

YoungDementiaUK

Newsletter

Winter 2012



**First European Award
for YDUK —
'Living well with dementia
In the community'**



Editor's Highlights

Hello all, and what brilliant, fantastic news about the EFID award; it's not just the money (though that is not to be sneezed at!), but the recognition of all your efforts, and the chance to spread the word that it is possible to have a good life even with such an illness.

There is also more good news elsewhere. In a very small study in the States, electrodes were embedded deep in the brains of three people with Mild Cognitive Impairment (MCI), thought to be a possible precursor of Alzheimer's Disease, and two showed some improvement. This is only an early pointer; it is very serious surgery, and not everyone with MCI goes on to get AD, but I'll let you know of any further developments.

There are also plans for tests of a drug to halt or slow down the nerve degeneration in AD; first tests in people with familial AD are due this year. In Oxford, Professor David Smith and the team at Optima have shown that high doses of B-vitamins can slow brain shrinkage in elderly people with MCI, and there are hints that vitamin D might also have a part to play.

Alzheimer's Research UK (www.alzheimersresearchuk.org) is doubling the amount spent on dementia research this year and it finally appears that the government too is putting in

more money, after decades of fine talk but no action. Of course, research into causes and treatments may not help those who already have the illness, but there is now more recognition that the right support can make a real difference to how well people live (at YoungDementiaUK we have known this for years), and that support should be in place early, not left until things have reached a crisis. At last, people with dementia are beginning to receive the sort of support that cancer patients almost take for granted nowadays.

All the best,
Helen Beaumont
Editor

PS Early notice! Manchester to host International Conference on Frontotemporal Dementias, 5-7 Sept, with a special day for family members and caregivers on 6 Sept.

Front cover photos

- YDUK, Princess Mathilde and the European award winners from Belgium, Germany, Austria, Italy, France, Bulgaria and Portugal
- Tessa talks about YDUK
- Tessa & Jean at EFID Awards

Direct Line

2012 brings the opportunity to work with our services to put into action many of the recommendations gathered from members in the past few months.

Add to that our recent success with the charitable trust fundraising and the great support from members, who have encouraged our efforts by sharing their stories, participating in our training sessions, and raising money in many and varied ways, and we can start the year feeling very positive.

We are hoping to strengthen the YDUK team with new trustees, volunteers and several new staff roles — including for the One to One Service.

Bringing in new team members requires quite a lot of planning and time, especially as we work across the county rather than from a single base. It is really important that they understand what we do and why we do it and the best way is to meet members. Let's look out for opportunities to make that happen.

Tessa Gutteridge
Director

YDUK's First European Award!

The EFID Award 2012 'Living well with dementia in the Community'

has been given to ten projects across Europe – and YDUK is one of the winners!

The European Foundations' Initiative on Dementia (EFID) aims to change perceptions of dementia, especially at the local level, with the ultimate aim a better quality of life for people with dementia and their families. We were also one of four selected for special attention at the ceremony which took place in Belgium in the presence of Her Royal Highness Princess Mathilde.

YDUK receives €10,000 and the opportunity to let more people know about the charity and young onset dementia.

EFID comprises four separate foundations – the Atlantic Philanthropic Foundation, King Baudouin Foundation, Robert Bosch Stiftung and Fondation Mederic Alzheimer.



One to One Service a day in the life

My work commute takes all of 10 seconds – from the kitchen to my office in the front room. Then it's switch on the computer, check the phone for messages, and I'm away ...

First, I reply to a request for one-off evening support and then I begin arranging holiday cover. Having now received visit records from every support worker, I read each one to keep abreast of their work.

Soon, a care broker calls to request additional support for someone. I explain how we work and the need to check availability. Other enquiries come in and again I explain what we do and how we work; often this leads to an initial visit to meet the person so that I can match them with one of our team. I make several calls to book review meetings with people we already support.

Next, a speaking engagement request and then planning for a team training session, including contacting a number of YDUK members who are happy to talk about their experiences. This time, both the partner of someone we support and someone having one-to-one support are able to come along.

