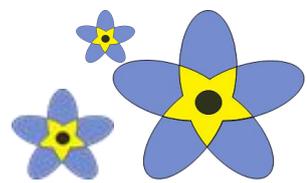
It was then that DFK began to take form with an information stand in the shopping centre. "Once a month we positioned ourselves in a very prominent place and spent three hours staffing the stall. Placing ourselves in the shopping centre put us right at the heart of the community and it wasn't long before people started to approach us; we offered Dementia Friends Sessions to everyone we spoke with and our reach began to spread".



The DFK information stand was the forerunner to the thriving and busy DFK unit on Brunswick Arcade. It's joyous to see how far we have come in such a short time and the Dementia Friends awareness-raising session is the seed from which we have grown. From tiny acorns.....

STOP PRESS : We now have over 4250 Dementia Friends in Keighley





Barbara has found volunteering with DFK very rewarding as she can support families through their dementia journey. Could you spare some time to volunteer? If so, please get in touch.

KEIGHLEY COMMUNITY AWARD FOR VOLUNTEERING

Barbara Wood, DFK's lead volunteer, was awarded runner up at the Keighley Town Council Community Volunteer Award earlier this year. Barbara has dedicated her time since DFK started, supporting DFK with the running of sessions, information stalls and events. Barbara has given first hand experience of caring for someone living with dementia, which has helped DFK shape the services and activities it delivers. DFK is very grateful for her time and enthusiasm, and congratulates Barbara on receiving the award.



EASTER "EGGSTRAVAGANZA"

A Huge Thank you!! to those of you who helped us to raise a massive £192.45 with the DFK Easter Eggstravaganza.

A fun fundraising activity devised by our wonderful volunteer Vicky and supported by Maralyn, who both put in a lot of the leg work; visiting all of our local supermarkets to persuade them to donate hundreds of Easter eggs.

We ended up with a mountain of them in the DFK Shop. A massive thank you to all of you who collected, or donated, eggs to make this fund raiser such a fly away success!!

Thank you also to April for the amazing crafting – a basket full of knitted Easter chicks which enchanted everyone on the day. They were Eggstremely popular!!!

The week before Easter Maralyn, Vicky and April sold Raffle tickets for a pound each. They sold out within an hour and a half Lots of lucky children went home with a happy Easter egg.

ALWAYS LOOKING FOR VOLUNTEERS

In recent weeks we are pleased to report that we have had a number of people dropping in to ask about volunteering with us. We are currently developing a programme of introduction for any new volunteers as we continue to expand the services and support we offer to meet local demand. All of our new are given a dementia friends training session to help them understand the illness better.

If you would like to increase the hours you volunteer with us, would like to support other services we provide by volunteering with them, or just know someone who may be able to give just a couple of hours every few weeks, please just ask them to get in touch. Just ring 07452 773788 or email info@dementiafriendlykeighley.org.uk

If you want to know more – why not visit our website www.dementiafriendlykeighley.org.uk

