

A GOOD LIFE WITH DEMENTIA
EAST RIDING 2022

OUR FULL RESOURCE PACK

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Introduction:

This post diagnostic resource pack came out of the delivery of the Good Life With Dementia course, a post diagnostic course which itself was created and delivered BY people living with dementia in East Riding FOR people living with dementia in East Riding. This is the third such co-produced course over the last 12 months.

The course answered the many questions that people recently diagnosed with dementia had about their diagnosis, about the future, about the implications of it on their lives and relationships; and on their confidence and their rights to continue as valid and valued members of their neighbourhoods and communities.

We knew it would answer the questions people had because it was put together by local people with dementia sharing the key messages they wanted to give to people going through diagnosis, drawing on their own experience having gone through that same local process. Who better to learn from than those who have been there and got the T-shirt. The creators and 'tutors' on this course had all 'graduated from earlier Good Life courses and had stayed on as members of the East Riders peer group.

As well as key important local information and numbers to contact gathered from the course, it contains a powerful 'manifesto' of what local people with dementia expect and demand; a list of what was learnt on the course; and the invaluable 'must read' insight into 'what my dementia means to me'.

Local services and providers have requested this updated resource, having benefitted from sharing our outputs from earlier courses. They realise that, however well-intended, much of the information they currently provide themselves has been created by them for others – essentially a best guess.

This resource has again been created by and with people living with dementia themselves, and has been born of their real experiences. The Good Life course in East Riding has also led to the expansion of a new group of peers with dementia, who are now meeting regularly – the East Riders! Thanks to the forward-thinking collaboration from across health, social and third sector across East Riding, we hope to co-produce more Good Life courses – and consequently more groups of peers who can form a growing network of active engaged people with dementia across the region.

A GOOD LIFE WITH DEMENTIA THE COURSE OUTLINE:

WEEK 1

Getting to know each other!

A chance to meet each other and to share our stories – about our lives and about receiving a diagnosis. Also an opportunity for you to share what you hope to discover on this course

Key message: There IS life after a diagnosis of dementia

WEEK 2

What is my Dementia

Sharing what dementia means to us. A chance to talk about the symptoms we experience, what might be happening in the brain and to share some tips. Also, a space to talk about the reality of dementia rather than what might be in the text books!

Key Message: It's NOT your fault!

WEEK 3

Emotional Support – with our nearest and dearest

The impact of dementia on our relationships, the importance of talking.

Key Message: Living with dementia - It's a two way street

Half term break!

WEEK 4

Other People

A chance to look at encounters with the world around – eg in the world of work, in the shops, leisure time, holidays, driving. With a special focus on welfare benefits today

Key message Always look for the smiling faces



WEEK 5

Looking after ourselves physically

A chance to talk about the benefits of movement, stretching, balance and activity and to be put through our paces!

Key Message: If you don't use it, you lose it!

WEEK 6

What's out there - Planning for the future

A chance to share information about services, resources, and groups and how they might meet YOUR needs. A special focus on opportunities to take part in research.

Key Message: We shouldn't have to fit into services. They should fit in with us!

WEEK 7 (to coincide with the regular East Riders meeting!) **with EVERYONE!**

Celebration and What next?

A chance to look back and to celebrate all we've learnt and discovered. What and where to next?

Key message: Onwards and upwards!

From all involved in the shared learning experience of...
A GOOD LIFE WITH DEMENTIA May – June 2022

Our Manifesto

What YOU and OTHERS need to know about how we feel.

- *'dementia has shaken my confidence and I feel quite vulnerable'*
- *'I try to keep doing what I can. I need to still be creative'.*
- How long our dementia will last is a mystery! **We all agreed 'I'd rather not know'**
- *It's been fabulous coming here. I was feeling more sorry for myself than I'd admitted to myself. It's been really uplifting – a light at the end of the tunnel'*
- Maintaining our sense of identity and purpose is a huge effort. That's not fair – **and it's not our fault.**
- Dementia can make us feel awkward and on our guard. *'living with dementia sometimes means just putting on a brave face, to avoid feeling ridiculed.'*
- We all recognise the baggage that dementia can be for families. It's important to be able to put down that baggage on occasions to enjoy each other for who we are!
- Our biggest complaint about living with dementia is how the world around treats us.
- It sometimes only takes a few adjustments from people around us to ensure we still CAN get around, we still CAN find our way etc.

Please don't rub it in!!

