

A GOOD LIFE WITH DEMENTIA

EAST RIDING 2023

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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 fifth such co-produced course within East Riding and the first to take place in Cottingham.

The course, as always, 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 communities.

We knew it would answer the questions people had because it was put together by local people with dementia sharing the key messages that they wanted to give to people going through diagnosis, having gone through that same local process. Who better to learn from than those who have been there and got the t-shirt?

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 we also include 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 new groups of peers with dementia, who are now meeting regularly. These are the '*East Riders*' and the newly named '*Right Minds*' group in Bridlington. This latest Good Life course took place in Cottingham and the learners and tutors have again chosen to continue meeting together as a new peer group based in Cottingham.

Thanks to the forward-thinking collaboration from across public health, social and third sector across East Riding, we hope to co-produce more Good Life courses – we shall be co-producing three more Good Life programmes over the next 12 months.

Damian Murphy August 2023

A GOOD LIFE WITH DEMENTIA: THE COURSE OUTLINE

WEEK ONE:

Welcome - Great Expectations!

A chance to meet each other and to share stories. Also an opportunity for you to pose any questions you want answering on the course. We will discover we are ALL experts.

Key Message: You are NOT alone.

WEEK TWO:

Something about my dementia

A chance to talk about the symptoms we experience, and to explore what might be happening in the brain and to share some tips. Also, a space to talk about the reality of your dementia - from mishaps to medication!

Key Message: It's NOT your fault!

WEEK THREE:

Welfare rights and adaptations and top tips

An overview of the benefits system - getting what you are entitled to. Plus a chance to share ideas and look at practical adaptations around the house and beyond.

Key Message: We've got rights!

WEEK FOUR:

Relationships - At home and in the wider world

Is it me or other people? A closer look at how you get along with your nearest and dearest.

Plus: 'You don't look like you've got dementia' - A chance to look at encounters with the world around - eg in the world of work, in the shops, leisure time, holidays, driving.

Key Message: Dementia, it's a two-way thing.

WEEK FIVE:

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: Use it or lose it!

WEEK SIX:

There's life out there for people with dementia!

On this session we arrange a 'market place' to find out from organisations and groups what they can offer you practically. Including a special focus on the opportunities to take part in research.

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

WEEK SEVEN:

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!

What you and others need to know about how we feel...

- We have a right and a need to have space amongst peers and to belong and learn together.
- We should not have to fit into services, they should fit in with us!
- How not to share a diagnosis: *“The consultant had described my Frontal Temporal Dementia in the most terrifying way - curtains soon to shut around me and to shut me off from the world.”* What a dreadfully insensitive image to put in someone’s head.
- *“Doctors say these things because of cases they’ve read in books, whereas we are the real experts living with our diagnosis in our reality. So it’s not curtains for you!”*
- Getting a diagnosis shouldn’t make us feel invisible. We’re still here!
- If we are lost in strange places, we know that it is not our fault. Poor signage and way-finding is an example of a disabling world.
- It serves no purpose to have our mistakes pointed out. *“I know I do make mistakes. I don’t need them pointing out.”* Why rub it in?!
- It’s so frustrating when your care partners help you too much.
- There is no malice in that. **Dementia is nobody’s fault.** So, nobody should be blamed!
- We all agree that Occupational therapists should be at the forefront of dementia support and much more accessible than they are currently.

About the course and our tutors...

The questions and issues and concerns of participants matched the course content. Of course, they did! It was put together by people living with dementia and they were there as course tutors.

Our tutors emphasised the rights of people with dementia to have space amongst peers and to belong and to learn together. Which is why we were all here!

About dementia...

- A great image for what might be happening in our brain - *“It is just like the rusty dusty electric drill in my shed that is no longer top of the range.”*
- *“We have billions and billions of brain cells, so life goes on as we don’t lose them all at once!”* That’s as biological as we got.

So what does living with dementia mean to us?

- Robert peppered us with jokes and reminded us **it’s not your fault.**
- It’s getting used to the short-term memory loss. And adjusting to the *“going down in notches”* constantly and wondering when it might stop or *“how long have I got?”*
- In a way no-one can really answer that *“how long have we got?”* question.
- However, *“you’ve got a lot longer if you make meaningful connections with others!”*
- *“Dementia is about adjusting and accepting. For everyone!”* How true!

