

DEMENTIA FRIENDLY KEIGHLEY NEWSLETTER



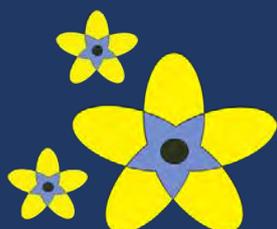
ISSUE 2 JULY 2019

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www.Dementiafriendlykeighley.org.uk



CELEBRATING OUR SUMMER FETE SUCCESS

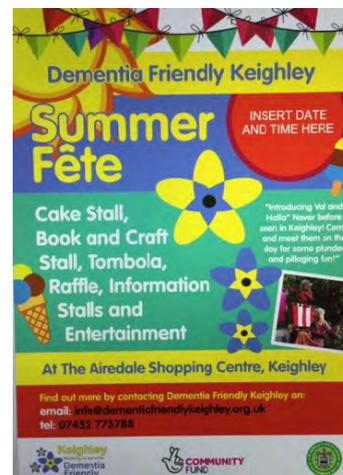
This year's summer fete was a wonderful success and had a truly great atmosphere on the day.

It was a time to celebrate all of our wonderful volunteers who gave their all on the day, not only to raise awareness of dementia and how it affects so many people across all of our communities, but also almost £1,000.

A MASSIVE THANK YOU!!! TO ALL OF OUR AMAZING VOLUNTEERS

We simply cannot thank you enough – indeed the day would not have happened without you!!!

Our team of willing helpers staffed a variety of stalls as well as providing a welcoming cuppa to those in need of a little rest from the excitement of the day, or just a catch up and some quiet time in the DFK office.



PROUD TO WELCOME TWO LORD MAYORS

We are very proud that not one, but two Lord Mayors attended our special day. The fete was declared open by Keighley Councillor Zafa Ali, the Lord Mayor of Bradford along with Keighley Town Mayor, Councillor Corkindale.



For Councillor Ali, the Fete marked his last official engagement of his mayoral year. He was delighted to be present and praised the work undertaken by DFK.

He added "We must all do whatever we can to help raise awareness and give support by donating, volunteering or becoming part of Dementia Friendly Keighley which is doing a splendid job".

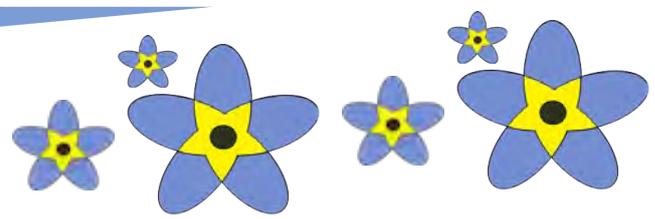
Councillor Ali is not a newcomer to DFK. He has supported us financially with £1000 from his charity fund. He also visited the Drop In at the official opening by Alistair Campbell.

If you would like to volunteer to help at DFK we would love to hear from you.

Just give us a call on 07452 773 788

Or email us at:- info@dementiafriendlykeighley.org.uk

STOP PRESS : 95 New Dementia Friends in 2019



ATTRACTIONS GALORE!

WANDERING ENTERTAINERS



Val and Halla with our DFK Chair Barry Eccles

Amongst some of the treats of the day were bands of wandering entertainers who certainly brought a few surprises along with lots of smiles. Who has ever seen a sloth in Airedale Shopping Centre before? ... And did anyone manage to avoid the pillaging Val and Halla?

THE JOLLY TROLLEY

Presented by Tony Grundy the Jolly Trolley brought music, memories and lots of fun to the fete, along with a stirring memory or two from times gone by!



Sarah, Tony and Maggie enjoying the Jolly Trolley

to

A "living Wheels" entertainment extraordinaire, that is more usually used to create a feeling of fun and festivity in a care home environment by encouraging residents to engage in social activities and reminiscence.

