

Dementia Forward is North Yorkshire's leading dementia charity, providing support through their helpline and support advisors, and in person at their wellbeing services. Call the Helpline for free confidential advice, on 03300 578592 or visit their website www.dementiaforward.org.uk

Pioneer Projects promotes and improves the health and well-being of individuals and communities using creative arts and celebration. They run specific Arts and Dementia groups in Bentham, Settle and Skipton. Find out more, by calling 015242 62672 or visit www.pioneerprojects.org.uk/

Carers' Resource provides support for carers, no matter what their age, race, religion or needs. For local information and advice and to hear about all their services, call 01756 700888 or visit their website www.carersresource.org/ Carers' Resource also has a Carer Advice Line on 0808 50 15 939.

Age UK North Craven aims to make later life a fulfilling and enjoyable experience, reducing isolation and loneliness, providing the right support at the right time for older people throughout North Craven. For more information, call 01729 823066 or visit www.ageuk.org.uk/northcraven/

North Craven Dementia Support

Your guide to services and activities for people with dementia, and their carers, in the Craven area. These organisations will also be able to signpost you to other activities local to you.





Tuesday

Time Together Tuesday, St John's Church, Settle, 1.30pm to 3.30pm.

An afternoon of tea, cake and good company.

Tuesday Hub Club, 10am to 3pm, Gargrave. A day service for people with dementia. Call 03300 578592 for more information.

Friday

Friday Hub Club, 10am to 3pm, Settle. A day service for people with dementia. Call 03300 578592 for more information.

Monday

Making Connections, 10.30am to 12.30pm at Looking Well Studios, Bentham. A fun arts activity group with refreshments.

Tuesday

Making Connections, 10.30am to 12.30pm at The Place, Settle.
A fun arts activity group with refreshments.



Monday

Monthly Carers' Group, 10.15am - 12.15pm at Pioneer Projects, Bentham.
This takes place on the first Monday of the month. For relatives and carers of anyone with dementia.

Monday

Lunch Club— Golden Lion, Settle

Wednesday

Coffee and Chat—10.30am to 12pm at The Place, Settle

Please note: All welcome—these sessions are not Dementia specific, please contact Caroline Wilson for more information