- We don't feel brain cells dying in our head, our families often point out problems. **'I've just told you that!'** Please don't rub it in!
- *'I struggle when being questioned and then struggle getting the answer right'.* Please don't rub it in!
- We agree with wise counsel of *'Just tell me you love me and remind me if I've forgotten to put my trousers on!'* Please don't rub it in!
- My dementia, *'it frustrates the pants off my wife'* but dementia is nobody's fault. Please don't rub it in!
- So, what if we get things wrong? We have a cognitive impairment! yet are often expected to not make mistakes. Please don't rub it in!

Phrases that don't really help.

- *'I've told you 110 times already'* doesn't fill you with confidence to ask again.
- *'they're telling me something I haven't hear before so it just makes things more confusing.'*
- *'They are not the person I married'*, 'Who IS the same person as on their wedding day?' – We all change!

Finally, a reminder

- **We shouldn't have to fit into services. They should fit in with us!**
- Take us by the hand and introduce us to new people or groups or services. Don't just signpost! – (it's known as a 'warm' handover – sounds a bit creepy but don't just leave us high and dry!)

What we learnt

About dementia

- We thought that people with dementia were 'doolally' - we're not!
- Dementia is an unwelcome guest but it's *'just a silly label you've been given by other people'*
- Despite the dementia, *'you've gotta live with what you've got!'*
- We are baffled as to why and how it has targeted us. Dementia does not discriminate.
- Dementia is *'a breakdown somewhere in the brain'* which is a great description coming from an engineer!
- Put simply it is death of brain cells. It is progressive so it is currently not curable. However, you have over 100 billion brain cells! So *'We've got plenty left!'* so life goes on!
- dementia *'It's not like feeling poorly'*.
- dementia can affect much more than memory – it can affect our balance too and our vision. *'I find it hard to see the kerb on occasions'* in fact dementia can affect all our senses.

On our attitude⁴

- *these things come along and you go with the flow. It's about adjusting to the new reality'.*
- *I just carry on. I don't let dementia make me think I can't do things. I'm still me!'*
- Co-production is doing things together – *that's what we do!*

On health,

- it's important to move more and sit less! Use it or lose it!

Even though there are losses with dementia they can be compensated

- *'I know I've got problems (I forget things) but my hubby is my memory'.*
- *a bead counter helps me keep score on the golf course*

What the course meant for us:

It's nice meeting people. I could have got a lot of info from a book, but this is a far better way to learn and share.

Great, Everyone is so friendly.

Fine, Everyone is so friendly and 'a lovely occasion'

Great to be with others in the same boat and encouraging to see how we're all coping

Enlightening . It's a good thing to help. It's hard to come to terms with it but seeing others so confident grows my confidence.

It's been a terrific uplift. I realise it isn't just me. That's increased my confidence to 'reinstate myself' and to speak to other people.

The East Riding Good Lifers June 2022

WHAT DOES MY DEMENTIA MEAN TO ME? – BOB LONG 2021

Hmm! That's a big ask!

My first thought (after, of course, considering that, in spite of my 'inner wishes', I have to acknowledge a diagnosis of dementia!) was that, progressively, I have become less able to be as 'comfortable' in respect of making proactive positive decisions. Hence I am more inclined to 'withdraw' in circumstances where once I would have offered a response around personal feelings, advice, opinion, thoughts, reflections, perhaps counselling.

I suggest that may be an 'outcome' of a long and very happy Primary School career! My teaching 'mantra' was, simply, *'when you speak I will listen, I respect what you say'*. (This is a line from our school song 'This Is Our School' which was sung regularly.

**My words set to music by a very talented member of staff.*

Anyway, I have now had enough experience of personal 'inappropriate' behaviour to recognise that I need to be a careful listener before I respond to other people's thoughts, ideas, passions, decisions etc. before 'expounding' my views! I guess that, generally, (Sue may not agree!) this is why I 'walk behind', not necessarily in fear of my own integrity (and personal wellbeing) but, (this is a hopeful 'belief!') that I don't embarrass the company around me! I suppose, to some extent, that's a 'cop-out' and, on reflection, enhances the 'analysis' and definition of my dementia.

Who is kidding who?!

And the positive? Mmm! Not many in terms of returning to the 'old' Bob! However, certainly since I've 'come out' (!?) I am more easy on myself and the 'understanding' displayed by my family and friends has 'soften' and grown!

