Adapt - a course for anyone newly diagnosed
This course aims to help people aged 65 or younger adapt to their diagnosis of young onset dementia. It comprises five sessions during September and October 2018, based at Shotover View, Oxford.

It will cover topics such as
- What is dementia?
- What does it mean for me?
- How to live well.
- Keeping active and involved
- Coping strategies and tips.
- Practical pointers on legal issues, finances, DVLA.
- Meeting others.
- Finding help and support.

For details, or to book, contact Mandy Blair, Adapt Project Worker 07493 790921 or email mandyblair@youngdementiauk.org

Members on film
In late April we held a film day in Cutteslowe where 10 Oxfordshire members were interviewed on camera.

They spoke about being a parent, who and how to tell after a diagnosis, and about employment / keeping busy.

We’re still editing the footage – there was so much good material that it has been really tough to cut it down – but we’re turning it into three films that will be available to watch in September.

Oxfordshire trial pending for leaflets and posters in GP surgeries
The Young Dementia Network’s 8-week pilot of young onset information in GP surgeries across Oxfordshire, Kent and Derbyshire begins shortly. Surgeries will receive a poster and a supply of A5 leaflets about young onset dementia and what to do if an individual has concerns.

Oxfordshire News is generously sponsored by The Midcounties Co-operative
Out & About

Turtle Song continues to delight
The latest series of Turtle Song’s very popular creative sessions ended with a performance at the Jacqueline du Pré music building which clearly pleased both the performers and audience alike.

Those taking part enjoyed, ‘a loving, kind and supportive atmosphere, where everyone is viewed as a success,’ ‘the opportunity to work as groups and create the lyrics was fundamental to all participants allowing us to feel that we really owned Turtle Song,’ and ‘we were not being judged, we could just be ourselves with all our baggage’.

Well done to everyone Involved - a triumph!

Get Walking & Talking
The fine weather has been great for our regular Walk & Talk’s organised by volunteer Roger Stammers.

Roger’s walks happen monthly from May – October (except July when we have our garden party) and also in January and March if weather permits. He aims for a gentle stroll of 2-3 miles from different locations. Usually they start from a car park with loos, ideally a pub or garden centre, so there is a chance to continue talking over a drink or light lunch afterwards - always popular!

The next walks are on 12 Sept and 10 October, starting at 11.00am so do join us. For more information contact Roger at rogerstammersx987@gmail.com
Getting together

Celebrating at the Supper Club
We like celebrating at the Supper Club - in May it was Larry’s birthday so there was a rousing rendition of ‘Happy Birthday’ from all present.

In June, even England’s World Cup match on TV couldn’t keep people away from the delicious supper and a chance to take to the floor for some dancing and laughter.

Take a look at the centre pull-out of Oxfordshire News to share in our Garden Party which took place on 13 July.

Coffee & Chat
Our regular Coffee & Chat group brings people together in the company of our Young Onset Dementia Advisors Deborah and Emeline but the chat can be about anything - dementia-related or not. Often it helps just being with others who understand your situation.

Len & Connie’s special Ruby Anniversary lunch
Going out to celebrate a special event may seem quite natural but for Len the ‘going out’ part has become harder. Anxiety means he is finding going out and socialising more difficult now.

Over time, helped by support worker Simon Hutchens, Len has begun to go for walks, visit exhibitions and the cinema and enjoy coffee at the Baptist Church Café in Abingdon.

Prompted by his daughters and with his confidence growing, Len asked Simon for help to set up a lunch for his wife Connie to mark their 40th wedding anniversary. Together they decorated the room and table at the café so that Len could treat Connie to a meal out. What a success!

Congratulations to Len and Connie, and well done to Simon for helping to make it happen and showing us what we can do with the right support and encouragement.
It helps to know about ...

**Legal Power of Attorney**

If you need help or are unable to take decisions about your life in financial or medical matters, you can choose someone to act on your behalf; the legal term for this is Lasting Power of Attorney, often referred to as LPA.

You can only set up a LPA while you still have the ability to weigh up information and make decisions for yourself so it is worth doing before you really need it. Many people do it when preparing or updating their Will.

There are two types of LPA - a property and financial affairs LPA gives your attorney the authority to help make decisions about your money and property. It can be used as soon as it is registered, with your permission.

A health and welfare LPA gives your attorney authority to make decisions about your care. It can only be used when you are unable to make your own decisions.

Both LPAs must be registered with the government’s ‘Office of the Public Guardian’ before they can be used. There is a fee for this but reductions or exemptions are available.

You may decide to use a firm of solicitors to help with the process or you can do it yourself using this page on the government website www.gov.uk/power-of-attorney

Deborah Crawshaw
Young Onset Dementia Advisor

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Celebrating 20 years—our latest annual review

We’ve recently posted out and emailed our annual review which looks back at our 20-year history and shares some of our recent news and achievements. If you would like a paper copy, please send your name and address to web@youngdementiauk.org
This year’s Garden Party was a special one. It gave us a chance to celebrate together the charity’s 20th anniversary year in traditional style with cake, or more precisely - with lots and lots of cupcakes!