Talking Sense!

- We looked at falling over and balance issues *“I’ve always been a faller.”* Balance is a common issue as well as missing steps and carpet edges.
- Taste - *“I don’t get the taste of a pint of bitter now!”*
- Hearing problems are frequent too. We mentioned hyperacusis as a thing - a sensitivity to sudden loud noises sirens or a clap.

On sharing our diagnosis...

- Perhaps carry a badge and a lanyard requesting *“please be patient”* and show it when you feel it’s necessary.
- Or simply say, *“excuse me I have difficulty speaking sometimes.”*

A few more tips

- *“Always seek the smiley faces”* if needing help when out and about.
- If you don’t use it, you lose it!
- Be prepared for the discombobulation of returning **after** a trip to a house that might seem completely unfamiliar.
- Likewise, when going back to the gym, you might find yourself leading the class if you stand in the wrong place!
- **We’ve got rights!** Ensure you get support from someone experienced in completing what can be long, complicated forms for benefit entitlements.

Re: Adapting things at home

We discovered a long list of possibilities.

You can ask your GP to **make a referral to the Occupational Therapy** team to help you look at different ideas and even some practical aids or devices that might help.

- Devices to help adjust your heating remotely.
- Maybe having glass panels on your cupboard doors (or photos) so you can see what’s inside.
- Plugs that pull out if they sense an overflow.
- Even plugs that go in your bath that change colour if the water’s too hot!

Additionally, Occupational Therapists can support you to achieve some of your own goals whether maintaining or taking up new hobbies and interests.

So how do we access an Occupational therapist?

You can ask your GP to *“please make a referral to the community mental health team for older people, so I can see an Occupational Therapist (OT).”*

Some resources

- The **Talking Sense booklet** that has been ordered for you. Also look at the ‘*Dementia Tip-Share*’ website which is a place of tips all created **by** people with dementia **for** people with dementia.
📍 dementiatip-share.org.uk
- The **My Life My Goals** toolkit provides a really useful step by step method to achieve some of your goals.
📍 innovationsindementia.org.uk/2021/09/my-life-my-goals

About Research

- **Today's research is tomorrow's care in practice!**
- There are opportunities to join research locally and nationally.
- So much research is interested in **your** lives and experiences - which means there are no wrong answers if you are asked questions!
- Participating can really improve your wellbeing and social life too.
- Research is for everybody.

Using it or losing it!

Activity in any form can only be positive.

"I've taken up new activities since my diagnosis - such as craft and improving my guitar - though the jokes are still a bit ropey!"

- Be active daily! Use it or lose it!
- About 20 minutes of exercise everyday is recommended. You can do this in short 10 minute sessions, which could be hoovering, or just walking around. Robert says he lifts bags of potatoes - and one day he'll actually put some potatoes in them!
- Don't sit for too long - get up and move every 20 - 30 minutes or so.
- We learnt about the huge amount of opportunities that exist across East Riding to engage in healthy accessible exercise.

WHAT THE COURSE MEANT FOR US

- In terms of impact - the conversation, the being together and getting to know and share stuff had a huge effect.
- We know dementia is a condition that causes upset and loss and tears and that is fine to share that here.
- The coffee break gave rise to much more discussion - and it was discussion exclusively between the participants. There was a healthy murmur. Peers making connections with each other.
- Robert, our tutor, shared how this is the best thing for him and he refers to the course as *"the meeting with my new friends."*
- As our tutor, David said *"we were all here together for each other."*
- This was indeed a safe place to be ourselves. S's very first words on our first session were to say *"I'm terrified"* and everyone rallied to support her because we could genuinely say, *"I know how you feel."*
- At each session after, S shared, *"everything makes perfect sense, now - after being terrified at the start. It's took a lot of pressure off me."*
- Learning together like this - You won't get any of this in a text book!
- G: *"I was abrasive about coming today."* His wife was really surprised then that he was up for coming back!
- G: *"It's great meeting others in the same boat. It's clearly nothing to be frightened of. It's nice seeing everyone's happy faces!"*
- S: *"It's been fabulous. It really has been good. I've enjoyed it - no pressure you see. I got a lot and it was all interesting."*
- G: *"It's a great space to come and learn off each other People have been very open and you can learn from everyone."*

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 and her colleague, Ruth Petch who spoke at our Good Life course are happy for you to contact them direct here:

Chris: @ chris.craven@eastriding.gov.uk

Ruth: @ ruth.petch@eastriding.gov.uk

Christine, Ruth 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 the information they 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 £68.10 or higher rate £101.75/week) from April 2022.