Certainly there are 'bad, sad' bits and, in respect of the times I 'default', I am always later aware of its effects on and responses from my loved ones (*so sorry Suzie; your patience is incredible!*) when the 'clouds' roll over and I lose my 'me'! That 'me' is now much too often! From the simple *'where did you put it?'* to the *'that's got to be done again!'*

Anyway, that's my 'today' reflection. It's been 'cathartic' in terms of 'emptying my head' and, having read it to Sue (and her not sending me off to try again!) I am happy to have shared it with you.

I'm still Bob. Just be patient, tell me you love me and, politely, remind me that I've forgotten to put my trousers on.

Thank you. Bob.

Welfare rights, entitlements and support

For all welfare rights advice in East Riding, the first number to dial for detailed information and advice is:

The East Riding Welfare Visiting Team on their direct line 01482 394633

Christine Craven who spoke so brilliantly at our Good Life course is happy for you to contact her direct here:

Chris Craven Chris.Craven@eastriding.gov.uk

Direct line- 01482 394751

Christine and the Welfare Visiting team are happy to come out to you. They can do a complete welfare benefits check and can let you know about a whole host of useful information and resources

Here is a summary of Christine's information shared with us:

If you are at the age of receiving your pension and you have dementia:

Then you are entitled to **Attendance Allowance**.

(AA – either lower rate £60 or higher rate £89.60/week) From April 2022 low rate will be £61.85 per week and high rate £92.40

If you are younger (not receiving your pension): Then you are entitled to

Personal Independence Payments (PIP)

PIP also has a lower and higher rate. The 'Daily Living' elements are either **£61.85 or £92.40 per week** (the same rates as attendance allowance)

PIP **ALSO** includes a payment for mobility needs at two rates:- **£24.45 standard rate and £62.55 enhanced rate**

If you are on PIP and reach retirement age you remain on PIP. You do not switch to Attendance Allowance.

Both AA and PIP are NON-MEANS TESTED. Christine's team can help you set the ball rolling with the Department for Work and Pensions. (DWP)

- They are both long forms and ask you to report on all the things you need help with.
- You **SHOULD** get awarded either of these because of your diagnosis.
- It is important to mention all the right 'buzzwords' around needing attention and support.
- If your claim is declined you must appeal within 1 month and you need to ask for a '**reconsideration**'

Once you are awarded either AA or PIP you are entitled to a council tax disregard on the grounds of 'severe mental impairment'.

- If you are part of a couple you receive 25% discount.
- If you live on your own you receive 100% discount
- If there are more than 2 adults in the house, you receive no discount.

If you get the mobility component of personal independence payment (PIP).

You should be able to get a **50% discount on your car tax** if you receive the STANDARD mobility element.

You could get a **full exemption** if you receive the ENHANCED mobility element.

In both these cases it is only if:

- The vehicle is registered in the disabled person's name or their nominated driver's name.
- It is only to be used for the disabled person's personal needs.

You still need to tax the car but it will be at a reduced rate.

Unfortunately, there is no mention of Attendance Allowance been a qualifying criteria

<https://www.gov.uk/financial-help-disabled/vehicles-and-transport>

Your care partner may be entitled to Carer's Allowance (£67.70/week)

They need to be earning less than £128/week and be caring for at least 35 hours/week.

If they're already drawing a pension then they will not be able to receive their carer's allowance as essentially these are both wage substitutes and you can only have one.

<https://www.gov.uk/carers-allowance>. The welfare visiting team can complete this form for you

Other sources of support:

- **If you use a wheelchair indoors:** you can be moved down a band in your council tax (this is a 'disablement band reduction') The welfare visiting team can complete this form for you
- **If you tell your energy supplier about your diagnosis:** They can give you a 'Priority Service' – eg they will get in touch direct in the event of repair works or a power cut.
- **If you tell Yorkshire Water about your diagnosis:** they can cap your rate for you if you are having to use more water than usual.

<https://www.yorkshirewater.com/bill-account/help-paying-your-bill/> or
telephone 0345 1 299 299

- **If you are in receipt of Pension Credit** (Christine's team can help check for this) **and you are over 75**: you qualify for a free TV license. The welfare visiting team can complete this form for you.
- **If you need a smoke alarm**. Christine's team can help make a referral to the fire service who will come fit new alarms for you.
- **Other referrals the Welfare Visiting team can make for you:**
Social prescribing teams who can help you access a range of groups/activities
Occupational Therapy (OT) who can assess your environment and arrange fitting of ramps, grab rails and order mobility aids and other equipment (up to a limit of £1000 a time)
A wheelie bin pull out service (needs no explanation!)