At 11.30am I head to a case review, accompanying the support worker to the meeting with the consultant, the CPN,

the person we support and their daughter. We share our ideas and concerns and leave feeling clearer about what each other is doing and the person's changing needs.

This is a 'supervision' month, meaning I meet each support worker individually to talk about their work. We share any concerns and discuss ways to adapt their work with individuals so that our support remains effective. It is a chance for support workers to 'offload' when their work is emotionally challenging – as it often is. Today I see two team members. Both work in the south of the patch so I meet each in turn at a local garden centre. Until I started this job, I thought garden centres were places to buy plants – how little I knew! I end the day writing up meeting notes and preparing for tomorrow: we plan to recruit new support workers so adverts, interviews and training must be prepared; plus a report for the trustees; oh, and a newsletter article for the end of the week!

Anna Eden
One to One Service Manager

Café & Club News

Cafe

For our first Café of the New Year we'll be heading down under. Australia Day coincides with our January Café, so we will be having a laid back, easy feel to the evening, sharing some Aussie tucker and some awesome antipodean entertainment.

February will be an evening 'for your eyes only'. We will spend some time with 'the spy who loved me', recently arrived 'from Russia with love'. Have you guessed what it is yet? That's right, an evening of 007! We will be welcoming a new live act and enjoying all things James Bond!

We hope March will bring hints of spring, with a March Hare and Mad Hatter inspired tea party with favourite teatime treats and some fantastic hats. Hopefully we'll go home grinning like Cheshire cats!

Line dancing proved a hit at the Café



Club

In 2011 two fantastic club events brought record numbers of guests.

The first was our Get Together in October, the second the Christmas Party in December.

The great music, food and company on both occasions were much enjoyed and everyone who came was very generous with their comments and donations.

We always try to create a welcoming atmosphere with cheerful decorations, live music and fun, but without YOU—the wonderful guests—old and new friends alike, it wouldn't be the same. So thanks to all of you who came along and we hope to see yet more of you at our next gathering in 2012!

Becci Spilsbury Events

PS Thanks to the performers who gave their services for free to entertain us and make the events special this year.



Family Service

After indulging in all the recent festivities, it is good to return to a normal routine – whatever that is! However, I must say a quick thank you to all my family and friends who gave donations to YoungDementia UK via our lovely gift cards (see below) instead of exchanging Christmas presents. My initial suggestion snowballed (no festive pun intended!) and I was overwhelmed and touched by everyone's generosity and the substantial amount raised – it really captured the true spirit of giving at Christmas time.

Anyway, onto 2012 and what's in store for the year ahead ...

We have our usual **Coffee 'n' Chat Mornings** planned, though please note that Sue H has a change of venue (see back page).

The first **Walk 'n' Talk** of the year has been set for March (see article p14); we hope to make these regular events due to popular demand.

In response to members' requests, we are introducing our **'At One Lunch'**. This is a new Family Service event offering a warm welcome to people we support whose partner or family member have moved into care, and those who have been bereaved. Our aim is to enjoy a meal together whilst having the opportunity to talk. Sue H and Emeline will both be there. You can read their article about the first one and details of future plans opposite.

We hope that members feel fully informed about what the Family Service offers and that this range of events, together with our ongoing individual support, will continue to meet your needs throughout the coming year. We are always open to suggestions if you think we could offer more!

Sue Smith
Family Service Manager



Family Service At One Lunch

We had our first At One Lunch on 5 January 2012 at The Fishes in North Hinksey. Eight people (including us) attended though a few others cancelled due to colds. There was a pleasant atmosphere and lots of chat while everyone enjoyed their food. Members gave the following positive feedback:

'Good to meet people', 'Just so nice to talk to people', 'Good company, we're all in the same situation', 'I am looking forward to the next one!'

We agreed to meet on the first Wednesday of every month at The Fishes, so the next few dates are: 7 March, 4 April, 2 May and 6 June. We're looking forward to seeing you there!

