This ID-ea could catch on
The idea for our ID cards (pictured right) was initiated by an individual with young onset dementia, who felt he wanted a clear way to communicate with members of the public if he required help or understanding while out and about. The Network’s Understanding and Awareness workstream developed the idea and design, before asking our 2500 Network members for their opinions. The cards are currently being piloted in 20 areas including Oxfordshire, and we will soon be collating feedback to decide whether to roll them out nationally.

Informal reactions among some Oxfordshire members include one couple who have completely embraced them and another who have expressed reservations about the wording.

If you have used our ID cards and would like to offer your thoughts, please email network@youngdementiauk.org

Thank you.

Donna Chadwick
National Development Manager
Out & About

Walk & Talk
October’s walk at Blenheim Palace was the last Walk & Talk session of 2019. However, weather permitting, walks supremo Roger Stammers is planning a new year walk on Wednesday 8 January starting at Waterperry Gardens at 11am.

Our walks are open to your pooches too - they enjoy an open air social event as much as we do. A record 24 people came along to enjoy the last walk, no doubt tempted by the lovely grounds at Blenheim.

Contact Roger for more details and let him know you’re planning to go so that he can get in touch in the unlikely event of cancellation. Email him at rogerstammersx987@gmail.com

Fresh air and animals - a great support formula
Getting out in the fresh air is such a tonic. This photo of Mandy totally sums up her bright, determined, beautiful spirit. We were walking along the River Thames in Kelmscott and laughing because we were having such trouble getting over the stiles!
A fond farewell to Nicky
Nicky Henderson first joined us as a support worker back in 2004, when we were still known as The Clive Project. Her warm personality and gentle but firm hand made her a natural at putting people at ease, gaining their confidence, and encouraging them in a range of activities. She took one keen golfing member to regular golf sessions - having persuaded a local club to let them play their mid-week rounds for free!

After leaving the charity in 2006, Nicky re-joined us in 2008 and again became a staunch member of the team. Nicky’s care has been invaluable to the many people she has supported over the years, so we thank her as she moves on, and wish her all the very best for her future.

Joan bows out
After a decade of providing admin and database wizardry for the charity, Joan Dutton (pictured centre) has decided to call time on working with us in order to spend more time on her artistic pursuits. Joan is a talented glass artist who regularly exhibits across the region. She is looking forward to having more time to expand her skills in new areas.

Team Workshop
Every November we hold a workshop that brings together our entire team to discuss and share themes that impact on the work of the charity and how these may shape our future. Our next team workshop is on 25 November. It provides a great chance to share ideas. Here we all are in a picture taken at our workshop last November.
Let us entertain you!

Not going to the pantomime? Oh yes you are!
Thanks to the generosity of the Oxford Playhouse, we have a limited number of free tickets for the panto Beauty and the Beast at the Playhouse on 5 January at 4pm to give away!

To reserve your seats, please email Deborah Crawshaw and she will meet you in the foyer prior to the performance with your tickets.

There will also be relaxed performances of Beauty and the Beast at the Playhouse at 2pm on Thursday 9 January, and of Puss in Boots at 4pm, also on Thursday 9 January at the Chipping Norton Theatre. Book directly with the theatres concerned.

Oxford Playhouse 01865 305305 and Chipping Norton Theatre 01608 642350.

Dementia-friendly film screenings
Cineworld Witney has scheduled dementia-friendly cinema screenings for a number of major films from October. They write, ‘Our dementia-friendly screenings are scheduled outside of our normal opening hours to help people with dementia and their carers enjoy the cinema in a more relaxed setting.’

Other venues offering monthly relaxed film screenings include The Regal Picturehouse in Henley on Thames, the Abbey Cinema in Abingdon, and the Chipping Norton Theatre.

Free cinema tickets
The UK Cinema Association runs a CEA Card Scheme which allows people living with dementia and their family members / carers to receive free tickets at any UK cinema, visit the website www.ceacard.co.uk for details and to sign up.
If someone in your circle of family or friends has dementia they may feel extra stressed and anxious over the Christmas period. Here are some tips which may help to ease things.

- Help or enable the person with dementia to buy cards and / or gifts for those who are special to them.
- Moving furniture to accommodate guests, or putting up lots of decorations can be confusing for someone with dementia so try to keep changes to a minimum and don’t do everything at once.
- Try to keep routines similar.
- Big gatherings can be overwhelming so try to have a quiet retreat spot, away from the bustle, and ask family and friends to stagger visits and keep them short.
- If you keep plans low key and not set in stone you can be flexible and adaptable if the need arises.
- Many external activities stop over Christmas so it can be a lonely time. Try to include people with dementia in things whenever you can, even in small ways, and keep in touch by phone or online.