Contact the East Riding Council for the following services

- **Yourswitch**. Romney Clayton (01482 395380) at the Council can help negotiate for and help you switch to better Gas and Electric services
- **Blue badge scheme**. Doesn't matter how fit you are if you can't see or remember where you've parked your car! You have a right to apply though that does not guarantee success! The Council website states the following about hidden disabilities:

'Due to the nature of non-visible (hidden) conditions, we will assess your application by looking at your needs and you will be expected to provide evidence, such as a diagnosis letter, appointment letters, prescriptions or a care plan'

<https://www.eastriding.gov.uk/environment/roads-streets-traffic-and-parking/parking/blue-badge-parking-permits/>

- **Lifeline service**: <https://www.eastriding.gov.uk/living/care-and-support-for-adults/help-to-live-at-home/staying-independent-at-home-lifeline-and-responder-service/>

Information on the process of reporting to the DVLA.

Key steps from the Government <https://www.gov.uk/dementia-and-driving>

1. You **MUST** tell DVLA if you have dementia

This does NOT mean you automatically lose your license. You let them know by filling in the CG1 form

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/777292/cg1-medical-questionnaire.pdf

Return this by post to: **Drivers Medical Group DVLA Swansea SA99 1DF**

2. The DVLA will get back to you

They should get back to you within 6 weeks and they may:

- Contact your doctor or specialist
- Arrange for you to be examined
- Ask you to take a driving assessment, eyesight or driving test.

3. They will decide one of the following

- a) you need to get a new driving licence
- b) you can have a shorter licence - for 1, 2, 3 or 5 years
- c) you need to adapt your car by fitting special controls
- d) you must stop driving and [give up your licence](#)

4. If you disagree with DVLA

You can write to DVLA at **DM Business Support, D7, DVLA, SA99 1ZZ**

You must provide

- relevant information that was not included originally
- proof that you meet the required standards for driving
- the reference number from your decision letter

5. If you want to appeal the decision

You can contact your local magistrates court within 21 days.

You may want to [get legal advice](#) before you appeal - you might be able to get [legal aid](#) to pay for it.

You must tell DVLA in writing if you choose to appeal here:

DVLA, Drivers Medical Group, Swansea SA99 1DF

Research

Research is so much more than laboratories and test tubes. It is about living your best life. If you'd like to be made aware of any local research projects please contact the brilliant **Pretha**. Email Pretha Pretha.Koshy@nhs.net or Contact her team on: 01482 301726 or HNF-TR.ResearchTeam@nhs.net

To watch the short animation that Pretha mentioned about participating in research follow this link: https://www.youtube.com/watch?v=3yI8Ax3g_0M

Pretha also told us of a session being hosted by **Wendy Mitchell** and the research team on Tuesday 19th July at 10.30-12.30. Wendy will be talking about her life with dementia. It is a meeting on the computer and you can sign up to it here:

[Session | NHS Humber Recovery and Wellbeing College \(humberrecoverycollege.nhs.uk\)](https://www.humberrecoverycollege.nhs.uk)

Join Dementia Research

You can also sign up to a national database – a sort of research dating site! – called Join Dementia Research.

It's a place to register your interest in taking part in vital dementia research. you can sign up or register by phone here:

<https://www.joindementiaresearch.nihr.ac.uk/>

The site contains information on current studies happening nationally and in your area and also provides stories from people's experiences of taking part in research studies.

The Living With Dementia Toolkit

<https://livingwithdementiatoolkit.org.uk/>

This is a great new resource very much aimed at people living with dementia. It all came out of the 7 year long long research programme called the IDEAL study. It has 5 themes:

- Stay safe and well
- Stay connected
- Keep a sense of Purpose
- Stay active
- Stay positive

To make it easy to start you can click the 'how are you feeling today?' button to find some material to match your mood – Genius!

What's out there in East Riding? Groups, activities, resources.

Check out **the Beverley Cherry Tree Community Centre**

They – can help with completing benefit forms and all advice around money, welfare rights, housing.

Via appointment at <https://www.ctca.org.uk/what-we-do/free-advice/>

Carers' support Beverley

The Carers Centre, 18 Wednesday Market,
Beverley, HU17 0DJ
0800 917 6844

<https://www.nhs.uk/services/service-directory/east-riding-of-yorkshire-carers-support-service/N10498956>

If you are an adult who supports an adult, then you are a Carer.

