If you would like to find out more please contact;

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Young Onset Dementia Development Officer  
Early Intervention Dementia Service  
F Block  
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Rachael Hodgetts  
Administrator  
Young Onset Dementia  
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We would be very happy to hear from you.

Website:  
http://www.hacw.nhs.uk/our-services/young-onset-dementia-new/

Connection Point  
Supporting Younger People Living with a Dementia

Connection Point provides a monthly group meeting for younger people living with dementia, their families and supporters. The group is run by staff from a wide number of agencies enabling people to feel informed about support available in the local community.

The group provides advice, education, information and peer support as well as the opportunity to have fun.

The group runs on:  
The second Thursday of the month  
between 7pm and 9pm  
Currently Meets at:  
Ombersley Memorial Hall,  
Sandys Road,  
Ombersley,  
WR9 0DY

For up to date details call Jo or Rachael on 01562 828894

http://www.hacw.nhs.uk/our-services/young-onset-dementia-new/
Refreshments, information and support

Evenings always start with refreshments, there is opportunity to catch up with others who attend, peer support is an important part of Connection Point—there is often laughter and great sharing of ideas.

Information from local organisations is available on the evening with the opportunity to talk with staff informally on a one to one basis from a number of local services.

Local services and organisations who can help

- Staff from a range of agencies are involved in supporting Connection Point including: The local Alzheimer's Society, Onside Advocacy, The Dementia Advice Service (Age UK Herefordshire & Worcestershire), Worcester Association of Carers and Worcestershire Health and Care NHS Trust.

- Staff from other local organisations also attend each month as guest speakers talking on a wide range of topics such as legal issues, benefits assistive technology, health walks, and fire safety.

A chance to get creative and to try out well-being taster sessions

Connection Point provides an opportunity to try out different activities. This varies every month. Painting, pottery, singing, tai chi, reflexology, back massage and dance are just some of the activities that are available to try—taking part is for those who want to, others prefer just to talk and have a drink, it’s absolutely up to you.

What people say about Connection Point:

- Life giving—brilliant, supportive, sharing, informative, generous
- I think the balance is right—time to learn, time to talk, time to share and time to relax
- Friendship, humour, support, insight,
- New life, new hope—with every flower that blooms may you all bloom
- Comfort, life affirming, hope