**20th Anniversary Skydive**

We are thrilled and in awe of three fearless ladies who are taking part in a skydive to raise funds and awareness on behalf of YoungDementia UK.

Wendy Mitchell (pictured right), DEEP’s Rachel Niblock and Anna Harrison will be taking to the skies on 9 March, when we hope the conditions will be as superb as the day fundraiser Debbie jumped (see above).

Wendy was diagnosed with young onset dementia at the age of 58 and quickly became involved in campaigning for greater understanding of the condition. Amongst other things, she is a best-selling author, blogger and member of the Young Dementia Network. She is also an ambassador for the Alzheimer’s Society and a regular speaker on dementia matters on TV and radio.

Asked about the skydive, Wendy says she’s already facing her biggest fear living with dementia daily so she is, ‘just going to enjoy the ride of falling out of a plane.’ Good luck Wendy, Rachel and Anna!

**Oxon News Feedback**

We’d love to know what you think of Oxfordshire News and would be really grateful if you could take a few minutes to complete this short survey. We will use your feedback to help us improve future issues.

[www.surveymonkey.co.uk/r/HTKKC7X](http://www.surveymonkey.co.uk/r/HTKKC7X)
Turtle Song is back!
Why not join our ever popular Turtle Song collaboration with Turtle Key Arts and music students from Oxford University?

Turtle Song brings together people with various dementias and memory problems and their partners and companions to compose and sing songs with professional musicians. No singing skills or experience required!

The aim is to enjoy singing together, to write and record a song cycle on CD/DVD, and to share an experience which is both fun and inspiring.

We’ll meet every Friday morning for nine weeks from 3 May-28 June, at 10.30-12.15, in the Jacqueline du Pré Music Building, St Hilda’s College, Cowley Place, Oxford OX4 1DY.

Sign up or find out more from Michelle Francis, Young Onset Dementia Support Coordinator on 07932 672868.

Thank you Oxford Playhouse!
On Thursday 3 January a group of members and team went to see Dick Whittington at the Oxford Playhouse. The show was brilliantly performed (‘Oh yes it was!’) with lots of opportunity for audience participation. A huge thank you to the Oxford Playhouse for donating free tickets for such a wonderful show.

Walk & Talk—13 March
Don’t miss our next Walk & Talk on Wednesday 13 March, leaving at 11am from the Oxford Witney Hotel. We’ll be strolling around Witney lakes and back to the hotel via the lovely village of Ducklington.

Email Roger, who leads our walks, for more details or to let him know you are coming. rogerstammersx987@gmail.com

Some of our Walk & Talkers enjoying the January sunshine
… that if you have dementia or support someone who has, you may be entitled to certain benefits that can help with the extra costs, or compensate you if you can no longer work. Here are some pointers that could be helpful.

**Personal Independent Payment (PIP)** is for people under the age of 65 who may need help with daily activities or getting around due to disability or a long-term health condition. It is not means tested, but you will be assessed to work out the level of help you will get.

**Attendance Allowance** is for people aged over 65 who may need extra support to remain independent at home due to disability or illness.

**Carer’s Allowance** is for people who are caring for someone for at least 35 hours a week who are not in education and earn £120 a week or less.

**Carer’s Credit** is a way of protecting your state pension rights if you are looking after someone and not paying National Insurance contributions and are unable to claim Carer’s Allowance.

You may also be entitled to a **Council Tax** reduction or exemption, but each council has its own rules. Contact your local council to see what you may be entitled to. [www.gov.uk/find-your-local-council](http://www.gov.uk/find-your-local-council)

You can find more detailed information about all of these benefits and useful links on the [www.gov.uk](http://www.gov.uk) website or this page of our website [www.youngdementiauk.org/benefits](http://www.youngdementiauk.org/benefits)

If you don’t have access to a computer, or would like further advice, speak to our Young Onset Dementia Advisors Deborah or Emeline or your local Citizens Advice centre.