For information, advice and support please contact
the East Riding Carers Support Service on

Tel: 0800 917 6844 / (01482) 396500 Email: Ercarers@eastriding.gov.uk

Hidden Friends Hornsea.

Meet regularly.

A Dementia Support project sponsored by Hornsea Town Council.
New members are welcome.

If you are interested please contact Angus Robinson

Tel **01964 534882** or

Email angus@angusw.net

The East Riders

We are a new group of peers living with dementia across the East Riding. We currently meet monthly at the Peter Harrison Community room at the side of Beverley Minster.

For more information email Damian@myid.org.uk or call Damian on
07927 405 854

Butterflies

The Butterflies Memory Loss Support Group has about 80 members. They enjoy monthly social gatherings, singing, walking and community events. There is a Tuesday Men's lunch club in Central Hull and a Cottingham Butterflies group in Hallgate Methodist Church

For info on all these groups and more about Butterflies contact
3rd Floor, Stonefield House, 16-20 King Edward Street, Hull
Tel: 07821 519212

Info@butterflies.org.uk or look at the website <https://www.butterflies.org.uk/>

Dementia Forward

Services in East Riding take place at:

Ballerina house, Feoffee Common Lane, Barmby Moor, YO42 4DE
Local Dementia Support worker: Sarah Vernon
sarah.vernon@dementiaforward.org.uk

For more information on any of these

Tel: **03300 578592**

Email: info@dementiaforward.org.uk

Website: www.dementiaforward.org.uk

A Community Coffee Morning

Every Friday 10:30-12:30 (except bank holidays)

A Hub Club

This is a day centre.

They would like you to feel relaxed and comfortable, surrounded by good company
They aim to organise activities that mean something to you – whether that's something you enjoy or want to try as new.

There are also games, crafts, poetry, local history talks and also use of the outdoor space as well as guest visitors.

Staffed by trained facilitators and volunteers.

Open: Mon- Fri 10am - 3pm

Cost: £35 /day including transport if needed. Bring your own packed lunch.

Alzheimer's Society

If you would like to talk to a Dementia Adviser or a Dementia Support Worker please ring **01482 211255** and leave a message or email hulleastriding@alzheimers.org.uk

You can also contact Caroline.Brown@alzheimers.org.uk who came to see us on the course.

Brain Health sessions are at various venues around the East Riding and are run by Sam Watson, Brain Health Dementia Advisor

Email: Samantha.watson@alzheimers.org.uk or call 07518 299384 for more detailed info

They also facilitate a **Carers Information and Support Programme** (CrISP for short). This is for carers of people living with dementia and is a four week course of two and half hours per week. The course runs approximately every three months.

Activity Groups in East Riding

8 monthly activity groups taking place across the East Riding. Please see the page below with upcoming dates.

Nationally Alzheimer's Society offers

- **Dementia Connect Online support**

This provides tailored support online, available 24 hours a day.

<https://dementiaconnect.alzheimers.org.uk/>

- **Talking Point**

Dementia Talking Point - a free national online community available 24 hours a day, where you can ask questions, get information and share practical tips with people who understand.

Join the community at www.alzheimers.org.uk/talkingpoint

- **Dementia Voice**

Dementia voice offers opportunities for people with dementia to use your personal experiences to help shape the work that Alzheimer's Society does. It is also often referred to as 'user involvement'. To find out more visit:

<https://www.alzheimers.org.uk/get-involved/dementia-voice/what-is-dementia-voice>

- **Dementia Together magazine**

A national magazine with real-life stories and the ideas packed into every issue that will help you to take action to make a difference. <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together-subscribe>

Access to Health and Leisure programmes

For any information about accessing health and leisure programmes contact the wonderfully helpful Nicola at nicola.parker@eastriding.gov.uk or Sarah at Sarah.johnson@eastriding.gov.uk

By asking for a referral to a health programme via your GP practice you can get any of the following:

- 10- week exercise programme for East Riding residents for any medical condition. These cost £33. As a 'graduate' of that programme you can then access Premier East Riding Leisure membership for £23 per month and that gives you access to all the pools, classes and gyms!
- Live Well weight management programme
- HOP getting fit for operations programme.
- The 6-week ESCAPE PAIN management programme. – this one costs £19.80 but you can also get the graduate rate premier leisure pass after that too.

For Cycling, walking football, walking netball – or just walking!