Sue H & Emeline

YoungDementia UK Review – Thankyou

The review of the services we provide is now well underway and a final report will be ready early in February. Views you expressed will be taken into account in future planning and development and checking that we still provide what is needed and wanted. I would like to thank everyone who returned a questionnaire and especially those who spent time talking to me; without this the review would not have been possible. Thankyou.

**Andrea Shepherd
Trustee**

Cafe Volunteers Wanted!

Can you, or someone you know, spare a few hours in the evening on the fourth Thursday of the month, in Cassington?

Volunteers help in setting up the hall, food preparation/serving, washing up and clearing up at the end of the evening.

The Cafes give so much enjoyment to those attending and our volunteers are an integral part of this, making a vital contribution towards the smooth running of the evening.

Contact Becci Spilsbury, Cafe Co-ordinator (details back page)

How is the One to One Service Funded?

A number of people have asked about funding for our service, so I hope this explains it! The One to One Service is paid for in several different ways. At present, people supported by Social and Community Services (SCS) or Oxford Health are paid for through our Block Contract, or through Spot Contracts when the Block is full. The Block is a chunk of money allocated to us by SCS and Oxford Health which we then use when it is needed by people who are referred to us. This has been a very simple way of working and many people supported in this way were unaware of the funding at all. As Self Directed Support (SDS) becomes established, everyone supported by SCS will be allocated a budget and will then pay directly for our service themselves. The funding comes from the same source and we charge at the same rate. Activities were not included in Block funding and are usually paid for by the person/family. With SDS, activities can be included in the budget.

We also have a SCS grant specifically for Carers and have been able to use this where someone is supporting the person with dementia as well as having other dependents. Some people have been allocated NHS Continuing Care, which can sometimes cover our costs as well as other health related support.

Others pay privately. As a charity, we raise funds to help with all aspects of our work and so for those who would find it difficult to cover the full costs, we are able to use charitable funds to make up the difference. We are also sometimes able to use these funds for special events or celebrations.

Our charges cover the cost of the support workers' hours, their induction, supervision and training as well as the cost of my time and part of the administration/management of the organisation. So the full cost comes to £22.15 ph and £26.60 for evenings and weekends (reviewed every April). We always aim to keep our costs to a minimum whilst maintaining a high quality service.

If you would like to know more, or to discuss financial issues about the One to One Service, please contact me (see back page).

Anna Eden
One to One Service Manager

The Marketing Practice Partners YDUK

It was a combination of factors led to our partnership with YoungDementia UK: business success, political announcements, a charity request and the desire of our staff. Early in 2011, I was approached by a charity to see if we would consider supporting them. The Marketing Practice was entering its 10th successful year and the news was full of stories of struggling local charities, facing reductions in local government funding. It struck me that as a successful business we should be contributing more to the community so I canvassed the views of our staff, who would be at the heart of any charity efforts.

Rather than working with a number of organisations, I liked the idea of us choosing one charity that we could 'adopt', where we could make a real difference. Not just with direct fundraising, but potentially to help their marketing efforts with Pro-bono work. The staff were asked to suggest charity organisations that we could support and if they would help our soon-to-be-formed Charity Committee. Their response was immediate and overwhelmingly positive, with many offers of help and over a dozen charities put forward for consideration.

After considering each charity and visiting a short list of organisations, the new Charity Committee's first choice was YoungDementia UK. The cause felt right, we warmed to the people we met, and we believed and hoped we could make a difference. At the end



of the process we found that one of our team had a close connection with the charity so this not only clinched the decision, it made it feel totally the right choice.

Each month we survey our client's satisfaction and for every response we pledge to donate money to YDUK. We are also organising monthly fundraising events and applying some of our expertise to the marketing challenges that YDUK has shared with us. I am delighted that we are working together.

