Boroughbridge | Easingwold | Tadcaster | Wetherby

Sir Alec Shelbrooke MP's Dementia Directory

Your guide to accessing quality local dementia services **in our area**

2026

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Welcome

Sir Alec Shelbrooke MP

MP for Wetherby & Easingwold

1.4 million people will be living with dementia in the UK by 2040.

I have been working locally with volunteers in our communities to bring about one simple goal: to make the area I represent in Parliament the UK's first dementia-friendly constituency.

This Dementia Directory supports that goal by bringing together details of local organisations, events and services, and ensuring those living or caring for those with dementia know how and where to access first-class services locally.

Thirty eight years ago, when my own grandmother was diagnosed with dementia, there was little support and information available for carers. I wish she could have received an earlier diagnosis so we could have found more help and advice sooner.

Thankfully, the outlook for families is much better today.

Here in our area, there are some inspiring organisations that make me optimistic that dementia can be dealt with more effectively and compassionately.

I have seen first-hand that this kind of support, delivered well and early on in a person's dementia journey, can lead to better outcomes.

Local support networks are provided by trained professionals, charities and volunteers across Boroughbridge, Easingwold, Tadcaster, Wetherby, and our villages.

It remains my goal to secure better services for you and your family in a dementia-friendly constituency.

BOROUGHBRIDGE AREA
EASINGWOLD AREA
TADCASTER AREA
WETHERBY AREA
Thirsk
Helmsley
Kilburn
Great and Little Thirkleby
Coxwold
Carlton Husthwaite
Husthwaite
Oulston
Yearsley
RIPON
Dishforth
Brandsby
Cundall
Raskelf
Crayke
Norton-le-Clay
Helperby
Whenby
Marton Le Moor
Easingwold
Skelton-on-Ure
Stillington
Boroughbridge
Farlington
Tholthorpe
Bishop Monkton
Roecliffe
Alne
Huby
Minskip
Tollerton
Sutton-on-the-Forest
Burton Leonard
Aldwark
Marton-cum-Grafton
Great Ouseburn
Linton-on-Ouse
Little Ouseburn
Newton-on-Ouse
Shipton
Whixley
Knaresborough
Nun Monkton
Moor Monkton
Harrogate
Green Hamm.
Kirk Hammerton
Cattal
Hunsingore
Follifoot
North Deighton
Tockwith
Spofforth
Long Marston
YORK
Kirk Deighton
Bickerton
Kirkby Overblow
Bilton
Sicklinghall
Wetherby
Walton
Wighill
Dunkeswick
Kearby
Linton
Thorp Arch
Healaugh
Bilbrough
Collingham
Boston Spa
Catterton
Harewood
Colton
East Keswick
Clifford
Newton Kyme
Tadcaster
Bramham
Wike
Bardsey
Appleton Roebuck
Stutton
Scarcroft
Bolton Percy
Ulleskelf
Shadwell
Thorner
Towton
Church Fenton
Barwick-in-Elmet
Saxton
Scholes
Aberford
Barkston Ash
LEEDS
Biggin
Garforth
Sherburn-in-Elmet

What is dementia?

Dementia is an umbrella term for a range of conditions affecting the brain, particularly in relation to thinking, problem-solving, communication, and behaviour.

The most common type of dementia is Alzheimer's disease, caused by a build-up of abnormal proteins in the brain. Another is vascular dementia, which occurs when blood flow to the brain is interrupted or reduced. What all forms of dementia have in common is that they are progressive, meaning symptoms usually worsen over time. While memory loss can be the most widely recognised symptom, dementia is not just about memory.

Age remains the biggest factor in developing dementia, but risk can reduce with healthy lifestyle, mental and social activity, and regular health checks.

What are the common symptoms?

- **Mood change:** unusually easily upset, lost interest/confidence.
- **Confusion about time or place:** lose track, or of where you are.
- **Sight and visual differences:** issues judging distance, trips, patterns or images.
- **Communication:** difficulty in conversation, or finding words.
- **Memory:** forget recent events, may remember more long-term.
- **Problem-solving difficulties:** issues with concentrating or grasping new ideas.

home instead.