And finally, remember not all benefits are means tested.
Alex Taylor  
**- our million pound man**
Grants & Trusts Fundraiser
Alex Taylor worked for YoungDementia UK from August 2008 to March 2010, then re-joined the charity in January 2013.

During his 7 years and 7 months of working for us he has written over 850 funding bids that have secured grants worth more than £1 million - a truly staggering achievement!

Alex is retiring at the end of March so we would like to record our sincere gratitude for his commitment, tenacity and hard work. His fundraising efforts have given the charity essential stability and enabled us to expand our services both in Oxfordshire and nationally.

Alex’s dry sense of humour and fundraising expertise will be very much missed by those who worked with him. We all wish him a long and very happy retirement.

Anna’s farewell thoughts
After almost 13 years leading YoungDementia UK’s Oxfordshire Support Service, Anna Eden will be retiring in March. She shares these reflections with us.

‘In 2006, we were a small, local charity – unique in focussing on the needs of younger people with dementia. Now we are a well-recognised, well-regarded national charity campaigning for better services for everyone affected by young onset dementia - wherever they live.

‘We’ve grown in Oxfordshire too. As well as the individual support sessions and YODA support, we now host regular groups across the county, and offer early help - individually and via courses. People living with young onset dementia are increasingly involved in educating others, helping us to understand how to live well with dementia, influencing how we work and provide services.

‘For 13 years the Oxfordshire Support Service has been a central part of my life and YoungDementia UK a great organisation to work for. Thank you all for your years of support and friendship – I wish you well.’ We wish you well too Anna - and thank you.
Christmas Party Photo Special

We had plenty to smile about - and here’s the proof!

We hope you agree - the party was a real cracker!

We had a fantastic time at the Christmas Party in December so we wanted to share some photos of how it all went.
But it couldn’t happen without our great team of volunteers who help decorate and set up the hall, serve the food and drinks and clear everything away at the end.

It’s a chance for the charity’s team to get together, catch up and celebrate too.
A winning raffle ticket? Maybe, there were lots of prizes.
After supper there was hardly an inch to spare on the dance floor thanks to ‘The Legendary Pete Fryer Band’, who really lived up to their name!

We danced and sang along to the band’s great mix of covers and could have gone on all night!

But finally it was time head for home, so cheerio, hope to see you next time!

⭐ A big thank you to Simon Hutchens for taking such fantastic photos!
**YoungDementia UK**  
**Sheffield group launch**
We were thrilled in January to host the first meeting of a new support service for young people with dementia in the Sheffield area. The session attracted 20 people—as you can see in the photo, they had a busy session getting to know one another, playing table tennis and silk painting.

One lady commented, 'I came here today with absolutely nothing and I have left with friends. Today has been momentous.'

What a wonderful response!  
**Donna Chadwick**  
**National Development Manager**

**Adapt films**
We’ve been working hard to finish the films we recorded last year. They feature 10 of our Oxfordshire members sharing their thoughts about ‘Who & how to tell’, ‘Employment & keeping active’ and ‘Being a parent.’ The final editing process has taken a little longer than we hoped but we will make the finished films available on our website very soon and share links to them in the next Oxfordshire News.

**Oxford City Council**  
**Home Improvement Agency grants**
Oxford City Council’s Home Improvement Agency helps older, disabled and vulnerable residents within the city to live independently and safely in their own home.

The Council may be able to help those on low incomes with repairs, maintenance or household adaptations. In winter, for example, residents might need prompt boiler servicing or repairs. These are typical of things which Oxford City Council may be able to help with.

For more information on services available from the Home Improvement Agency please call 01865 252788 or visit their website  
[www.oxford.gov.uk/hia](http://www.oxford.gov.uk/hia)
Coffee & Cake 2019 is back this March!
Every year we look for people to support YoungDementia UK by hosting or organising a cake sale or bake off with friends, family or work colleagues. It is a simple, easy way to raise awareness and funds for YoungDementia UK. Can you help this March? Sign up today to receive your Coffee and Cake pack with lots of hints and tips and tasty new recipes to try! [www.youngdementiauk.org/coffee-cake](http://www.youngdementiauk.org/coffee-cake)

Do you know someone who is a keen baker? Can you volunteer a small amount of time to help promote and recruit people to host their own Coffee and Cake within your local community or network? Get in touch with Claire Smith on the fundraising team for more information.