Clive McNamara
Chief Executive, TMP

Fundraising News

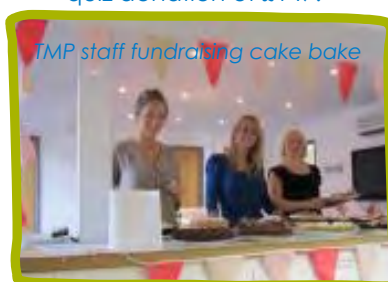
Trust funding

We have been successful with several trust funds such as the Henry Smith Charity, Esme Fairbairn Foundation, the Tudor Trust and the Helianthus Trust who will support us over the next three years. Although we will continue to need lots of help to bring in the funds needed to pay for the services, we are in better financial shape now. It is reassuring that the needs and wishes of members, the work and the team are recognised as meriting the financial support.

Tessa Gutteridge

Thankyou ...

- Edward Gropper's sponsored slim raised £200
- Marc Powell and his kick-boxing team collected £1680, each doing 100 two-minute rounds (pewh!)
- Anna Eden's singing group sang carols raising £103 in East Oxford
- Oxford Flower Arranging Club raised £905 and then a member suggested us for The Talbot pub quiz donation of £147!



- Gwyneth and John Goss's coffee morning in Tubney raised over £400
- Not sure how much was raised at The Marketing Practice's cake sale but the cakes look delicious!
- Our Christmas donation gift cards raised £625—a great result for our first effort
- Gian is planning a sponsored swim in February

Other individual donations and In Memoriam gifts have been much appreciated and have made a great difference to our resources.

Coming Up

Don't forget Chalgrove's Midsummer Ball 23 June 2012
Tickets now available from www.chalgroveball.co.uk



Friends of YoungDementia UK

Please help make sure YDUK continues being alongside through the difficult times, and sharing enjoyable times too. And if you are not already a Friend, do consider joining – the minimum subscription is £25 for the year. To join, contact 01993 776295 or mail@youngdementiauk.org



Charity T-shirts for fundraising!

Gifts In Kind

We really appreciate the gifts we receive which are 'in kind' - your time, your talent, your expertise, your energy – thank you. Our cafe volunteers and often our cafe entertainers give their services for free, helping to keep the cafe financially viable.

Gifts in Wills

At YDUK we are starting to promote legacies as a way of encouraging supporters to leave a gift to the charity in their will, after looking after their family and friends.

The advantage for the person making the gift is that it is not subject to Inheritance Tax. For us, it is another way of making sure that we can provide a stable service for members in the future. Whatever a supporter's age or circumstances, a gift of any size can help people with young onset dementia in the future. We will keep you up to date as we make progress but please get in touch if you would like to know more (contact details back page).

Jenny Harris
Trust and Legacy Fundraiser

Team Member Profile

Hello,

I'm Jenny Harris and I am delighted to join YDUK as a Trust and Legacy Fundraiser. I have been in post since March 2011 and have already been very busy making lots of applications, including a recent major application to the Big Lottery – so fingers crossed !

I've lived in South Northants for the last thirty years, starting work as a Probation Officer but spending most of my career working for charities in Oxford and in Banbury. I have been particularly involved in working with families and young people, helping them to find ways forward when life gets difficult. In addition, I have worked as a volunteer Community Fundraiser with Barnardos for over 20 years.

Alongside work, I sit as a Magistrate in Northampton and am a Governor at a local school. We have two grown up children living in London and a young, very energetic rescue dog, who all still seem to keep us very busy. I really enjoy cooking, reading, playing bridge and walking with family and friends.



I have been very warmly welcomed by everyone at YDUK who have helped me to learn about dementia and the impact that it has on families. However, the most important learning experience for me was coming to the wonderful Café and meeting some of you. This really helped me to begin to understand the full implications of the condition on everyday life. I very much look forward to working to bring in as much funding as possible in 2012.

Jenny Harris
Trust and Legacy Fundraiser

Special Times

Peter and I were paired up in July 2010. We often walk different routes from his home into Oxford and enjoy walking along the river and canal; it gives us an opportunity to talk

about interesting things we find along the way. We met a lady who gave up work to concentrate on her lifelong love of trees: she draws them and writes poems to go with her drawings.