Your local experts in Dementia Care at home

At Home Instead, we understand that dementia affects the whole family. That's why our award winning dementia care focuses on providing comfort, reassurance, and genuine companionship — right where your loved one feels safest: at home.

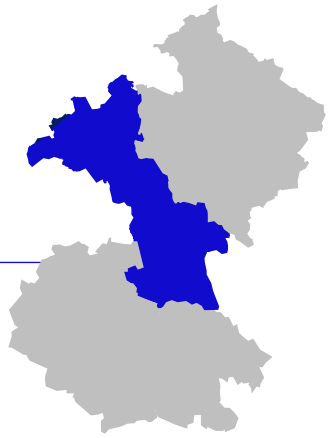
When it comes to dementia care we are pioneers and we believe the best dementia care begins with empathy. Our care professionals receive specialist, City & Guilds-accredited training developed by leading experts in dementia . This bespoke programme, designed for home care, ensures your loved one receives compassionate, person-centred support from people who truly understand — and always put kindness first.

With Home Instead, you'll always have a caring team by your side — like an extended family you can truly trust.

For further information on how we can care for you or your loved one please contact us on :

Phone: 01937 220510
Email: wetherby@wetherby.homeinstead.co.uk

Support in & around Boroughbridge



In Boroughbridge and nearby villages, two charities provide vital community and specialised dementia and carer support.

Boroughbridge Community Charity (BCC)

BCC supports residents in Boroughbridge and 32 surrounding villages, prioritising support for those most in need. With origins back to 1976, BCC provides vital services to local people, including community transport, befriending, a community larder, wheelchair rental and shopping support.

Dementia Forward

Dementia Forward is a North Yorkshire-wide charity providing free, confidential dementia advice and support via their helpline and locally-based Dementia Support Advisors. The charity also runs **'Hub Club' day services,** including locally in Burton Leonard and Green Hammerton. An assessment is required before attending these paid services.

Regular events in Boroughbridge and nearby villages:

Monday

- **10-3, weekly** - Dementia Forward's Burton Leonard Hub Club day service, George Armitage House, HG3 3SD - book 03300578592

Tuesday

- **10-3, weekly** - Dementia Forward's Burton Leonard Hub Club day service - book 03300578592

Wednesday

- **Weekly** - Dementia Forward's 'Time Out Together' outward bound group for those with young-onset dementia - call 03300 578592 for further information
- **2-4, weekly** – Tockwith Cares dementia-friendly coffee drop-in, Village Hall, YO26 7PR

Thursday

- **10-3, weekly** - Dementia Forward's Burton Leonard Hub Club day service - book 03300578592
- **10-3, weekly** - Dementia Forward's Hub Club day service at Green Hammerton Village Hall, YO26 8AB - book 03300578592
- **Monthly** - BCC Lunch Club at various venues with minibus service - book 01423 324504

Friday

- **10-11, weekly** – BCC Coffee Morning, Boroughbridge Library, YO51 9AR
- **10-3, weekly** - Dementia Forward's Burton Leonard Hub Club day service - book 03300578592

BCC
BOROUGHBRIDGE COMMUNITY CHARITY

BCC, 17 St James Square, Boroughbridge, YO51 9AR

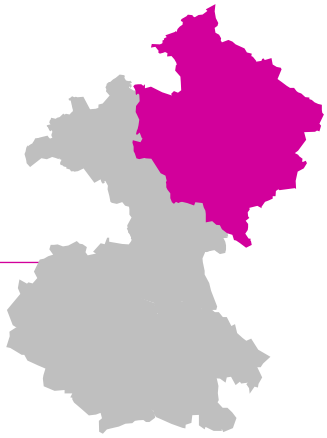
☎ **01423 324504** (9-1, Mon-Fri)
✉ **admin@bcccharity.co.uk**
bcccharity.co.uk

Dementia Forward
Care and Support for Life

DF, George Armitage House, Church Lane, Burton Leonard, HG3 3SD

☎ **03300 578592** (9-4, Mon-Fri)
✉ **info@dementiaforward.org.uk**
dementiaforward.org.uk

Support in & around Easingwold



Easingwold and the surrounding villages are supported by an established network of dementia services.

