This is an email from YoungDementia UK sharing information about young onset dementia.

An announcement and Christmas greetings from YoungDementia UK

YoungDementia UK is proud to have been working to support people living with young onset dementia and their families to adapt and live life for over twenty years.

The current fundraising climate is a challenging one for charities and, as a small organisation we have taken the difficult decision to cease our investment in one to one sessional support and some of our regular groups in Oxfordshire in order to sustain our work in leading the Young Dementia Network across the UK and develop our Young Onset Dementia Advisory Service. We remain committed to pursuing the charity’s goal that everyone affected by young onset dementia has access to specialist support to adapt and live life.

We would like to thank you for your support in 2019 and send our very best wishes for Christmas and the new year,

The team at YoungDementia UK

FREE book giveaway - 'Dementia - Support for Family and Friends' by Dave Pulsford and Rachel Thompson

Thanks to the generosity of Jessica Kingsley Publishers, we are delighted to be able to offer three FREE copies of the newly updated book, Dementia - Support for Family and Friends to our readers as part of a Christmas giveaway!

The book is ideal for anyone with a friend or relative with dementia. Whilst it doesn't focus specifically on young onset dementia, Keith Oliver who is living with the condition writes -

Whilst there are many books by professionals working alongside those of us with dementia, few are as comprehensive and sensitive in both their content and tone. This book is an
essential read and guiding companion for all who care for those who have dementia, be they family or professional carer. I fully recommend it.’

If you would like to enter our free draw, please email us including your home address by Friday 10 January 2020. We'll notify the lucky winners week commencing 13 January. Alternatively, you can purchase a copy of the book here or read an excerpt about the impact of dementia on children here.

**Hidden Disability**

sunflower lanyards - we have 20 to give away!

Not all disabilities are visible – some such as dementia are not immediately obvious, which can add to the challenges of daily life. Sunflower lanyards are becoming an increasingly well recognised way of discreetly indicating that a person may need a little extra time or help.

Whilst the sunflower lanyards don't give any special privileges or identify an individual's specific condition, staff in places like airports, train stations and major retailers are being trained to recognise them and know what they mean. So if you're wearing a lanyard and need help with anything, just ask and staff should do their best to assist.

Thanks to the generosity of the Customer Relations team at Heathrow Airport, we have 20 sunflower lanyards to give away! If you would like one, please email us including your home address by Friday 10 January 2020. We will notify the lucky winners week commencing 13 January. Alternatively, you can purchase a sunflower lanyard here.

**Spending Christmas with Dementia**

In our last newsletter, we shared Jane’s story. Her husband was diagnosed with dementia when he was 58 and Jane has found writing about their experiences to be a therapeutic outlet for the challenges she faces.

We had such a fantastic response to Jane's story, we have invited her to write for us again, this time about how Christmas has changed in the two years since her husband's diagnosis. Read Spending Christmas with Dementia by Jane here.
Will's story

Will is 25 years old. In 2011, his mum was diagnosed with behavioural-variant frontotemporal dementia (FTD). She sadly died three years ago aged just 58.

Will has written a piece for our website about how his mum's dementia affected him and his family, and how they have coped since her death, in the hope that his experiences may help people understand more about FTD and help others who are going through something similar.

You can read Will's story here.

Meghan's story

Meghan is 24 years old. Her mum has lived with young onset Alzheimer's disease since 2015. In order to try and shed light on the condition, Meghan started writing a blog, My Mum, Caroline.

In one of her blogs Meghan writes, 'Sometimes it's a unique place as a child of a person with dementia because I miss my mum. I'm still young enough to need my mum, to wonder what she would say, what she would be like without all this.'

You can read Meghan's blog post A Child of Dementia in full here.

Dementia Carers Count - young onset course

Dementia Carers Count run a variety of courses for the relatives, friends and carers of people who are living with dementia. In July 2020, they will be running a course in Birmingham that will focus on young onset dementia.

Their Young Onset Dementia Carer Support Course is designed for friends and family of people who have been diagnosed with dementia under the age of 65 years. It will look at some of the rarer types of dementia that are more common in younger people and how different types of dementia affect the brain and the person's behaviour, as well as exploring different ways to further support the person with dementia and ways for the family / friends to build and develop their own resilience.

Find out more or book your place here.
Moving Kinship offers monthly one-day movement workshops engaging families affected by young onset dementia in Haringey and Wimbledon. Their sessions are led by dance movement psychotherapist Beatrice Allegranti and a team of professional dance artists. Check out their flyer here.

Dementia Adventure organise supported holidays for people with dementia, their family and friends to enable them to get outdoors, connect with nature and retain a sense of adventure. They have recently released information about their holidays in 2020 visiting locations such as Cornwall, Devon, Isle of Wight, Peak District and the Lake District. Find out more here.

Dementia Alliance International is conducting a survey to find out more about the involvement of people with dementia and their families in research and policy. The survey will take about 5-10 minutes and they are hoping to hear about the experiences of people with dementia, families and professionals. To take part in their survey, or to find out more click here.

The Many Faces of Dementia is a free online course which gives a unique insight into dementia through the stories, symptoms and science behind four less common diagnoses. Estimated learning time is approximately two hours per week across four weeks, at your own pace. The next course starts on Monday 20 January. Find out more about the topics covered and sign up to take part via this link.

Another free online course starting soon is Dementia and the Arts: Sharing Practice, Developing Understanding & Enhancing Lives which begins on Monday 10 February. Discover how the arts can create common ground between people, and in doing so, learn what we can all do to improve the quality of life and care for people living with different dementias. Estimated learning time is approximately two hours per week across four weeks, at your own pace. Sign up here.

The way people are using technology to listen to and enjoy music is changing, but not everyone caring for someone with dementia knows how to access these platforms and use them to create playlists. Music for Dementia 2020 has recently published guides to help people create playlists on Amazon, Apple, Spotify, Google and YouTube which include practical advice on how to build a playlist on a variety of platforms. Find out more here.

If you would like us to share details of a new young onset dementia related group, service or event, or anything of interest to the young onset community, please email katefallows@youngdementiauk.org
Have you watched our Christmas appeal film?

This year our Christmas appeal has been built around a fantastic 1.5 minute long film titled The Little Things which features a family affected by young onset dementia at Christmas.

Have you seen it? If you haven't, you can watch it or donate to our appeal here.

And it's not too late to buy our Christmas cards, you can purchase them here.