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 £68.10 or £101.75 per week (the same rates as attendance allowance).

PIP **also** includes a payment for mobility needs at two rates: £26.90 standard rate and £71.00 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 one 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 per cent discount.
- If you live on your own you receive 100 per cent discount.
- If there are more than two 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 per cent 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. 🖱️ [gov.uk/financial-help-disabled/vehicles-and-transport](https://www.gov.uk/financial-help-disabled/vehicles-and-transport)

Your care partner may be entitled to Carer's Allowance (£76.75/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.

🖱️ [gov.uk/carers-allowance](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' - e.g. 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.
🖱️ [yorkshirewater.com/bill-account/help-paying-your-bill](https://www.yorkshirewater.com/bill-account/help-paying-your-bill)
or call 📞 (03451) 299299

- **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 £1,000 a time).

A wheelie bin pull out service (needs no explanation!).

Contact the East Riding of Yorkshire Council for the following 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's 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.'

🖱️ [eryc.link/bluebadge](https://www.eryc.link/bluebadge)

- **Lifeline service:** 🖱️ [eryc.link/lifeline](https://www.eryc.link/lifeline)

OCCUPATIONAL THERAPISTS - A GREAT RESOURCE

Some extra information from Sharon our guest speaker and new favourite Occupational Therapist!

Sharon gave us quite a bit of useful information.

From adaptations around your house or working together on achieving new personal goals and generally adjusting to life with a diagnosis of dementia, an Occupational therapist (OT) is exactly the sort of person you need in your lives!

You can get a visit and assessment from an OT, you currently need to ask your GP *"please make a referral for me to the Community Mental Health Team to request an Occupational Therapy consultation."*

Sharon is also happy to be contacted for any questions by email:

📧 sharon.tootell1@nhs.net

Telecare

Telecare is all about the use of technology that might help around the home. You can get lots more information from Philip:

📧 philip.woolhead@eastriding.gov.uk

Driving advice/assessments

Sally Ann Long is an OT who completes assessments at RDAC and can be contacted professionally on 📧 slong.rdac@co.uk.

Your local OT can refer you to them for tests if appropriate and that would be free. Otherwise it's about £75.

RDAC's website is as follows: 🌐 rdac.co.uk

More information on reporting your diagnosis to the DVLA is on the next page.

INFORMATION ON THE PROCESS OF REPORTING TO THE DVLA

Key steps from the Government (🌐 gov.uk/dementia-and-driving)

1. You MUST tell DVLA (Driver and Vehicle Licensing Agency) if you have dementia

This does NOT mean you automatically lose your license.

You let them know by filling in the CGI form:

🌐 eryc.link/DVLAdementiaform

Return this by post to:

📍 DVLA, Drivers Medical Group, Swansea SA99 1DF

2. The DVLA will get back to you

They should get back to you within six 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 one, two, three or five 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 IZZ**

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 IDF**

RESEARCH OPPORTUNITIES

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. Contact Pretha at

@ pretha.koshy@nhs.net or 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: 📺 eryc.link/prethavideo

Pretha also told us of regular sessions being hosted by Wendy Mitchell and the research team. Wendy talks about her life with dementia. These are meetings you can access on the computer and you can find out about upcoming sessions at 📺 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 here:

📺 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

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

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

👉 livingwithdementiatoolkit.org.uk

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

Beverley Cherry Tree Community Centre

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

Via appointment at 📍 ctca.org.uk/what-we-do/free-advice

Carers' Support Service

📍 The Carers Centre, 18 Wednesday Market, Beverley HU17 0DJ
☎ (0800) 9176844 📍 eryc.link/carerssupport

The Carers' service now has two dedicated dementia support workers.

Kim: @ kim.marshall@eastriding.gov.uk
and Claire: @ claire.daglish@eastriding.gov.uk

They can help you support your care partners. EG care partners can get 50 percent off Leisure service across the East Riding of Yorkshire.

