**‘*Dementia Together’***

Special event to mark the first year of York’s Dementia Strategy.

**Monday 25th September**, New Earswick Folk Hall 10.00am – 4.00pm

**Thursday 28th September**, online 9.00am – 4.15pm

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| **Preventing Well**  “The risk of people developing dementia is minimised" | **Diagnosing Well**  “Timely accurate diagnosis, support plan and review within the first year” | **Supporting Well**  “Access to safe high-quality health and social care for people with dementia and carers" | **Living Well**  “People with dementia can live normally in safe and accepting communities" | **Dying Well**  “People with dementia die with dignity in the place of their choosing" |

**York residents, professionals and volunteers across all sectors are welcome.**

**Key for events**

**RECOMMENDED FOR ALL**

**RECOMMENDED FOR CARE GIVERS AND PROFESSIONALS**

**FOR PEOPLE WITH DIAGNOSED OR UNDIAGNOSED DEMENTIA AND THEIR FAMILIES AND/OR CARERS ONLY**

**Mon 25th Sep – click here:** [New Earswick Folk Hall – A Place for Meeting](https://newearswickfolkhall.com/) *(Fully accessible venue with signage, plenty of free parking, including four disabled bays, on the no 1 bus route too)*

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| **TIME** | **VENUE/EVENT** | **DETAIL** | **BOOKING INSTRUCTIONS** |
| **10:00 - 10:15** | **New Earswick Folk Hall**  **Orchard Hall**  Opening speeches. | Welcome and introductions from the Dementia Together Delivery Group. | **No booking required** |
| **10:15 - 10:45** | **New Earswick Folk Hall**  **Orchard Hall**  Music from “Singing for the Brain” – Alzheimer’s Society. | Singing for the Brain groups bring people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment – come and join! | **No booking required** |
| **10:30 - 16:00** | **New Earswick Folk Hall**  **Orchard Hall**  Dementia strategy engagement, information, and advice marketplace. | Come and talk to all our partners, such as, Adult Social Care, Health, Dementia Forward, York Alzheimer’s Society, plus many more. See Live Well York for further details on who is attending: [https://www.livewellyork.co.uk](https://www.livewellyork.co.uk/information-and-advice/clinical-health-and-adult-social-care/dementia/) | **No booking required** |
| **09:00 -10:30** | **New Earswick Folk Hall**  **Bramley Room**  Workshop; The Effects of Delirium and Dementia. | This is a session to raise awareness around symptoms of delirium for a person living with dementia, and to look at preventative strategies. Run by York Hospital Trust Admiral Nurses it is aimed predominantly at care givers, but other interested people are welcome. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/delirium**](https://www.eventbrite.com/e/the-effects-of-delirium-and-dementia-tickets-713032267707?aff=oddtdtcreator) |
| **10:45 -12:45** | **New Earswick Folk Hall**  **Bramley Room**  Positive Approach to Care training (PAC). | This is a dementia skills-based workshop led by Sonia English, an Occupational Therapist with Advanced Clinical Specialist in Dementia & Frailty who is also a PAC™ Certified Trainer.  In this session you will learn the difference between normal ageing processes and dementia brain changes. You will learn about approach, communication styles, useful practical skills, de-escalation techniques, self-awareness….and more!  If your role involves providing any hands-on support or communication for a person living with dementia, then this is the course for you! | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/PAC**](https://www.eventbrite.com/e/positive-approach-to-care-training-pac-tickets-713044594577?aff=oddtdtcreator) |
| **13:00 -13:30** | **New Earswick Folk Hall**  **Bramley Room**  ***‘Keep Moving’*** Seated dance and stretch class taster by York Learning. | Join Linda for this all-inclusive friendly exercise class aimed at helping improve your health and wellbeing in a friendly, social, and relaxing environment. This group usually runs at Marjorie Waite Court. Linda the instructor aims to make all participants welcome, encourages them to listen to their own body, and work within their preferred range of movement and pace – come long and give it a try! | **No booking required, just enquire at the welcome desk on the day for a space.** |
| **13:45 - 14:15** | **New Earswick Folk Hall**  **Bramley Room**  Support for Carers in York. | Come along and hear about the support offered by City of York Adult Social Care Specialist Carers team, York Carers Centre, York Alzheimer’s Society and Dementia Forward to people caring for those living with dementia in the City. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/support-for-carers**](https://www.eventbrite.com/e/support-for-carers-living-in-york-tickets-713564870737?aff=oddtdtcreator) |
| **14:30 - 15:30** | **New Earswick Folk Hall**  **Bramley Room**  ‘Musical Connections’ taster. | Join the local 'Musical Connections' group for a free taster session to experience the benefits of making music together. Musical Connections is a small, local charity working across York to empower people to live happier and healthier lives through music. The sessions are open to everyone, and every range of ability is catered for in their person-centred approach. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/musical-connections**](https://www.eventbrite.com/e/open-musical-connections-session-tickets-713055306617?aff=oddtdtcreator) |
| **15:30 - 17:00** | **New Earswick Folk Hall**  **Bramley Room**  York Learning  Arts & Crafts taster. | Making Arts and Crafts course encourages people to "have a go" at a wide variety of art and craft techniques within a safe and supportive environment. There will be time to practise, explore and develop new skills, taught to you by our tutors. | **No booking required, just enquire at the welcome desk on the day for a space.** |
| **09:00 - 10:30** | **New Earswick Folk Hall**  **Russet Room**  ‘Promoting Choice’ workshop. | Presented by Chris Charters, specialist palliative care social worker from St Leonards Hospice, this session will discuss the importance of enabling everyone to have their choices respected as they approach end of life care. The session will cover a person’s legal options, Advance Care planning, Mental Capacity Act, arranging care and Hospice support. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/promoting-choice**](https://www.eventbrite.com/e/promoting-choice-workshop-tickets-713569986037?aff=oddtdtcreator) |
| **11:00 - 16:00** | **New Earswick Folk Hall**  **Russet Room**  iMUSE taster sessions. | Come and join the Accessible Arts and Media team to trial their wonderful iMUSE therapeutic multi-sensory experience which promotes relaxation through vibration, sounds, music, and visuals. ​iMUSE has proven to be very beneficial for a wide range of people including those living with dementia. It can help to reduce anxiety and enable people to connect with the world around them. The taster sessions are usually run on a 1-1 basis; ​however, family members or supporters are welcome to attend where space is available. Come along and enjoy the experience for free on this day <https://www.aamedia.org.uk/our-projects/imuse/> | **No booking required, just enquire at the welcome desk on the day for a space.** |