The secluded garden of the Abbey in Sutton Courtenay gave us shady nooks in which to retreat from the heat and the glorious sunshine and plenty of space for dancing to the excellent Pandemonium, whose music caught the mood of the day perfectly.
We all wondered if the fickle finger of fate would favour us in the raffle for some great prizes from kind donors.

As always, the event was a ‘Bring and Share’ and the food that arrived was totally yummy so here’s to all the cooks! Somehow it always works out to the right balance of savoury and sweet treats.
Smiles all round as dogs and owners tried impishly to copy (or not!) Emmy the Parson Jack Russell Terrier on the agility course and we heard about how Emmy came into the Chainey family, won their hearts and began training for dog agility competitions, winning many prizes.
So, after all the fun, food and dancing it was time to say goodbye to The Abbey after another wonderful Garden Party.
Support snapshot with Liz Rose

I joined YoungDementia UK as a support worker in March this year and I support eight people with dementia. They all have different personalities, interests and circumstances so my day to day work is always varied and interesting. One day I may be digging an allotment, the next attending an art exhibition! As you can see, we smile and laugh a lot.

My role is to help people diagnosed with dementia to live their lives well and to continue doing the things they love to do. It’s about focusing on what people can do rather than what they can’t do.

I’ve worked with people affected by dementia for four years including running groups and services in Birmingham for the Alzheimer’s Society.

I think the most important thing I have learned over this time is that people who have dementia are still the same people and want to continue to be treated as such.

What attracted me to YoungDementia UK was their commitment to being person centred and the focus on keeping people independent and active. Having dementia shouldn’t stop you doing the things you want to do, and I am proud that my job helps people do this.

Liz Rose
Support Worker

Liz uses her phone to take lots of photos when she is out with the people she supports. It reminds them of the fun they have had together.
How to help
There are lots of ways to get involved and support YoungDementia UK. It’s an exciting time for the charity - the fundraising team now includes Claire Smith and Catherine Harris, who have joined Anne Bajorek and Alex Taylor.

They are all working hard to develop new and exciting events and challenges, create opportunities to get your workplace on board, to become a volunteer, to get your local school involved or to help us to raise awareness and fundraise within your local community. Check out our website to see some of our new challenges or contact Claire to have a chat about how you can help us.

www.youngdementiauk.org/get-involved

The Every Step Challenge is back!
This September you could do something amazing for your fitness and wellbeing and our funds by joining our 2018 Every Step Challenge. Your 10,000 steps a day could be raising money for YoungDementia UK while you go about your normal day - whether it’s by walking to the shops or to work, taking the dog out, using the stairs instead of the lift, or anything that gets you moving.

You don’t have to do 10,000 steps either - why not set your own target? You can walk, jog or run to reach your daily target. Take part on your own, or challenge your friends, family and work colleagues to join in as a team. Why not get your pet pooch involved?

Join our online community and keep us up to date with your progress. It’s easy and free to join so why not sign up?

www.youngdementiauk.org/every-step-challenge

Can you help us?
Do you know anyone who works for Invesco Perpetual in Henley-on-Thames? The company’s employees will soon be asked to nominate charities that are important to them to be considered as Invesco’s Charity of the Year. We’d love to be put forward, so if you know someone who may be willing to nominate us, please have speak to them or contact Anne if you, or they, would like to know more.
Lucy braves the shave
Lucy Shook braved the shave in memory of her brother Robert earlier this summer, smiling all the way through.

She has raised over £800 for YoungDementia UK. Thank you Lucy for taking on this challenge and raising such an incredible sum.

PS We love Lucy’s new look and can’t resist adding - not so much a hair-raising experience as a fun-d-raising one!

Fundraiser News
Peter Berry from Suffolk cycled 330 miles from Aberystwyth to Aldeburgh in June to raise vital funds for YoungDementia UK. Peter, aged 53, was diagnosed with young onset Alzheimer’s disease three years ago and is determined to show that a person with dementia can still achieve significant goals.

Peter’s challenge took place over six days, beginning on Monday 25 June and finishing on Saturday 30 June. He covered an average of 44 miles per day and raised over £4,500 for YoungDementia UK. Well done Peter!

To contact us about anything fundraising related, please email Claire or Anne.
clairesmith@youngdementiauk.org
annebajorek@youngdementiauk.org
Dance Creative performance in Didcot
Dance Creative has been working with YoungDementia UK members on an interactive project to raise awareness of young onset dementia entitled 'A Million Memories - the journey we are on'. It premieres at the Cornerstone Arts Centre, Didcot on 8 September at 2pm and 4pm. Find out more www.dance-creative.co.uk or book seats (registered carers free) on 01235 515144, www.cornerstone-arts.org

Trustee News
Huge thanks to Andrea Shepherd (right) who stepped down as Chair of Trustees in July at the end of her term of office. Her ceaseless work on the board at a time of great change for the charity as well as her warmth and willingness to be involved in our many events and activities will be much missed.

Succeeding Andrea as Chair is Amanda Stratford, who is joined by another new Trustee, Emma Crozier. We welcome them both.

Thanks to the Ashmolean Museum
Following the generous donation of free tickets by the Ashmolean Museum members have been able visit their recent America’s Cool Modernism exhibition. We are so grateful for the ongoing support of our local Oxfordshire cultural and entertainment venues for these opportunities.

Contact us
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