SLOTH TIME, presented by Giddy Kippers

Sloth Time was a big hit! Young and old enjoyed meeting these gentle creatures and getting some big cuddly hugs, especially from the giant three-toed sloth Hibiscus and his best friend baby Dribble; a two toed Sloth looked after by Wilhelmina, (Will), Dawdle

These loveable creatures are the creation of Saltaire based theatre company Giddy Kippers, and on the day were presented to us by Tom, a trained performer, and Bella, a talented artist who put her hand to making both of the amazing sloths as well as her own costume.

Tom is a friend of DFK; he attends the Thursday evening social group at the Brown Cow when he can. He has also joined us at the Singing Teapot, where he played his ukulele and delighted us with his George Formby songs. The pair very kindly took a collecting bucket out with them on their sets and received over £50 in donations. Not such a slow mover after all!

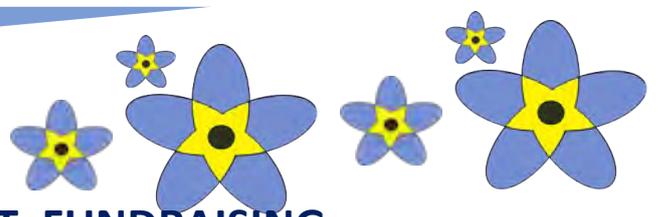


Hibiscus, Dribble and Dawdle

..... AND AN AMAZING ARRAY OF ENTERTAINMENT FOR ALL

Who could have a fete without music, and DFK did that in style this year, welcoming both The Haworth Band and The Haworth Ukulele Group to the main stage to entertain volunteers and shoppers alike. They certainly got a few feet tapping and brought more than a smile or two to the faces of one and all!





AND LAST, BUT CERTAINLY NOT LEAST, FUNDRAISING.....

Whilst the main purpose of the DFK Summer Fete has always been to raise awareness of dementia and living with dementia, it is also always a good opportunity to raise some funds as well. This year we replicated some of the stalls that have already provided us with many a past success and introduced a couple of new ones. Here we celebrate what we did on the day and hope these photos bring back happy memories and a smile or two!!



BUNS, BUNS AND MORE BUNS As always, the array of buns this year were not only amazing, but best sellers. Our helpers on the bun stall were Bernardeen and Chris with Suzie, (Asda's Keighley Community Champion), who were run off their feet with demands from many happy customers.

CRAFTS, BRIC AND BRAC AND BOOKS.....Maralyn and Mavis are pictured having a chat whilst promoting our craft stall whilst Saun and Janice sold an array of bric-a-brac and "new to you" items. Behind them is the book stall run on the day by Roger. (Sorry Roger – you don't seem to have been captured on film)

WISH UPON AN ANGEL..... New this year was the Wish Upon and Angel stall, run by Vicky, who raised a massive £120 in wishes!

TOMBOLA Ever busy, and as successful as always, the tombola, run by Lynn and Carole, provided delight to many of the Airedale Centre shoppers on the day.



DFK POP UP CAFÉ provided a little respite from the main Fete, and a refuge for a cuppa and a chat for those who needed it. The Café also provided hot drinks to grateful volunteers running our stalls. Our thanks go out to Vera, Sue, and Betty, (pictured with Helen), as well as Barbara for keeping the kettle boiling and the biscuits and buns topped up!

A MASSIVE THANK YOU TO YOU ALL!!!!

Once again, we extend a massive thank you to all of our volunteers on the day, (sorry if you were not captured by our roving photographer), as well as all of the back-room workers and those who donated prizes and other items, without whom the day could not have happened. We appreciate everything that you do!!!



INTRODUCING OUR PARTNERS

We are pleased to have been able to welcome a number of our key partners to our Summer Fete and thank them for attending to both support us and promote the services they offer to people living with dementia in Keighley.

Airedale Modality A partnership that operates a number of GP Practices in Airedale. Working with us to improve healthcare provision in general practice and find solutions that will continue to provide high quality care for all.

Alzheimer's Society The UK's leading dementia support and research charity, supporting anyone affected by any form of dementia in England, Wales and Northern Ireland.