☎ (01482) 396500 @ ercarers@eastriding.gov.uk

As Time Goes By Hornsea

Meet every second Wednesday 12 noon - 2pm. A Dementia Support project sponsored by Hornsea Town Council. *“A relaxed, informal and free drop-in where we provide support for people with memory difficulties and their carers”*. New members are welcome. If you are interested please contact Linda Pugh - Tel: ☎ (01964) 542625 Mobile: ☎ (07903) 257976
Email: @ pugh862@hotmail.com

The East Riders

We are a new group of peers living with dementia across the East Riding of Yorkshire. We currently meet monthly on the last Friday of every month 11am - 12.30pm 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) 405854

Right Minds

We are another new group of peers living with dementia across the East Riding of Yorkshire. We currently meet monthly on the third Tuesday of every month 10.30am to 12 noon at the Bridlington Town Football Club, Queensgate, Bridlington.

For more information email @ michelle.leach@eastriding.gov.uk or call Michelle on ☎ (07929) 773575

Butterflies

The Butterflies Memory Loss Support Group enjoys monthly social gatherings, singing, walking and community events, including:

- The men's luncheon club every Tuesday.
- The Cottingham group meets on the third Monday each month at the Methodist Church 12 noon - 2.30pm over lunch (£6.50 pp).
- Purple Emperors is a support group for those who have lost their loved one or if they have moved into residential care.
- The carers' drop-in support session.

For info on all these groups and more about Butterflies, contact Eleanor and June 📍 **3rd Floor, Stonefield House, 16 - 20 King Edward Street, Hull HU1 3SS** ☎ (07821) 519212 @ butterfliesmlsg@yahoo.co.uk or visit the website: 🌐 butterflies.org.uk

Dementia Forward

Services in East Riding of Yorkshire take place at 📍 **Ballerina House, Feoffee Common Lane, Barmby Moor, York YO42 4DE**

Local Dementia Support worker: Sarah Vernon

@ sarah.vernon@dementiaforward.org.uk

They hold a Community Coffee Morning Every Friday 10.30am - 12.30pm (except bank holidays).

They hold 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.

Open Monday - Friday, 10am - 3pm. £45/day including transport if needed. Bring your own packed lunch.

For more information on any of these call ☎ (03300) 578592 or email @ info@dementiaforward.org.uk or visit 🌐 dementiaforward.org.uk

Alzheimer's Society



If you would like to talk to a Dementia Adviser or a Dementia Support Worker please call ☎ (01482) 211255 and leave a message or email

@ hulleastriding@alzheimers.org.uk



Services include:

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

Nationally Alzheimer's Society offers:

- **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 at  forum.alzheimers.org.uk
- **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.  alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together-subscribe

Healthwatch

If you've got something to say about any health or social services that you encounter, then Healthwatch want to listen so they can feedback any issues to services. For more information you can contact Carrie by email:  cfrost@healthwatcheastridingofyorkshire.co.uk or call the Healthwatch office on  (01482) 665684.

ACCESS TO HEALTH AND LEISURE PROGRAMMES

For any information about accessing health and leisure programmes contact the wonderfully helpful Michelle at  michelle.leach@eastriding.gov.uk or Jez (who covers Cottingham, Goole and Howden areas) at  jez.hartley@eastriding.gov.uk or Jay (who covers Bridlington and Driffield areas) at  jay.pinnington@eastriding.gov.uk.

The following are **all accessed via your GP practice** - and that can be from any health professional in that practice such as a physiotherapist.

Just make an appointment with the practice and request a referral for:

Exercise referral:

- Anyone with dementia can participate.
- It's a ten week one-to-one programme.
- HOP getting fit for operations programme.
- It costs £34 and during that time you can access any gym, swimming pool or exercise class in any leisure centre within the East Riding of Yorkshire.

Live well:

- A weight management programme.
- You need to have a Body Mass Index of 45 or above to participate.
- It's a programme lasting up to 18 months with regular one-to-one sessions.
- It is free and during that time you can access any gym, swimming pool or exercise class in any leisure centre within the East Riding of Yorkshire.

HOP - Get Fit for your operation

- It lasts between four and 28 weeks.
- You need to have a Body Mass Index of 30 or above to participate.
- It helps you prepare for non-urgent surgery (typically knees, etc.)
- It is free and during that time you can access any gym, swimming pool or exercise class in any leisure centre within the East Riding of Yorkshire.