Dementia Awareness in the Villages & Easingwold (DAVE)

In collaboration with county-wide Dementia Forward (see pages 6 and 7) and The Galtres Centre, Easingwold & District Community Care Association (EDCCA) run the DAVE initiative to promote dementia awareness, activities and free training to sufferers, their families, carers, and local businesses.

EDCCA's '**Hub Club' day service** runs on Tuesdays and Fridays at Easingwold Town FC. You can also get hold of a DAVE Card for emergency ID and DAVE Leaflets with details of further local support.

Their wider offer includes befriending, Meals on Wheels, and community transport services.

D.A.V.E.
Dementia Awareness in the Villages and Easingwold

Regular events for Easingwold and nearby villages:

Monday

- **10:30-12:30, weekly** - EDCCA Crossword Club, Police House, Church Hill, Easingwold, YO61 3JX
- **11-12:30, weekly** - Singing for All with Jessa, St John the Evangelist RC Church, 151a Long Street, Easingwold, YO61 3JB - contact 07740596869 or jessaliversidge@gmail.com
- **1:30-3:30, 1st Monday of month** - EDCCA Knit & Natter Springhill Court, Manor Road, Easingwold, YO61 3FG

Tuesday

- **10-12, 2nd** - EDCCA Tea & Tarts, The Galtres Centre, Market Place, Easingwold, YO61 3AD
- **10-3, weekly** - EDCCA Hub Club day service at Easingwold Town Football Club, Stillington Road, YO61 3RN - book 01347 822875

Friday

- **10-3, weekly** - EDCCA Hub Club day service at Easingwold Town Football Club, Stillington Road, YO61 3RN - book 01347 822875
- **10:15-11:30, 1st Friday** - Carers Plus Care for a Cuppa carer event, Easingwold Scout Centre, Chase Garth Road, YO61 3GG
- **3-5, last Friday** - Easingwold Town Council's Friendliness Initiative, George Hotel, Market Place, YO61 3AD

EDCCA, Police House, Church Hill, Easingwold, YO61 3JX

☎ **01347 822875**
(9:30-12:30, Mon-Tue, Thu-Fri)

✉ **info@edcca.org.uk**

edcca.org.uk

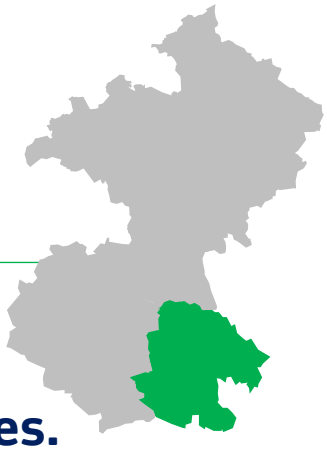
DF, George Armitage House, Church Lane, Burton Leonard, HG3 3SD

☎ **03300 578592** (9-4, Mon-Fri)

✉ **info@dementiaforward.org.uk**

dementiaforward.org.uk

Support in & around Tadcaster



Multiple charities provide specialist help and support for dementia sufferers and carers in Tadcaster and surrounding villages.

Dementia Forward is a county-wide charity providing free and confidential advice, day services and support via their helpline (see pages 6 and 7).

The Alzheimer's Society in York provide further support to residents across the area through their dedicated support line.

Tadcaster Volunteer Community Support Association

Formed in 1991, TVCSA plays a key role in keeping local people active and connected in Tadcaster and across the region.

The charity expanded its community-based transport service in 2017, moving to their current Kirkgate premises in 2023, opening a charity shop, a café and offering more activities to support local residents.

