



# 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](mailto:info@dementiafriendlykeighley.org.uk)

[www.dementiafriendlykeighley.org.uk](http://www.dementiafriendlykeighley.org.uk)

# 07452 773788

Visit our office in:

The Airedale Shopping Centre, Keighley

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), Fridays (10am-1pm) and Saturdays (10am-2pm), offering advice, information and an opportunity to have a chat.**
- **A respite opportunity for carers whilst we provide fun and creative activities for their loved ones in our Respite & Reminiscence group.**
- **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.**
- **A weekly Tai Chi for Health class on Wednesdays 10:15-11:15am at Holden Hall, delivered by qualified instructors.**
- **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 Shared Church Hall, 1:30-3pm.**
- **Events about dementia and fundraising in the local community. Keep an eye on the office notice boards, social media 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.**