

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

# YoungDementia news

## Celebrating our 20 year anniversary



YoungDementia UK is proud to be celebrating it's 20 year anniversary in 2018. We began in 1998 as The Clive Project following several years of research and fundraising.

The work was inspired by the unmet needs of Oxfordshire resident, Clive Beaumont, who was diagnosed with young onset dementia in his forties. At the time, there was very little support that was right for him, his wife and his young children. Clive died in 1999, aged 51.

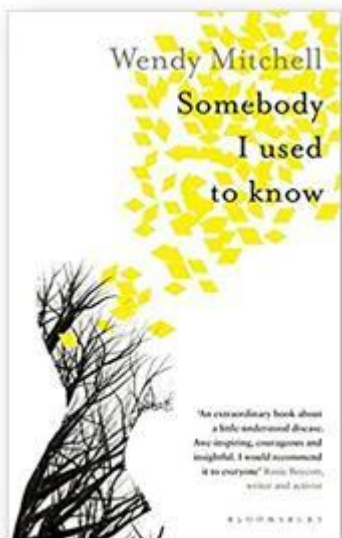
Individual support for the person with dementia was identified as the key priority for The Clive Project and led to the development of our award-winning support service in Oxfordshire. We later rebranded as YoungDementia UK with the aim of reaching out to every person in the UK affected by young onset dementia.

Our work continues to develop and grow. You can find out more about our history [here](#), view a timeline of our growth over the last 20 years [here](#) or download our latest leaflet about YoungDementia UK [here](#).

## Do you live in the Sheffield area?

We are considering an exciting new pilot project in Sheffield to offer people affected by young onset dementia a chance to meet, share experiences and socialise. To help us develop our plans, we would love to find out more about what support and activities people in Sheffield would like.

Find out more [here](#) or contact [network@youngdementiauk.org](mailto:network@youngdementiauk.org)



Wendy's book.

## Audio code giveaway for **Somebody I used to know** by Wendy Mitchell

Author and dementia activist Wendy Mitchell has very kindly give us two Amazon access codes to giveaway for the audio version of her best-selling memoir **Somebody I used to know**.

Ideally, Wendy would love someone who likes reading but who can't read anymore to be able to listen to her book. If you or someone you know fits the bill, please email [web@youngdementiauk.org](mailto:web@youngdementiauk.org) by Monday 30 April. We'll notify the lucky people who we're giving the two codes to on Tuesday 1 May.

Alternatively, if you'd prefer a paper copy, click [here](#) to buy



## Introducing 'Dementia Researcher' a network for early career researchers

On 19 March 2018, the office for the NIHR National Director for Dementia Research (NDDR), based at UCL, launched a brand-new website for early career researchers working in the field of dementia.

It was driven by the need to support emerging talent and increase the number of dementia researchers in the UK, as part of the Government's Dementia 2020

implementation plan.

The Dementia Researcher website brings together lots of useful content and timely information in one place – making it easier for early career researchers to find just what they're looking for. Once a user has registered, they can have access to a range of great benefits.

Find out more, and register, by heading to [www.dementiaresearcher.nihr.ac.uk](http://www.dementiaresearcher.nihr.ac.uk). Or follow Dementia Researcher on Twitter - [@dem\\_researcher](https://twitter.com/dem_researcher) #ECRDementia

## Young onset related research opportunities

Jane, a student at Ulster University is looking for **people aged 18-30 years of age who provide care to someone with dementia** to take part in an online survey examining the grieving process individuals often go through whilst caring for a loved one with dementia. Find out more or take part in the survey [here](#).

University College London and the Universities of Bradford, Northampton and Surrey are inviting you to take part in a **young onset dementia research study**. The **ANGELA Project** is dedicated to Angela, a lady with young onset who went undiagnosed for three years before her symptoms were recognised. They have interviewed 159 people so far but would love to speak to more. Find out more [here](#).