Regular events for Tadcaster and nearby villages:

Monday

- **10:30-12:30, weekly** – TVCSA Knitting Group
  30 Kirkgate, Tadcaster, LS24 9AD

Wednesday

- **10-11:30, weekly** - TVCSA Jigsaw Group
  30 Kirkgate, Tadcaster, LS24 9AD
- **10-12, weekly** - The Barn Community Café
  The Barn, St Joseph's Street, Tadcaster, LS24 9HA
- **12-3, weekly** - Kelcbar Dementia-friendly Social
  Kelcbar Community Centre, Kelcbar Close, Tadcaster, LS24 9NX

TVCSA

TVCSA, 30 Kirkgate, Tadcaster LS24 9AD

☎ **01937 835600** (9:30-2, Mon-Fri)
✉ **tvcsa.tad@outlook.com**
tvcsa.jimdofree.com

The Barn
community.education.youth

The Barn, St Joseph's St, LS24 9HA

☎ **01937 830524**
✉ **info@tadcasterbarn.co.uk**
tadcasterbarn.co.uk

Alzheimer's Society

Selby, Tadcaster, York Dementia Support & Advice Service

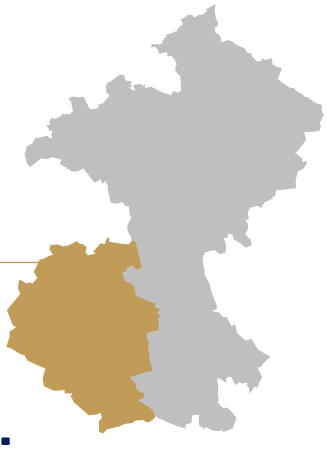
☎ **01904 929444** (9-5, Mon-Fri)
✉ **yorkservices@alzheimers.org.uk**

Dementia Forward
Care and Support for Life

DF, George Armitage House, Church Lane, Burton Leonard, HG3 3SD

☎ **03300 578592** (9-4, Mon-Fri)
✉ **info@dementiaforward.org.uk**
dementiaforward.org.uk

Support in & around Wetherby



Wetherby in Support of the Elderly (WiSE) has provided regular support for those aged 60+ in the Wetherby area since 2003.

WiSE supports numerous dementia-focused events and community groups. Their volunteer transport service provides access to activities, as well as helping anyone with difficulties using other transport to get out and about.

North Yorkshire residents have access to Dementia Forward (see page 6).

WiSE
Wetherby in Support of the Elderly

WiSE, One Stop Centre, Westgate, Wetherby, LS22 6NL

01937 588994 (9-3, Mon-Fri)

info@w-ise.org.uk

w-ise.org.uk

Regular events in Wetherby and nearby villages:

Monday

- **10-4, weekly** - Rainbow Care Follifoot Riding Centre Club day service, HG3 1DL - book 01423 223454

Tuesday

- **9-3, weekly** - WiSE Owl Café, Boston Spa Village Hall, LS23 6AA
- **10-4 weekly** - Rainbow Care Carlston Hill Farm day service, Sicklinghall, LS22 4BN - book 01423 223454
- **10:30-12:30, 2nd Tuesday of month** - Sweet Memories Café, Shadwell Library, LS17 8HL - book 07761288133
- **11-1, weekly** - WiSE Welcome Café, Wetherby Town Hall, LS22 6NE

Wednesday

- **9-3, weekly** - WiSE Owl Café, Boston Spa Village Hall, LS23 6AA
- **1:30-3, weekly** – WiSE Move & Groove informal dance class, Boston Spa Village Hall, LS23 6AA
- **1:30-3:30, 1st*, 2nd and 4th Wednesday** - WiSE Memory Café, St James's Church Rooms, Wetherby LS22 6LP - book 01937 588994
  **WiSE Forget Me Not Café on 1st Wednesday allows carers to leave loved ones for a break*
- **1:30-3:30, 3rd Wednesday** - WiSE Silver Social, The Engine Shed, Wetherby, LS22 7SU

