This course is a life saver
Attendees of our recent Adapt course for people newly diagnosed with dementia found it offered exactly the early support and information they needed.

Dementia Oxfordshire collaborated on the course which brought responses such as

I feel like we’ve been caught in a safety net. This course is a life saver. It has been so positive to meet other people who are sharing the life journey with all its hurdles.

Mum spoke more openly about her diagnosis than she ever had before. This was because of the support she got from other people living with a diagnosis.

It felt safe to speak, a real opportunity to get rid of the shackles and say what you think. It was such a relaxed environment and I’ve learnt some things.

Following the success of the first course, it will be running again in early 2019 for people who have recently received a young onset diagnosis.

For more details contact Mandy - 07493 790921

Photo - course members with Adapt project worker, Mandy Blair (left).

It’s almost Party Time!
Dust off your Santa hats and get ready for our fabulous Christmas Party! All the details are on page 5.
Out & About

Young Dementia Conference
On 21 September, we co-hosted the Young Dementia 2018 conference in Birmingham. Members Des and Jacqui both gave fantastic presentations that captivated the 200-strong audience. At the end of the day we all got together for a YoungDementia UK group photo to celebrate our part in organising such an interesting and enlightening conference.

Winter Walk & Talk
A gentle new year’s Walk & Talk is planned at 11am on Wednesday 9 January, starting from the car park of Waterperry Gardens. The satnav postcode is OX33 1LA. Please contact Roger Stammers (pictured on the left, alongside Des O’Sullivan) to let him know if you’re planning to join the walk so that he can let you know of any changes. rogerstammersx987@gmail.com
**Hints & Tips**

**PACE Hints & Tips**

Our PACE group has had some more ideas that can be helpful in navigating everyday life with dementia. Some of them would be useful for all of us! Here are a few they’d like to share with you.

- Take a photo of where you park your bike/car in town to help you find it again.
- Take a torch to the cinema to find your seat more easily.
- Laminate recipes so that you can cross off each step/ingredient as you go and wipe clean after use.
- Stick photos of the contents of cupboards on the cupboard doors so you know what’s inside without opening them.
- Wear an elasticated sports bra as it is easier to take off.
- Buy boots with false laces and zips - it masks any difficulty you may have with laces.
- Use a countdown clock to help you with punctuality.

- Put coloured dots on house keys and the same coloured dots on locks to match keys to doors.
- Record appointments with your consultant/doctor (with permission) so that you can replay it at home and recall what was said.
- Take an ‘appointment buddy’ to appointments - someone to listen in and help you.
- Use a white board for lists.

Des shared these photos with us. He uses his phone camera to remind him where he parks his bike - and as you can see, he gets around town quite a lot!
Comings & goings

Our Trustee board oversees the charity, ensuring we make best use of our resources to meet the needs of people living with young onset dementia - needs always so well articulated by the people we support.

New Chair Amanda Stratford and Trustee Emma Crozier bring key skills and experience to the board. Impressed by the passion of staff and volunteers alike, Amanda believes the recently enhanced board and staff team will, ‘really underpin the development of YoungDementia UK into a mature national charity reaching and supporting more people and families than ever.’

Heartfelt good wishes and thanks for their hard work on the board go to former trustees Gareth Packham and Rachel Clayton as they move on from the charity.

Every role in our organisation is important but that of support worker, at the front line of our work, is especially so. Our superb support team build strong, lasting relationships with those they support and their families, so they are much missed if any of them leaves.

Marilyn Finbow is a perfect example. She is leaving us after 14 years. A keen horse lover, Marilyn is kind, gentle and patient. Those she has supported have engaged in wonderful horsey activities, gardening, cooking, music, walking, and even decorating and DIY! In their words she is, ‘cheerful, helpful, polite, kind, punctual’, ‘very supportive’ and ‘absolutely fantastic!’

We’d all like to thank her for her kindness and dedication, and wish her only the very best for the future.
Our monthly Supper Club

We’ve been thrilled to welcome some new faces to join the regulars at our recent Supper Club evenings. The blend of a tasty supper, entertainment and the chance for a chat in a relaxed atmosphere seems to meet a need, but do let us know if there are particular themes, foods, entertainment or music you’d like us to try.

The December Supper Club will be our Christmas Party.

There will be live music from the Legendary Pete Fryer Band, a raffle, dancing and a party vibe. It’s a ‘bring and share’ supper, so please bring a small plate of something to share that is easy to eat.

We very much hope to see you at Cassington Village Hall on Thursday 13 December, from 7.30-10pm.

