

Together we are supporting Dementia Action week. Here are some tips with links to sources of further support and advice that we are jointly promoting throughout the week.

Living well to reduce your risk of dementia (Take control of your health)

- [Keep physically active](#)
- [Don't smoke](#)
- [Eat a healthy balance diet](#)
- [Keep alcohol within recommended limits](#)
- [Keep to a healthy weight](#)
- [Exercise your mind](#)

Benefits of an early diagnosis

- [Can enable people to live independently in their own home for longer](#)
- [Patients receive the correct treatment](#)
- [Patients and carers can get the necessary help, advice and can plan for the future](#)
- [Patients and carers can receive the right support, appropriate financial benefits](#)
- [Wendy Mitchell case study](#)

Dementia services in the East Riding of Yorkshire

- [Dementia services and support](#)
- [Carers Information Support Programme](#)
- [Activity Groups](#)
- [Side-by-Side](#)

Local Authority dementia friendly services in the East Riding of Yorkshire

- Dementia friendly libraries
- [Dementia friendly leisure centres](#)
- Reminiscence group
- Reading for dementia

End of life

- [Help and support for carers](#)
- [Help and advice for planning for end of life](#)



11 leading organisations have formed a partnership aimed at working together to improve the lives of residents in the East Riding through wellbeing, health and care.

The partnership comprises City Health Care Partnership CIC, East Riding GPs, East Riding Voluntary Sector leads, East Riding of Yorkshire CCG, East Riding of Yorkshire Council, Healthwatch, Hull and East Yorkshire Hospitals NHS Trust, Humber Teaching NHS Foundation Trust, Humberside Fire and Rescue Service, Humberside Police, and Yorkshire Ambulance Service