You can check your local library or online at the **Active Coast Facebook page** <https://www.facebook.com/activecoast> – It covers events and activities along the East Riding coast, one off events, beach yoga, beach cleans, sand and stone art, beach festival etc.

The **Active Towns** site <https://www.activeeastriding.co.uk/active-towns/> covers projects in Goole, Pocklington, Howden, Market Weighton – supporting residents to be physically, mentally and socially active

or

At the **Active together** site, there are some useful videos many simple exercises: <https://www.activeeastriding.co.uk/active-together/videos/>

East Riding Health and Wellbeing service website contains information that is being constantly updated around activities across the region

<https://eastridinghealthandwellbeing.co.uk/> including local and national services, alongside social sport and support groups to help you thrive in all areas of life!.

For more info **email** Laura.hutchinson@eastriding.gov.uk or Sarah.Johnson@eastriding.gov.uk

You can see the 'Walking for Health' programme here

<https://www.eastridingleisure.co.uk/health/walking-for-health/> or

For more information call or visit your local East Riding Leisure centre or contact Laura at laura.hutchinson@eastriding.gov.uk on (01482) 392527

For any information about accessing health and leisure programmes contact the very helpful

Andrew andrew.march@eastriding.gov.uk

Debbie Debbie.Lowe@eastriding.gov.uk or

Sarah Sarah.johnson@eastriding.gov.uk

Co-production in the East Riding

Peter Measures is creating a directory of 'what is out there' for people with dementia across East Riding – we will share that as soon as it's released!

In the meantime if you want to ensure that services fit you rather than the other way round you can contact Peter here:

Email: peter.measures@eastriding.gov.uk

Or call 07866987824

Social Prescribing Link Workers

Social Prescribing is anything non-medical you get from your GP practice – like a place on the Good Life course, for example!

To contact a local link worker or make an appointment, you can:

- call in to your GP . every GP practice has a social prescriber attached to it.
- call free on **0800 9177752** or
- email hnf-tr.socialprescribing@nhs.net

YOURHealth – Lifestyle, Wellbeing and Prevention Service

The social prescribers form part of the YourHealth team as do health trainers and wellbeing coaches. A particular service they can provide is the Getting Along programme that supports couples (or any caregiving partnership) to avoid a lot of the traps that dementia sets within relationships.

Call: 0800 9177752

Email: HNF-TR.Healthtrainers@nhs.net

Hull & East Riding Alzheimer's Society Activity Groups in the East Riding – 2022

	Drifffield	Preston	Market Weighton (Musical activity)	Hessle	Bridlington	Willerby (Musical Activity)	Beverley (Musical Activity)	Goole
When	1 st Wednesday of the month 1.00 – 3.00pm	2 nd Wednesday of the month 1.00 – 3.00pm	1 st Thursday of the month 10.30am-12.30pm	2 nd Thursday of the month 10.30am - 12.30pm	Last Thursday of the month 1.00 – 3.00pm	2 nd Friday of the month 1.00 – 3.00pm	Last Friday of the month 1.00 – 3.00pm	First Friday of the month 10.30am-12.30pm
Where	Drifffield Methodist Church Westgate Drifffield YO25 6TJ	Preston Community Hall Main Road Preston HU12 8UA	The Community Hall Station Road Market Weighton YO43 3AX	Hessle Town Hall South Lane, Hessle HU13 0RR	Applegarth Court Applegarth Lane Bridlington YO16 7NE	Willerby Methodist Church Carr Lane, Willerby HU10 6JP	The Parish Hall Beverley Minster, Minster Yard North, Beverley HU17 0DP	The Courtyard Boothferry Road Goole DN14 6AE
Dates	6 th April 4 th May 1 st June 6 th July 3 rd August 7 th September 5 th October 2 nd November 7 th December	13 th April 11 th May 8 th June 13 th July 10 th August 14 th September 12 th October 9 th November 14 th December	5 th May NO June Group 7 th July 4 th August 1 st September 6 th October 3 rd November 1 st December	10 th March 14 th April 12 th May 9 th June 14 th July 11 th August 8 th September 13 th October 10 th November 8 th December	31 st March 28 th April 26 th May 30 th June 28 th July 25 th August 29 th September 27 th October 24 th November No December Group	8 th April 13 th May 10 th June 8 th July 12 th August 9 th September 14 th October 11 th November 9 th December	25 th March 29 th April 27 th May 24 th June 29 th July 26 th August 30 th September 28 th October 25 th November NO December Group	2 nd September 7 th October 4 th November 2 nd December