We like visiting Oxford's museums and art galleries, as creative art is a particular love of Peter, who was once Director of the Museum of Modern Art. One snowy day we stayed at home painting together. I painted a flower in acrylic, while Peter was busy drawing in vibrant pastel from a photo of his home town in South Africa. Our art session helped him to renew his love of drawing, and started us looking at photos of his family and friends as part of a 'life-story' project. It brings memories flooding back, and I hear more about the richness of Peter's life.

Sandy Lord **One to One Support Worker**

I first met Jason, five years ago when he was 39 years old. He has Huntington's disease and now lives in a care home. For the first three years we used to go out and play pool but as the condition has progressed we have adapted our outings. We go to the shops, garden centres and parks, and watch football once a month.

Highlights of our time together include our trip to the Oval to watch England play W Indies, and going to Wembley with other family members for the FA Cup Final.



I continue my visits to Jason and Scott and he still enjoys going out for some fresh air — just to be a part of the main stream of life.

Simon Warren **One to One Support Worker**

More News & Views!

Walk 'n' Talk 14 March 2012

Following the successes of last year's 'Walk 'n' Talks' our first walk of 2012 will be on Wednesday 14 March, starting at The Shillingford Bridge Hotel, nr Wallingford, Oxon OX10 8LZ.

We'll meet in the hotel car park (there is plenty of parking) at 11:00am and set off walking at 11.15am, arriving back at the hotel for coffee and/or lunch. It is a short, easy, circular walk, partly along the river so please wear appropriate clothing/footwear for the weather.

If you'd like to join us or need more information please contact either Sue Hosty or Emeline Keown (details on back page).

We're keen to find new walks to try so if you know of a suitable ramble please let us know, remembering that we need good facilities, easy terrain ... and of course somewhere nice place to end up for coffee or lunch!

**Sue H & Emeline
Family Service**

Bring & buy bags a book

I decided, along with a group of friends, to have a book sale for YDUK. It was very simple: we invited friends to bring and buy books and have a cuppa or a glass of wine with us.

We were amazed at the number of books we received. Lots of people came along, chatting as they browsed - and we raised £320! Many thanks to all those who came and bought or donated books.

**Anna Eden
One to One Service Manager**

Vox Pop

Heard the latest views on your newsletter?

*'Thank you so much –
an informative and
inspirational read!'
'A great newsletter!'
'More good news!'*

So don't be shy! Get in touch with your ideas, pictures and contributions for articles, via any member of the team or direct to Sharman Oldham, Newsletter Co-ordinator (see back page)

**Deadline for the next issue is
24 April 2012.**

The Café Dates 2012

We love you to join us on

February 23

The Spy Who Loved Me—be stirred, not shaken, with 007!

March 22

The Hatter and Hare's Tea Party; wear your maddest hat!

April 26

Join us for a touch of Italiano!

May 24

Super Trouper—an Abba-solutely Scandinavian night

June 28

Jubilant Celebrations—to mark the Queen's Diamond Jubilee

The Café evenings are held at Cassington Village Hall, The Green, Cassington, OX29 4AX.

For more info contact Becci Spilsbury (see back page)

PS 'It's behind you!'

Thanks to Oxford Playhouse for generously giving us tickets for 'Mother Goose' and making 21 of us so welcome.

Research Lab Visit

'I really enjoyed Susan Greenfield's excellent talk about her conjecture that there is a common rogue molecule in Alzheimer's, Parkinson's and Motor Neurone disease. This idea was new to me.

Good to see Bernard and Barbara with Jo, and more YDUK friends. Filter coffee and biscuits were welcome on a cold morning! Very interesting to tour the labs after with two highly motivated post-grads.'