Home Instead Working with those in need of personalised home care. Supporting people to remain at home and live within their community, by providing home help, companionship and dementia care.



Alzheimer's Society



Home Instead

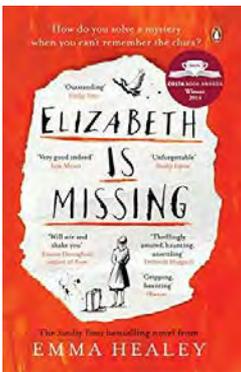


Airedale Modality

NEW REGULAR FEATURE: OUR RECOMMENDED READ

We have already had a few really great suggestions for what to include in our newsletter. If you have one, just let us know! This one was to regularly feature a book review, something that has opened the hearts and minds of anyone wanting to know more about living with dementia. We start with a review of:

Elizabeth is Missing, by Emma Healey.



Provided by Maggie Marsden, one of our founding members and a Trustee of DFK. Maggie says:

"This book is written from the perspective of someone with dementia and really opened my eyes to the thought process that exists as a result of the illness. Whilst reading the book, I laughed, I cried but most of all, I came to a better understanding of the reality of living with dementia".

Meet Maud.... Maud is forgetful. She makes a cup of tea and doesn't remember to drink it. She goes to the shops and forgets why she went. Sometimes her home is unrecognizable, or her daughter seems a total stranger.

But there's one thing Maud is sure of. Her friend Elizabeth is missing. The note in her pocket tells her so. No matter who tells her to stop going on about it or to leave it alone, Maud will not!

Because somewhere, in Maud's damaged mind, lies the answer to an unsolved mystery everyone has forgotten about. Everyone, except Maud.

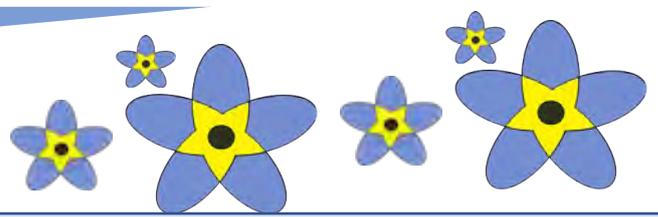
Maggie goes on to provide further insight:

"A 70 year old unsolved mystery lies at the heart of the book. It's not a conventional crime novel, but it certainly is compelling. Maud, is a lady living with dementia. The author has dealt with the subject of dementia remarkably, capturing the associated anxiety, the confusion, frustration and fear. Beautifully written, hilarious at times, heartbreakingly sad at others, whilst maintaining suspense right the way through".

Emma Healey is a wise, intelligent and perceptive writer, "I heartily recommend this book to anyone interested in understanding dementia better and anyone who enjoys a good read"

Maggie Marsden





OUR HEARTFELT THANKS AND A TRULY SAD FAREWELL



The finale of this year's summer fete marked the sad farewell of one of our two founding members, Sandra Kelly. A lady, friend, companion and volunteer who has worked in tireless commitment to found the charity that we now have today, which boasts over 4,000 Dementia Friends and actively supports those living with dementia in Keighley; truly living up to the charity's aim of changing the way we think, talk and act about dementia in Keighley.

We would like to share with you Sandra's words of farewell:

"To all my dear friends at DFK, I would like to thank you all from the bottom of my heart for the beautiful necklace you gave me on my departure from the group. I just love it and will treasure it always.

I cannot tell you how much I miss you all but it was the right time for me to step away. DFK is well established and will flourish even more in the time to come, due to the extremely hard-working trustees, staff and volunteers that you have.



The most inspiring people, of course, are the wonderful people DFK are there to support; those people living with dementia and their carers. You are making a huge difference to them and how they continue to live their lives. I will always be grateful to have played a small part in such a wonderful service that is now being held up as an example to others.

Keep up your great work. Look after each other and please do keep in touch. Much Love to you all". Sandra

NEW TAI CHI FOR HEALTH CLASSES



We are celebrating the success of getting our new Tai Chi Group up and running; adding to the varied range of activities for people living with dementia and provided by DFK.