New Year, New You!
Why not do something different in 2019 and push yourself to the limit by taking part in a challenge of a lifetime? Here are a few ideas.

20th Anniversary Skydive
9 March 2019
This March, how do you fancy jumping out of a plane at 10,000ft? Anna, Rachel and Wendy (see front page) are doing just that to raise vital funds and awareness for us. It’s not too late to join them, or maybe you could sponsor their jump? For more information, go to [www.youngdementiauk.org/skydive-abseil](http://www.youngdementiauk.org/skydive-abseil)

Thames Walk
If skydiving is not your thing then perhaps you could take part in our Thames Walk on the 24 March? Join us on a scenic 16-mile walk from Putney to Hampton Court, there is also an 8-mile option. Sign up today for £20 per person! [www.youngdementiauk.org/thames](http://www.youngdementiauk.org/thames)
Thank you everyone

Thanks to all our supporters who have been busy raising funds for us. We’re sorry we can’t mention everyone but here’s a shout out to just a few of you.

- Thank you to everyone who took part in our Christmas raffle and appeal.

- Many thanks to the guests and helpers at our very first Burns Night Supper and Ceilidh, you helped us to raise over £1300.

- A very big thank you to Mandy and David Nixon for raising over £800 in Mandy’s 60th birthday fundraiser on Facebook.

- Tony, Harold and friends have now completed their Canal Towpath Walk, raising over £1500! A huge well done and thanks to all involved.

International Treks
The adventurous among you might prefer exploring further afield while you raise funds and awareness for YoungDementia UK. Why not visit our website and find out more about our Arctic Trek, climb Mount Kilimanjaro or hike the Great Wall of China? www.youngdementiauk.org/trek-walking-challenges

Volunteering
We are recruiting now for members to join or lead our Awareness and Fundraising Committees. We are looking for individuals throughout Oxfordshire to become the charity’s driving force within their community.

Can you help us raise awareness and engage local businesses and communities to support us? Do you love organising events? Then this is the role for you. We are looking for Chairs, Vice Chairs and Members. For more information on all of the above contact Claire, or visit www.youngdementiauk.org/volunteer

Contact Claire Smith tel 07840 744559 or email clairesmith@youngdementiauk.org

Could you trek the Arctic or Great Wall for us?
And finally ...

A ‘new’ recruit for Adapt
Congratulations to Liz Rose who was recently appointed as our Adapt Project Worker. She will take over from Mandy Blair in April. The part-time position will fit alongside Liz’s existing support worker role. Very best wishes for your new role Liz!

Jen Marks is back!
Former support worker Jen Marks has re-joined us after a spell away. We’re delighted to have Jen back on the team bringing her warmth, insight and experience. Welcome back Jen!

Dementia-friendly sport and physical activity guide
Promoted by Active Oxfordshire and Sport England, the Alzheimer’s Society has launched the first dementia-friendly sport and physical activity guide to help more people with dementia benefit from being active. It explains how individuals and organisations can support those living with dementia to take part in and enjoy the benefits of sport and physical activity.
The guide can be downloaded from alzheimers.org.uk/sport

Moving Music concerts have moved to Radley
The Moving Music concerts have moved to a new venue - Radley College, OX14 2HR. The next concerts take place on 9 May and 21 June with concerts at both 11.30am and 2pm. Tickets are £5, carers are free. For more details, or to book parking or seats, please phone 01865 251305.

Contact us
To email any member of the YoungDementia UK team, please use the format firstname.lastname@youngdementiauk.org

Support Service Manager
Anna Eden
07506 597365
Young Onset Dementia Advisors
Deborah Crawshaw
07759 328666
Emeline Keown
07909 060430

Deputy Manager & Adapt Project Worker
Mandy Blair
07493 790921
Support Coordinator
Michelle Francis
07932 672868