Roger
Family Service Member



Professor Greenfield (centre) hosts YDUK lab visit

Picks Disease Support Group Annual Seminar Fronto-Temporal Dementia

7 March 2012 9.30am – 4.00pm

Lecture Theatre

National Hospital for Neurology & Neurosurgery
33 Queen Square, London WC1N 3BG

This seminar is for professionals and carers
Full programme from Sue Smith (contact on back page)

YDUK Homes

In the Autumn Newsletter I covered the progress that had been made by YDUKH to date and what we are doing to develop our Special Home. I thought you would now like to know a bit more about what we are hoping to accomplish

- The property/land we purchase would be approx 1.5–2 acres, probably with an existing large house that could be refurbished to suit our initial needs. The land must be sized for future building extensions. The strategy is to start small and gradually expand as funding becomes available
- The property will be in Oxfordshire or a neighbouring county close to the Oxfordshire border— it's cheaper over the border! Views over the countryside are important
- The Home will initially accommodate eight people including a room for short breaks
- The Home will be light and airy and reflect a comfortable, homely, relaxed atmosphere
- Accommodation will be as found in any home—but sized for eight people, four staff and a few volunteers
- Grounds would include patio, gardens, vegetable plot, rambling areas, garage/potting shed
- Further bedroom clusters, homely areas and a place to welcome people for the day will be added as funding allows.

Other options of collaboration with third parties are being investigated and may be progressed further only if they can provide our full needs.

I hope this gives you some insight into what is being proposed. We now need a few friendly donors to realise our dreams!!

Paul Weller
Trustee, YDUK Homes

From our mailbag

In a recent thankyou letter for the help YDUK provides, one member mentions some apprehension about going to their first YDUK cafe. But adds that they needn't have worried—'*May I say the people, venue, music and organisation were all superb. ... We made some new friends and spoke to some lovely people.*'

YDUK Homes Trustee Profile Geoff Shepherd

I first heard of YDUK when my partner, Michael went to live at the Methodist Care Home in Carterton, in May 2011. He had been diagnosed with young onset dementia some five years ago when he was 57; sadly, his illness had progressed to the point where he required more care than I could give.

Marilyn, from the One to One Service, sees Michael every week. That is great as the age of others in The Homestead means that some activities are not really geared to Michael's age or physical fitness.

Through Anna Eden and Marilyn I met Tessa and said I would be very pleased to become involved with YDUK's work. I retired from my job as Chief Executive for the Guys and St Thomas' Charity in London two years ago so now that Michael is being looked after I have time to contribute to the work of YDUK. I am particularly pleased to be a Trustee of YDUK Homes as I think it is vital to provide purpose-designed homes for younger people. I want YDUK to be recognised as the national leader in this and other areas of care for people with young onset dementia.

I believe YDUKH can pioneer the home's development, perhaps learning from the way Maggie Centres have been created to help people who have been diagnosed with cancer.



I live in Central London and in Lechlade. For the last 10 years I have been a Trustee and Chair of The Florence Nightingale Museum. Last year we raised £1.3 million to refurbish the museum, to coincide with the centenary of Florence's death. I am a part time diploma student in the history of art at Oxford University's Department of Continuing Education. I enjoy country pursuits and recharging my batteries in the Oxfordshire air!

Geoff Shepherd
YDUK Homes Trustee

Join YDUK for an adventure!



**Hear about Dementia Adventure in the morning
Bring a picnic lunch
Enjoy the beautiful park in the afternoon**

Dementia Adventure is an award winning social enterprise connecting people living with dementia with nature and a sense of adventure. They provide services with 'nature in mind' as well as adventure travel for people living with dementia.

We look forward to meeting Neil and Lucy from Dementia Adventure.

More details to follow.

In April Dementia Adventure is planning a 5-day break to the Isle of Man . Details available by phone from 01245 23066 or from www.dementureadventure.co.uk
People living with dementia should come with someone who knows them well.

And finally ...

Local Professional Links – Cognitive Disorders Clinic

The Cognitive Disorders Clinic is a weekly clinic held at the John Radcliffe Hospital in Oxford. It is jointly run by neurologist Dr Chris Butler and neuropsychologist Dr Ian Baker, and headed by Neurosciences Clinical Director Professor Christopher Kennard.

