

Newsletter — Sept 25

Hello all

Welcome to the East Riding Alzheimer's newsletter. It's been very busy lately, referrals are increasing, and our team are spending their time flying about the whole of the East Riding trying to support as many people as possible!

So, just to update you, we offer support and information, to people with dementia and those who support them. This service is available by phone, email, virtually and in person.

Keeping In Touch (KIT) calls are offered to people if the need for on-going support is not requested, this is so that 'no one is left behind'.

I'm pleased to say that we have lots of new activities to share with you.

- 1) Following conversations with service users we can now offer singing at Preston
- 2) We have a Dementia Voice group which meets in Bridlington
- 3) Our new Young onset (under 64) group starts in Beverley
- 4) A new project has started to focus on the whole family – called GRACE
- 5) Sally, our Brain Health Dementia Adviser has a sparkly new schedule of Brain Health pop ups
- 6) First of our Road shows to meet the team in Beverley 17th of September

Elaine



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The figures are in! Support we have given in the last year

From 1 March 24 to 1 April 25) **Total annual referrals**

Year 2024 - 2025	All referrals
Existing caseload	202
All referrals	731
Total support	933

Activity Groups

Here is our timetable for letting people know when are where we are.

Please either ring the main number or contact Linda Lee to arrange a visit.

Regular guest speakers to the groups include, Fire Service, Community Police, Fraud watch and several of the East Riding services teams.

'a lifeline', a 'fun afternoon', a 'lifesaver', a 'good place to meet other like-minded people'.



- Hessle, St George V Playing Fields, Hessle Sporting Clubhouse– 2nd Thursday of the month 10.30-12.30pm
- Bridlington Applegarth Court – Last Thursday of the month commencing 1-3pm
- Beverley Minster – Last Friday of the month 1-3pm
- Market Weighton Community Hall group – 1st Thursday of the month 10.30-12.30pm
- Preston Community Centre – 2nd Wednesday of the month 1-3pm (11 - 12.30 singing - 1-3 Activity Group Bring a pack up)
- Willerby Methodist Church – 2nd Friday of the month 1-3pm
- Driffeld Activity Group – 1st Wednesday of the month 1–3pm
- Goole group – first Friday of the month 10.30-12.30
- Withernsea – 2nd Thursday of the month 2.00 – 4.00 The Shores - please ring to confirm attendance in case of any changes

NEWS! Thanks to Mary who asked if we could have a singing group in the Holderness area. So, If you like singing, come along at 11am. Sing for an hour, have some lunch (bring a pack up, or get something from the butchers) and then join our regular activity group 1-3pm

Meet Tarin



Tarin has started a **Dementia Voice** group to gain the views and thoughts of those affected by dementia, and which will feed up to our Senior Leadership teams influencing change and Govt. policies.

Our sessions take place at
Crown Buildings, Quay Road, Bridlington, YO16 4LY

Please join us at the following dates and times

10.30:12.00 Tuesday 7th October 2025

10.30:12.00 Tuesday 10th February 2026

If you have any questions, please get in touch

Name: Tarin Puckering – East Riding Telephone: 07701 262202

Email: TarinMarie.Puckering@alzheimers.org.uk

Another exciting project that we are involved with is the **GRACE** family project – this is around supporting the whole family – teenagers and all! Tarin can answer your questions on this.

East Riding Young Onset Dementia Group

The group is an opportunity for people with young onset dementia to share positive experiences together and influence the development of the group to include a variety of activities or interests that you as members wish to access.

We would very much welcome any ideas or suggestions to make this group as supportive, friendly and approachable to all. The venue is a base for the group to meet and as we develop, we would intend to be socialising in the community.

Our meeting point will be:

Bar/Cafe Area in Parkway Cinema, Flemingate, Beverley, HU17 0PW

Please join us on the following dates from 1pm to 3pm: Thursday 2nd October 2025 Thursday 6th November 2025 Thursday 4th December 2025, Thursday 8th January 2026

If you have any questions, please contact Name: Tarin Puckering

Email: TarinMarie.Puckering@alzheimers.org.uk or mobile: 07708081680

Meet Sally



Sally is our Brain Health Dementia Adviser and will be busy out and about talking to people in our East Riding community about positive brain health, holding regular pop-up events and also working closely with Holderness Health on an exciting new project for those with Mild Cognitive impairment.

Do you know anyone on the Memory Assessment Waiting list? Please invite them to any of the pop ups.

Pop ups

Haltemprice Leisure Centre, 120 Springfield Way, Anlaby HU10 6QJ The second Monday of the month 10am - 1pm

Cottingham Library, Market Green, Cottingham HU15 5QG The last Thursday of the month 10am - 1pm

Hedon Methodist Church Community Hub, Church Lane, Hedon HU12 8EL The first Tuesday of the month. 10am - 12noon

Drifffield Library and Customer Services Centre, Cross Hill, Drifffield YO25 6RG The third Thursday of every month 10am-12noon

The Brain Health Café, Humber Wellbeing Hub, Country Park, Humber Bridge, Hessle, HU13 0LN 10 September, 8 October, 5 November, 17 December 10am – 12noon

Contact us for more information on 01482 211255 or email east.riding@alzheimers.org.uk



Book a FREE place on our Carers Information & Support Programme

We are taking referrals for our Carers Information & Support Programmes for 2025/6. This is for carers who would like to find out more about dementia and support your loved one.

Get in touch now to find out more!

Fire Safety and emollient creams

Would you like a Home Safety Check from the Fire Brigade?

Ring 01482 565333

Visit <https://humbersidefire.gov.uk/>

Or ask us to refer you

Emollient Creams - Do you use any emollient creams?

If so, please ask for advice on this as they can be dangerous when absorbed into clothing or any fabric.

- To use emollient cream safely, avoid naked flames and heat sources like cigarettes and gas stoves, as emollients can make fabrics extremely flammable.
- Change and wash clothing and bedding daily at the highest recommended temperature to reduce paraffin build-up, though it may not be completely removed.
- Use clean utensils to take creams from pots and be mindful of slipping hazards in baths or showers.
- Inform others about your treatment and seek help to give up smoking to reduce risk.

Examples - E45 Cream, Cetraben Cream, Aveeno Cream, and Epimax Cream and others

Local Information

Please note we have a new email for our inbox for East Riding referrals. We previously shared an in box with our colleagues in the Hull team

Email: east.riding@alzheimers.org.uk

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Telephone 01482 211255 (this is an answerphone which is responded to daily)

Service opening hours are Monday to Friday 9-5pm and late night on Tuesday until 7pm (this is flexible and can be booked as required).

Website (www.dementiaeastriding.org.uk)

INVITE

EAST RIDING ALZHEIMER'S SOCIETY ROADSHOW!!

Wednesday 17th September 2025

1.30pm-3.30pm

At Toll Gavel Church, Toll Gavel, Beverley HU17 9AA

Meet our team, have a chat, and a cup of tea/coffee and a cake. 🍰

What's involved...

★ Meet the team! Meet our dementia advisers that work across the East Riding, just have an informal chat or get some help and advice in person. ★

🧠 Good brain health information- find out about reducing your risk of dementia.
Fun activities with Linda, our group facilitator

😊
Reminiscence talk, Herbert Protocol by PCSO Humberside Police, East Riding Carers Support, Your Money, Beverley NHS staff and Social Prescribers, Sirius Home care, Home Instead, Age UK Hull and East Riding, Art Link