

Alzheimer's Society

Leading the
fight against
dementia

Groups and Activities in York For people with dementia, their carers and family

Read and Reminisce Together - York Explore Library

Held on the second Wednesday of the month **10:30 to 12:00**

Dance Café – Nunthorpe Road

Held on the second Tuesday of the month **1:45 to 3:30**

Forget Me Not Memory Café - Tang Hall

Held on the third Wednesday of the month **1:30 to 3:30**

Kirk Memory Café - New Earswick

Held on the first Tuesday of the month **11:00 to 12.30**

Acomb Memory Café - Acomb

Held on the last Tuesday of the month **1:00 to 3:00**

Boccia/Easy Sport - New Earswick

Held on the first Wednesday of the month **2:00 to 3:30**

Younger People's Group - Various venues York

Held on the last Wednesday of the month - time of day may vary in order to accommodate the circumstances of group members.

Singing for the Brain

Monday Morning	10:30 to 12:00	every week Woodthorpe
Thursday Afternoon	1:30 to 3:00	every week New Earswick
Tuesday Afternoon	2.00.to 3:30	1 st & 3 rd of the month Osbaldwick

Groups and Activities in Selby

New Age Kurling – Thorpe Willoughby

Held on the second Wednesday of the month **1:00 to 3:00**

Companions Café – Portholme Methodist Church Hall

Held on the first Wednesday of the month **1.30 to 3.30**

Please contact: York Alzheimer's Society for further details on 01904 567701 or email yorkservices@alzheimers.org.uk

By 'dementia' we mean a group of illnesses that cause a decline in the ability to remember, to learn, to think and to reason.

As a charity, Alzheimer's Society depends on the generosity of the public to help it care, research and campaign for people with dementia.

Registered office: Alzheimer's Society,
43-44 Crutched Friars, London
EC3N 2AE.

Registered charity no. 296645. A
company limited by guarantee and
registered in England no. 2115499

Typical Course programme

- ◆ What is dementia?
- ◆ Understanding behaviour
- ◆ Legal matters
- ◆ Accessing health and social services
- ◆ Benefits information
- ◆ Everyday coping

Would you like to join a course on caring for someone with dementia?

The services we offer are caring and confidential. Whatever your enquiry, we're here to help.

Caring and Coping 2017

Selby & York Services



A six-week free of charge course for carers and family members of people with dementia.

January to March 2017

Dates

6 week free or charge course –
Tuesday mornings from 31 January to
7 March inclusive.

Times

Each session starts at 10.00 am and
ends at 12.00 noon. Refreshments will
be available from 9.45 am.

The course

Each week is a combination of
speakers and group discussion led by
staff and volunteers.

Venue

St Andrew's Church Hall
Church Lane
Bishophorpe
York
YO23 2QG

Transport

Plenty of parking is available in the car
park and in nearby side streets. There
is also a regular bus service (No. 11).

Refreshments

Hot drinks and biscuits will be provided
free of charge.

Further information

Please ring 01904 567701.

Who can attend?

All carers of people with dementia are
welcome to apply, though priority will be
given to those supporting people living
at home. Carers do not necessarily
have to live with the person with
dementia.

Ideally, to gain most benefit we
recommend you attend all sessions.
However, we understand that
circumstances sometimes prevent this
being possible. Please contact us if you
wish to discuss individual situations.

How to contact us

Email us at
yorkservices@alzheimers.org.uk

Find us online at
www.alzheimers.org.uk/york

Write to us at
Alzheimer's Society
York Services Office, IT Centre,
Innovation Way, York Science Park,
Heslington, York YO10 5NP

When phoning you may occasionally
get an answering machine, but please
leave a message – we will get back to
you as soon as possible.

Contact: 01904 567701.

Booking Form – January to March 2017

Name

Address

Postcode

Phone

Email

**Please tick as appropriate
below: -**

Please reserve me a free place.

I cannot attend but please send
me details of further courses.

I am unable to attend and
do not wish to remain on
your waiting list.

**Please return the completed
slip to the address provided or
email us your details.**

Confirmation will be sent as soon
as possible.