Dr Alastair Jordan of **York St John University** is conducting a **research study examining the effect of dementia, if any, on movement patterns during walking**. Find out more about his study [here](#), or by emailing [a.jordan1@yorks.ac.uk](mailto:a.jordan1@yorks.ac.uk)

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## Freshers Young Onset Cafes - expanding across the north west

'Freshers' was the brain child of Peter Lyttle, who lives near Blackpool. Peter was diagnosed with vascular dementia at the age of 58, and quickly came to the conclusion that the usual dementia cafes did not cater for younger people like him, who are of working age at diagnosis.



Peter set up the first Freshers Young Onset Café in St Anne's, and he is supported by a team of people, including Alzheimer's researcher Dr Penny Foulds from MAC Clinical research, Lancaster University.

They now run five Freshers Young Onset Cafes cross Lancashire and are keen for others to follow their lead and set up groups for younger people in other parts of the country. Find out more about how they set up Freshers and how you could do the same [here](#).

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## New groups suitable for younger people

[Freshers Young Onset Cafes](#) are now operating in **Bispham, Blackpool, Lancaster, Lytham St Anne's and Preston**. They are activity and social groups for people aged 40+ who

are living with dementia and other neurological conditions. Partners, friends and family are also welcome.

**Active Life, Active Minds** is a dementia-friendly multi-sport and social activity group that takes place every Tuesday, 11.00am-1.00pm at **York St John University Sports Park**. Find out more [here](#).

A new [activity group](#) has launched at **Maidstone Leisure Centre** for people who are under 65 who want to exercise and take part in sports activities.

The [Tackling Dementia Sports Cafe](#) is held weekly on Wednesday's between 10.30am-midday at the **Worcester Warriors, Sixways Stadium**. A free group that enables people living with dementia and their family and friends to engage in indoor sports activities in a fun, welcoming environment.

**Alzheimer's Support** has joined forces with the **Wiltshire Wildlife Trust** to start a new [farm-based activity group](#) for younger people living with dementia. They are looking for people with young onset dementia to get involved in planning the new group.

We list young onset groups and services across the UK on our [website](#). If you know of a group we haven't listed, please do send us the details.

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## Upcoming young onset related events

**Rare Dementia Support / Joint Carers Support Group Meeting** on **Wednesday 2 May** at The Hub, 5th Floor, Wellcome Collection, 183 Euston Road, London, NW1 2BE, 11:00am – 2:00pm, arrival from 10:30am. More details click [here](#).

Dementia Action Alliance **Webinar: Learning disabilities & dementia** - Enhancing care & support, on **Tuesday 8 May**, 10.00-11.00am on computer and phone. Find out more [here](#).

**West Sussex County Council** and **Crossroads Care** are organising [special short breaks](#) for people diagnosed with dementia before the age of 65 and their family and friends. Take advantage of some time out and join a Short Break at Roffey Park (Horsham) from **12-13 May**.

**Younger People with Dementia (Berkshire) CIO** is running a **training course in Reading on 15 May and Wokingham on 16 May**. Titled, 'How to engage people with young onset dementia in meaningful activities' you can find out more [here](#).

Are you an early career researcher or experienced researcher? We have a very limited number of places available at a **young onset dementia research networking event** taking place in **London** on **Thursday 21 June**. Find out more [here](#), and email [network@youngdementiauk.org](mailto:network@youngdementiauk.org) to express your interest in attending.

**Rare Dementia Support / PCA Support Group Meeting** on **Friday 22 June** at 6th floor, Wellcome Trust, Gibbs Building, 215 Euston Road, London, NW1 2BE, 11:00am – 2:00pm, arrival from 10:30am. More details click [here](#).

**Save the date.....** The Journal of Dementia Care, in association with **YoungDementia UK**, will be hosting a **young onset dementia conference** in Birmingham on **Thursday 20 September**. More details coming soon....

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## Support our London Marathon runner Dominique Kent

Dominique Kent is running the London Marathon on 22 April to raise funds for YoungDementia UK.

You can watch a vlog explaining why Dominique is running for us [here](#), or show your support by donating to her

fundraising page - click [here](#).

**Good luck Dominique - we know you'll smash it!**

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