Thursday

- **9-3, weekly** - WiSE Owl Café, Boston Spa Village Hall, LS23 6AA
- **10-4, weekly** - Rainbow Care Carlston Hill Farm Club day service, Sicklinghall, LS22 4BN - book 01423 223454
- **10-4, weekly** - Rainbow Care day service, Wetherby Methodist Church, LS22 6NQ - book 01423 223454
- **10:30-12:30, weekly** - WiSE Knit, Natter, Craft & Chatter, Deepdale Community Centre, Boston Spa, LS23 6EH
- **1:30-3:30, 4th Thursday** - WiSE Boston Spa Social, Village Hall, LS23 6AA
- **1:30-4, quarterly (January, April, August, December)** - WiSE Let's Dance Social, The Engine Shed, Wetherby, LS22 7SU - contact to confirm dates

Friday

- **10-3, weekly** - WiSE Owl Café, Boston Spa Village Hall, LS23 6AA
- **10-4, weekly** - Rainbow Care Follifoot Riding Centre Club day service, HG3 1DL - book 01423 223454
- **10:15-12, weekly** - WiSE Line Dancing, St Joseph's Parish Hall, Wetherby, LS22 6LL
- **1-3, 3rd Friday** – Home Instead Magic Moments Memory Support Drop-In, Boston Spa Village Hall, LS23 6AA

Contacts across the Wetherby & Easingwold constituency

Office of Sir Alec Shelbrooke MP	**01937 589002**
Leeds City Council	**0113 2224444**
North Yorkshire Council	**0300 1312131**
Emergency line (NHS ambulance, fire, police)	**999**
NHS/Police non-emergency line	**111/101**

Local charities and organisations

Age UK Leeds	**0113 3893000**
Age UK North Yorkshire & Darlington	**01325 362832**
Alzheimer's Society Selby, Tadcaster, York	**01904 929444**
Alzheimer's Society Leeds	**0113 3211727**
Boroughbridge Community Charity	**01423 324504**
Carers Leeds helpline	**0113 3804300**
Dementia Forward (North Yorkshire)	**0330 0578592**
Easingwold District Community Care Association	**01347 822875**
TVCSA (Tadcaster)	**01937 835600**
Wetherby in Support of the Elderly (WiSE)	**01937 588994**

Local dementia care providers

Home Instead Wetherby, North Leeds & Horsforth	**01937 220510**
Home Instead York & Easingwold	**01904 690884**
Rainbow Care Group	**01423 223454**

National charities and organisations

Age UK's Silver Line	**0800 4708090**
Alzheimer’s Society Dementia Support Line	**0333 1503456**
ARUK's Dementia Research Infoline	**0300 1115111**
Citizens Advice	**0344 4111444**
Dementia UK's helpline (Admiral Nurses)	**0800 8886678**
NHS Carers Direct helpline	**0300 1231053**

Playlist for Life

Playlist for Life is a charity specialising in harnessing the power of music to connect people, helping those living with dementia and carers.

Use the prompts to start a 'soundtrack of your life' playlist that collects musical memories, provides flashback feelings or can start a conversation with people.

This playlist belongs to

'Memory Bump' of youth (10-30 years)?
Song:
Memory:

Party tunes to dance to or sing along?
Song:
Memory:

Special moments and milestones?
Song:
Memory:

Hobbies, interests or beliefs?
Song:
Memory:

Childhood songs, rhymes or TV tunes?
Song:
Memory:

Favourite holidays or trips?
Song:
Memory:

Your hometown or an important place?
Song:
Memory:

TV themes you'll never forget?
Song:
Memory:

Reminders of important people to you?
Song:
Memory:

Concerts or shows you've been to?
Song:
Memory:

Visit **playlistforlife.org.uk** to find out about the charity's work.

Sir Alec Shelbrooke

Member of Parliament for Wetherby & Easingwold

Advice Surgeries

by appointment (01937 589002)

Town Council Offices, Hall Square,
Boroughbridge YO51 9AN

The Galtres Centre, Market Place,
Easingwold YO61 3AD

43 Market Place,
Wetherby LS22 6LN

I hold regular surgeries to help and support local constituents. To book an appointment, please email me or call

01937 589002

Contact Sir Alec:

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Sir Alec Shelbrooke MP
House of Commons
London
SW1A 0AA

☎ **01937 589002**

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