**Thursday 28th September 2022 - Online events.**

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| **TIME** | **VENUE/EVENT** | **DETAIL** | **BOOKING INSTRUCTIONS** |
| **09:00 – 09:45** | **Online**  **Ms Teams**  Supporting People to Live Well with Dementia. | This 45-minute question and answer session with local G.P; Dr Kimberling is aimed at people living with dementia and their carer and families to help understand what changes to expect, and what you can do to better physical health and overall quality of life. Professionals and volunteers are also welcome. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/QA**](https://www.eventbrite.com/e/qa-supporting-people-to-live-well-with-dementia-dr-daniel-kimberling-tickets-712894555807?aff=oddtdtcreator) |
| **10:15 – 11:30** | **Online**  **Ms Teams**  Updates from Dementia Forward. | Come along and hear about all the support Dementia Forward provide to residents living within the City of York. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/DementiaForward**](https://www.eventbrite.com/e/updates-from-dementia-forward-tickets-712946130067?aff=oddtdtcreator) |
| **11:45 - 12:45** | **Online**  **Ms Teams**  Updates from York Alzheimer’s Society. | Come along and hear about all the support York and Selby Alzheimer's' Society provide to residents living within the City of York. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/Alzheimers**](https://www.eventbrite.com/e/updates-from-york-alzheimers-society-tickets-712975708537?aff=oddtdtcreator) |
| **13:00 – 15:00** | **Online**  **Ms Teams**  Community Spotlight on Dementia Support. | Online marketplace event for those unable to attend the in-person city wide information events. Hear from Adult Social Care, Dementia Forward, York Alzheimer’s Society, Dementia Research, The Admiral Nursing Team, Cognitive Rehabilitation, Older Persons Specialist Housing and more! | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/community-spotlight**](https://www.eventbrite.com/e/community-spotlight-on-dementia-support-in-york-tickets-712983762627?aff=oddtdtcreator) |
| **15:15 – 16:15** | **Online**  **Ms Teams**  Brief Introduction into the Principles and Importance of Advance Care Planning (ACP). | We want to ensure that all people living with dementia have the opportunity to discuss advance care plans at each stage of their journey and that family members, professionals and volunteers also understand the benefits of putting plans in place.  Presented by a specialist palliative care social worker from St Leonards Hospice, this session will introduce the concept of Advance Care Planning, explain its use and importance in empowering people to make decisions about how their future care needs are met. | **Click this Eventbrite link below to register:**  [**https://www.eventbrite.com/ACP**](https://www.eventbrite.com/e/introduction-to-the-principles-and-importance-of-advance-care-planning-tickets-712999248947?aff=oddtdtcreator) |

**PLEASE CONTACT HELEN ROWAN ON 07747568107 IF YOU HAVE ANY DIFFICULTIES BOOKING ON TO THE SESSIONS OR EMAIL helen.rowan@york.gov.uk**