Escape Pain

- It is for adults experiencing chronic pain.
- This lasts for six weeks, including two sessions every week.
- It costs £19.80 for the 12 sessions and during that time you can access any gym, swimming pool or exercise class in any leisure centre within the East Riding of Yorkshire.
- If you want to access gyms outside of your twice weekly sessions then you would need to pay for a gym induction of £17.80.

Outdoor activities and walks information

Active Coast: East Riding's Active Coast team have some amazing coastal walks **from April to November**. To find details of these and how to book visit [👉 activecoast.org](https://activecoast.org).

All Ride 2023 adapted cycle scheme: Accessible cycling with specially adapted bikes along Brid promenade. **From April to November** one hour hire starting at North Promenade below Brid Leisure centre. This is FREE! Turn up on the day or call [📞 \(01482\) 844422](tel:01482844422) to prebook.

Walking for Health:

- A weekly **one hour walk** to and from Bridlington Leisure Centre.
- Every other week a **one hour walk** at Sewerby Hall and Gardens.

Then you can build up to a:

- Twice a month **two hour walk** at Sewerby Hall and Gardens.

To access these please contact Michelle Leach on:

[📞 \(07929\) 773575](tel:07929773575) [@ michelle.leach@eastriding.gov.uk](mailto:michelle.leach@eastriding.gov.uk)

Michelle is happy to be contacted about any of these. If you are not based near the coast Michelle and her colleagues cover the whole of the East Riding of Yorkshire so she will find out about programmes, walks and events near you! You can also check out the walking for health web pages

[👉 eastridingleisure.co.uk/health/walking-for-health](https://eastridingleisure.co.uk/health/walking-for-health)

For cycling, walking football, walking netball - or just walking!

You can check your local library or online at the Active Coast website

[👉 activecoast.org](https://activecoast.org) or the Active Coast Facebook page

[👉 facebook.com/activecoast](https://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.

Active Towns

Covers projects in Goole, Pocklington, Howden, Market Weighton - supporting residents to be physically, mentally and socially active.

Visit [👉 activeeastriding.co.uk/active-towns](https://activeeastriding.co.uk/active-towns)

Active Together

There are some useful videos and many simple exercises.

Visit [👉 activeeastriding.co.uk/active-together/videos](https://activeeastriding.co.uk/active-together/videos)

East Riding Health and Wellbeing Service

The website contains information that is being constantly updated around activities across the region, including local and national services, alongside social sport and support groups to help you thrive in all areas of life!

For more information email [@ michelle.leach@eastriding.gov.uk](mailto:michelle.leach@eastriding.gov.uk),

[@ jez.hartley@eastriding.gov.uk](mailto:jez.hartley@eastriding.gov.uk) or [@ jay.pinnington@eastriding.gov.uk](mailto:jay.pinnington@eastriding.gov.uk)

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
- 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. We looked at this in week three.

📞 (0800) 9177752

@ hnf.tr.healthtrainers@nhs.net

	Driffield	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-12.15pm	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	Driffield Methodist Church Westgate Driffield 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	4 th January 1 st February 1 st March 5 th April 3 rd May 7 th June 5 th July 2 nd August 6 th September 4 th October 1 st November 6 th December	11 th January 8 th February 8 th March 12 th April 10 th May 7 th June 12 th July 9 th August 13 th September September 11 th October 8 th November 13 th December	5 th January 2 nd February 2 nd March 6 th April No May Group 1 st June 6 th July 3 rd August 7 th September September 5 th October 2 nd November 7 th December	12 th January 9 th February 9 th March 13 th April 11 th May 8 th June 13 th July 10 th August 14 th September September 12 th October 9 th November 14 th December	26 th January 23 rd February 30 th March 27 th April 25 th May 29 th June 27 th July 31 st August 28 th September September 26 th October 30 th November No December Group	13 th January 10 th February 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	27 th January 24 th February 31 st March 28 th April 26 th May 30 th June 28 th July 25 th August 29 th September September 27 th October 24 th November NO December Group	6 th January 3 rd February 3 rd March No April Group 5 th May 2 nd June 7 th July 4 th August 1 st September 6 th October 3 rd November 1 st December



East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language, please contact @ janet.smith@eastriding.gov.uk.