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

The YoungDementia UK Annual Review 2019 is out now!

We are delighted to share with you YoungDementia UK’s annual review which showcases our recent activities, achievements and strategic plans for the coming three years.

Our goal is that by 2022 everyone affected by young onset dementia has access to specialist support to adapt and live life.

We have ambitious plans to achieve this by improving our digital services and by increasing local services through the creation of new regional young onset dementia hubs. You can download our annual review [here](#).

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Last chance to book tickets...

Bookings close this Friday for the Journal of Dementia Care’s Young Dementia Annual Conference which is taking place on Wednesday 20 November 2019 at St Giles Hotel, London.

In association with the Division of Psychiatry, University College London (UCL), the theme will be ‘Towards equity and excellence in clinical support’. Their one-day conference is an essential update for clinical staff, researchers and all those interested in young onset dementia. You can find out more and book tickets [here](#).
Jane's story

Jane's husband was diagnosed with dementia when he was 58. In the two years since, Jane admits she has found the changes in him and their relationship 'bewildering'.

Jane has written a piece for our website in which she shares with great honesty how these changes have affected her; and how she has found new depths of determination and strength in herself that she never knew existed. Read Jane's story in full here.

My Dad and Al

My Dad and Al is a new book by Annie Laurie which aims to help families prepare children who have a parent or grandparent with a diagnosis of young onset dementia.

In the story, Charlie’s dad has been told that he has Alzheimer’s disease and needs to explain what this means to help prepare Charlie for what might happen.

The book provides a way in for parents to share the diagnosis with their children helped by the family in the story. You can purchase My Dad and Al on Amazon for £8.99 here.

Norrms - 50+ Shades of Dementia

Norrms McNamara was diagnosed with dementia with Lewy Bodies at the age of 50. In the ten years since his diagnosis he has been a prominent campaigner for people living with dementia and has written a number of books.

He has recently published a book of poetry titled 50+ Shades of Dementia which shares very honestly his personal experience of living with dementia. You can purchase 50+ Shades of Dementia on Amazon for £7.00, click here.

Volunteers needed for our Sheffield activity group

We're looking for a couple of dedicated volunteers who can attend our activity group for people affected by young onset dementia in Sheffield on the 3rd Wednesday of the month.

If you can help, or would like more information about what the role entails, please contact Donna at
Young on set dementia news in brief

Group news

Joanne Roberts would like to share the details of Sparks Cafe in Preston which is for people with young on set dementia and / or Parkinson's disease. She writes, 'It's been running for about 18 months now with success. We are friendly bunch - we mostly sit, chat and enjoy food together. It's run by those that attend and we meet in a local cafe called Cromwells on Berry Lane, Preston that opens its doors just for us. We meet on the last Tuesday of the month between 5.00pm- 8.00pm. You can just turn up but you can email me for more information.' sparks.cafe.dp@gmail.com

A host of new young onset dementia cafes have been set up in Scotland in Clydebank, Eastwood, Greenock, Inverclyde, Lenzie and Paisley. The support groups are led by a psychologist and nurse and are for people affected by young onset dementia, their family members and carers. Find out more tel 0141 201 4805 or email Oona.KaarlelaGalani@ggc.scot.nhs.uk

A new community support service for younger people has been launched by Dementia Together in Suffolk. Their Younger Person's Navigator can offer practical information and support to people under 65 years old with a dementia diagnosis or memory concerns, as well as to their family members. Self or professional referrals are accepted via their helpline or email. For more information tel 08081 688 000 or email youngerdementiatogether.nhs.net

The Forget me not chorus supports people with dementia and their families through weekly singing and creative workshops in the community in Cardiff North, Cardiff South and Vale, Newport and Llandudno areas. Whilst they aren't young onset specific, they are keen to attract younger people and feel their sessions are very beneficial. Find out more via their website or email mail@forgetmenotchorus.com

A Working Age Dementia Group has launched in Sutton in Ashfield for people of working age who are living with dementia, their families and / or carers. The group meets in the reception area of Lammas Leisure Centre and enjoy tea / coffee, music and indoor bowls for free. The group runs on Tuesdays between 1.30-3.30pm. For more information tel 07889 305361 or email Rebeccaphillips@everyoneactive.com

Respite care

Harmony House is a new respite facility in Rochester in Kent that is specifically aimed at people living with young onset dementia. They are aiming to provide a service that allows people to pre-book respite rather than wait for crisis respite. For more information, visit their website or email medch.harmonyhouse@nhs.net

Blogs

Martin Robertson from Scotland is living with young onset dementia. He writes a regular blog titled Listen to us. You can read it here.

Gail Gregory was diagnosed with young onset Alzheimer's disease aged 54 in February 2019. Determined to, 'live my life as best I can and enjoy every minute', she writes a blog called Too Young For Dementia? You can read Gail's blog here.
Research and online training

If you are living with dementia and have recently flown somewhere or have accompanied a person with dementia on a flight, the University of Plymouth would love you to complete a survey about your experience of flying. Click [here](#) for the survey for people with dementia and [here](#) for the companions survey.

King's College London has a new opportunity for people with Alzheimer's disease to participate in a research study investigating a new computerised memory assessment. The study involves one visit to complete various memory tasks lasting approx 90 minutes. Eligible participants who complete the study will receive a £30 high street voucher. If you're interested, email [CGN@kcl.ac.uk](mailto:CGN@kcl.ac.uk) or phone 07776 690877.

Sidney Krandall is a design research student at Imperial College London who is looking to improve how we develop technology for people with young onset dementia. In order to complete her academic work, she would like to speak with people who have young onset dementia, and / or their family members about their experiences of navigating daily life and what aids / technology helps them. For more information, or to arrange to chat to Sidney, email [sidney.krandall@network.rca.ac.uk](mailto:sidney.krandall@network.rca.ac.uk)

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. Find out more about the topics covered and sign up to take part via this [link](#).

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](mailto:katefallows@youngdementiauk.org)

And finally, here's a few Christmas fundraising ideas

There are lots of ways to be involved and support YoungDementia UK this Christmas. Here are just two ideas.

Buy our Christmas cards [here](#).
Buy our Christmas raffle tickets [here](#).