Jana Khamis
New Support Service Manager Jana Khamis recalls an experience that shaped her attitude to support work.

‘My first bittersweet experience of caring for someone living with dementia was while taking a lively 82-year old lady to Thailand for her grandson’s wedding. We knew each other, yet I can still feel my shock and shame, and the suspicious faces of nearby passengers, when, just after take-off, she accused me of stealing her money as I tried to calm her for our 15-hour flight. Later, as the scene recurred several times, my fellow passengers recognised the situation, became empathetic and began asking how I was doing. At that moment I felt truly supported, and relieved.

‘It made me appreciate the trials that come with caring for someone with dementia. I’m proud that since then, I have helped many people living with mental health problems, disabilities and bereavement. These lived experiences drive my passion to inspire empathy in my team, while ensuring that our services are sustainable and properly serve those who use them.’
Fundraising

Christmas cards
With the festive season around the corner you may have started thinking about Christmas cards. We have two beautiful designs for you to buy. The Snowman and The Snowtree. Each pack contains 10 cards and envelopes for £3.50. Get yours today at www.youngdementiauk.org/christmas-cards

Christmas raffle
Be in with a chance to win some fantastic prizes this Christmas by taking part in our Christmas raffle. You could be starting the new year by tracking your steps with a Fitbit, or watching a show at a London theatre. With lots more great prizes get your £1 tickets and be in it to win it. Tickets available today at www.youngdementiauk.org/christmasraffle

Christmas Appeal
Communications agency Shape History has chosen to support YoungDementia UK this year by creating and producing all aspects of our Christmas appeal pro bono. We’d love to hear your thoughts on the story they tell so send comments to Anne at fundraising@youngdementiauk.org

The appeal ‘goes live’ on our website and social media on 25 November. Find out more, or donate at www.youngdementiauk.org/christmas
Legacy Giving

September saw our first legacy giving awareness campaign, as part of Remember a Charity Week 2019. Supporters and legacy pledgers David and Mandy Nixon joined Anne, our Head of Fundraising, at a photoshoot with Strictly Come Dancing legend Len Goodman to help promote the week on social media.

David and Mandy told us, ‘We are leaving a gift in our Will to YoungDementia UK because, after leaving a substantial sum for our family, we feel the rest should go to a cause close to our hearts. We want our money to go to improving the quality of life for both people living with dementia and those caring for them, especially when it strikes at such a young age.’ Many thanks to David and Mandy.

And so to some very important thanks…

We’d like to say a huge thank you to everyone who took part in our first ever ‘Walk For’ event at Blenheim Palace. You raised over £5000 to help YoungDementia UK support people living with young onset dementia. Well done all!

Massive thanks to 16 year old Youssef O’Sullivan who raised nearly £850 by doing a 300ft bungee jump! So brave and incredible fundraising Youssef!

Big thanks to our very own Karen, who raised an amazing amount with a Facebook birthday fundraiser.

And not to forget, thanks to all the volunteers and marshals who recently helped at the Blenheim Palace ‘Walk For …’ event and helped make the day so special.

Email Claire Smith clairesmith@youngdementiauk.org or tel 07840 744559
Our Annual Review 2019
If you haven’t read our Annual Review 2019 yet, check it out via this link [www.youngdementiauk.org/our-publications](http://www.youngdementiauk.org/our-publications).

Turtle Song Returns
A new Turtle Song series of musical workshops will run for nine weeks from Friday 24 January, 10.30am-12.15pm at St Clement’s Centre, Cross Street, Oxford OX4 1DA. Final sharing event on Friday 20 March. Contact Michelle Francis for more information or to sign up.

Moving Music Concerts
The next Moving Music concerts will be on Wednesday 5 February at 11.30am and 2.00pm at Radley College. Refreshments 30 minutes earlier. Entry £5 at the door, carers free, reserve your seat and car parking by phone 01865 251305 or email movingmusicconcerts@gmail.com.

Goodbye, Congratulations and Good Luck to Larry and Ildikó
You probably know member Larry Gardiner and Ildikó from the Supper Club, or Larry’s active involvement in our many campaigning activities. If you’ve missed him lately it’s because he has moved to the Netherlands to be with Ildikó, and we’re thrilled to share the happy news that they celebrated a registered partnership in October and have settled permanently in the Netherlands.

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

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