The clinic specialises in providing diagnosis and support for people with young onset dementia and other cognitive problems and has been running for the past 18 months. Being based at the John Radcliffe Hospital helps ensure that relevant tests and investigations such as brain scans and detailed memory assessments can be carried out quickly and efficiently.

Most people are referred to the clinic by their family doctor or other hospital consultants because of problems with memory, language or a change in behaviour which may be due to young onset dementia. The aim is to provide a diagnosis as quickly as possible and then to give regular follow-up to provide ongoing medical care and support. People can also take part in research studies.

An important aspect of the clinic is to ensure that appropriate care, support and information is made available to the person and their families at the time it is needed and through this a close working relationship has developed with YDUK. This link has also evolved due to shared values and a clear recognition of the particular difficulties that people with young onset dementia and their families face from diagnosis onwards. We are excited about the opportunities offered by working closely together, with the shared aim of improving services for people and their families affected by young onset dementia.

Dr Ian Baker
Neuropsychologist, Cognitive Disorders Clinic
John Radcliffe Hospital



Events & Contacts

Date	Time	Event	Venue	Contact
Thur 9 Feb	10am	Coffee 'n' Chat	Newington Nurseries***	Sue H
Wed 15 Feb	11am	Coffee 'n' Chat	The Fishes, N Hinksey **	Emeline
Thur 23 Feb	7.30pm	Café	Cassington Village Hall *	Becci
Wed 7 Mar	1pm	At One Lunch	The Fishes, N Hinksey **	Sue H/Emeline
Thur 8 Mar	10am	Coffee 'n' Chat	Newington Nurseries ***	Sue H
Wed 21 Mar	11am	Coffee 'n' Chat	The Fishes, N Hinksey **	Emeline
Thur 22 Mar	7.30pm	Café	Cassington Village Hall *	Becci
Wed 4 Apr	1pm	At One Lunch	The Fishes, N Hinksey **	Sue H/Emeline
Thur 12 Apr	10am	Coffee 'n' Chat	Newington Nurseries ***	Sue H
Wed 18 Apr	11am	Coffee 'n' Chat	The Fishes, N Hinksey **	Emeline
Thur 26 Apr	7.30pm	Café	Cassington Village Hall *	Becci
Wed 2 May	1pm	At One Lunch	The Fishes, N Hinksey **	Sue H/Emeline
Thur 10 May	10am	Coffee 'n' Chat	Newington Nurseries ***	Sue H
Tue 15 May	tbc	Picnic & Talk	Buscot Park, Faringdon	tbc
Wed 16 May	11am	Coffee 'n' Chat	The Fishes, N Hinksey **	Emeline
Thur 24 May	7.30pm	Café	Cassington Village Hall *	Becci
Wed 6 June	1pm	At One Lunch	The Fishes, N Hinksey **	SueH/Emeline

Venues for the above events are as follows:

* Cassington Village Hall, The Green, Cassington OX29 4DN

** The Fishes, North Hinksey, Oxford OX2 0NA

*** The Tea Room, Newington Nurseries, Nr Stadhampton, OX10 7AW

Want more details?

To email any member of staff listed below, please use their name and the charity name in the format: tessagutteridge@youngdementiauk.org

Director

Tessa Gutteridge
01993 776295

Finance

Karen Warner
01865 861907

Admin

Joan Dutton
01235 531973

One to One Service

Anna Eden
01865 794311

Family Service

Sue Smith
01235 522382

Sue Hosty

01865 821699

Emeline Keown

Fundraising

Jenny Harris
07557 414550

Events

Rebecca Spilsbury
07979 745858

Newsletter

Sharman Oldham
01865 390842

YoungDementia UK PO Box 315 Witney OX28 1ZN
mail@youngdementiauk.org www.youngdementiauk.org

YoungDementia UK Company limited by guarantee in England and Wales Company No 4142850
Registered Office 7 Mount Pleasant Crawley Road Witney OX28 1JE Charity No 1085595