The classes started on Wednesday 26th June and will initially run for 8 weeks. We hope that it will be very popular! And hope to fund the classes long into the future.

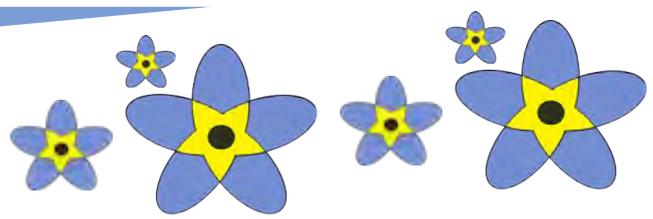
Led by certified instructors, Helen and Philip from Huntun Tai Chi, the sessions provide movement for body, mind and spirit. We know that being physically active and doing regular exercise is beneficial for everyone, including those living with dementia. If you watched the BBC TV programme 'Trust me I'm A Doctor' recently you will have seen how regular practice of Tai Chi can offer a workout as taxing as vigorous exercise such as Zumba.

EXERCISE FOR MIND AND BODY

Exercise, including tai chi, releases chemicals that can stimulate brain growth and so help to keep the brain healthy. In addition, people who enjoy regular exercise have more opportunities to socialise, which can also improve memory and cognition at all ages of life. Philip says:

"Tai Chi today is practised for its benefits as a series of slow, continuous movements that build strength, improve balance and promote deep relaxation. The class is open to anyone with dementia living independently or attending with a carer."





"We welcome people who have not done any exercise or movements like this before. Participants who can walk or stand for short periods or sit upright without support and follow simple instructions will feel the most benefit from these exercises. But everyone is welcome to come along and enjoy the relaxing music and atmosphere."

Where? The classes, held in Holden Hall in Oakworth, begin at 10.15 a.m. and last about an hour.

Interested in Helping? We need two volunteers at each class to support the participants, take a register, provide refreshments etc. If you are interested in helping please contact Maggie on 07971 527525, Helen on 07452 773788 or call in at the Dementia Friendly Keighley office.

Dementia Action Week



DEMENTIA ACTION WEEK MAY 2019

Dementia Action Week ran from 20th to 26th May focussing on working to increase understanding about dementia and connecting those in need to the right support at the right time.

This year two of our Dementia Champions, Roy and Rod, attended an event at the Civic Centre, organised by Airedale Modality Partnership in Support of Carers Week.

Providing advice and information from our DFK information stand, as well as chatting to lots people from our local communities, the event provided a useful opportunity for networking with other organisations, both local and a few farther afield. Roy told us:

"It was a really worthwhile day for connecting with people who had interest in, or personal experience of living with dementia, but also for connecting with other organisations who work to support and improve the health and wellbeing of our local communities. We have made some really useful links and would like to thank Modality Partnership for inviting us to work with them on the day".





CELEBRATING OUR DEMENTIA FRIENDS

In each newsletter we will introduce one of our Dementia Friends; someone who has committed to a one-hour session, provided by our Dementia Friends Champions, that provides an insight into living with dementia as well as the ways you can help to create a truly dementia friendly place to live.

INTRODUCING BEV DICKINSON - WHO HAS SIGNED UP 1,000 SCOUTS

Every three minutes, someone in the UK develops dementia. This means almost all of us know someone affected by dementia. This could be a family member, a customer at your place of work, a neighbour or someone you work with.

Too many people living with dementia report feeling cut off from their community, losing their friendships and facing the condition, and their own future, isolated and alone. That's why Group Scout Leader Bev Dickinson became a Dementia Friends Champion! Bev has been around the Keighley District Scout groups, (and beyond), raising awareness and educating youth Members and adult volunteers about what it is like to live with dementia. Bev told us:

"Dementia is a growing problem and there is still so much that can be done to help those who live with this condition every day, either as a carer, relative, colleague, friend, neighbour, or as someone who has dementia, we are all living with dementia".

She has been inspiring this future generation about what THEY can do to raise awareness, show understanding and use what they know to help others.