To help the team setting up for the party, please RSVP to Deborah or Emeline - their contact details are on the back page of the newsletter. Thank you.

Getting creative

Liz Rose and Michelle Francis run our Creative Minds groups in the North and South of the county respectively. Our fab Christmas cards were designed by members at these sessions. We hope you bought some before they sold out?!

Recently, Michelle says her group has been working to portray the beautiful autumnal colours in Batik for a group wall hanging (pictured above).

They’ve been looking, feeling, smelling and tasting conkers, leaves, blackberries, acorns, apples etc, capturing them on calico with felt pens and on Batik cloth with Brusho colours. They’ve also used fabric transfer to create painted papers. Sounds like fun!

For more information contact
Liz - 07568 357946
Michelle - 07932 672868
Fundraising

Join in this Christmas
There are lots of ways to get involved, raise funds and support us this Christmas. Here are a few suggestions.

Our Christmas Raffle tickets are now on sale. Prizes include
• Kempton Park race day entry for two
• Bombay Sapphire Self Discovery Tour for two
• Abel and Cole £50 voucher
• Gourmet food hamper
• Body Shop pamper day for up to six people
• Boden £50 voucher
• Swing Patrol 2 dance classes for two in London

Plus many more! Tickets from www.youngdementiак.org/christmasraffle

Burns Night Supper & Ceildh
We also have tickets on sale for our fabulous Burns Night event on Friday 25 January at Cassington. Find out more www.youngdementiак.org/burnsnight

If you would like to make a donation in lieu of sending cards, you can download this special Christmas image from our website, add a greeting and send it to friends and family via social media or email instead. Then simply donate on our website the amount you think you have saved by not buying cards and stamps. More details at www.youngdementiак.org/donate-lieu-christmas-cards

Started Christmas shopping yet? If you shop with Amazon Smile and choose to support YoungDementia UK, Amazon will donate a % to us at no extra cost to you. Be sure to visit www.smile.amazon.co.uk rather than the regular Amazon site and select us as your charity to support.

Christmas Dress Up Day
Organise your colleagues, school, friends and family to dress up for Christmas and each pay a small donation. Christmas Dress Up Day is a fantastic way to get everyone into the Christmas spirit while making a huge difference.

Cake Sale or Bake Off
Inspired by the Great British Bake Off? Why not get the rolling pins ready and challenge your colleagues, friends or family to a Christmas Cake Sale or Bake Off? To find out more about any of these ideas go to www.youngdementiак.org/christmas-2018
And now for some thanks
Thank you to all those supporters who have been busy fundraising for us. We’re sorry we can’t mention you all individually but here is a shout out to a few people.

Our very own Anna Eden, ran her second book sale which banked nearly £500 for us!

Tony, Harold and friends are continuing to walk the Oxford canal for us and have so far raised over £800! A huge well done to the team of walkers!

Congratulations to Natalie and Daniel Pye and families who took part in a memory walk and raised over £1000.

Well done to Rosemary and her daughter who took on the ‘Walk the Test Way’ challenge, raising over £700 for us.

Massive congratulations to Sarah Oakley who recruited her family to take part in this year’s Every Step Challenge. The team strode out right through September to a total of 3,514,337 steps and raised over £300. Also stepping out was Jacqui, who smashed her steps fundraising target. Great work by all of our ‘Steppers’!

Well done to Lynn Carter who organised and hosted the fabulous ‘Remember When’ event in November. Thanks for inviting us and for your generous donation to YoungDementia UK.

Whether you are mentioned in dispatches or not, thank you all very much for your support.

Claire Smith
Launch of new peer support group in Sheffield
We have recently appointed a group coordinator to run a new peer support group for people affected by young onset dementia in Sheffield. Natasha Wilson comes with passion, enthusiasm and lots of experience in facilitating groups. She will coordinate a monthly group for people in the city affected by young onset dementia.

On 29 October the Young Dementia Network began an eight-week pilot in GP surgeries across Derbyshire, Kent and Oxfordshire. Surgeries are displaying posters and leaflets about young onset dementia to see if this increases understanding and awareness about the condition.

Donna Chadwick, National Development Manager

Save the date—Moving Music concerts 2019
The Moving Music concerts held at the Jacqueline du Pré music building, St Hilda’s College are always popular with our members. Here are the dates for their upcoming concerts — Wednesday 16 January, Thursday 9 May and Friday 21 June at 11am-12 noon and 2-3pm.

Calling shoppers in Eynsham, Kidlington and Witney
We are bidding to bag a cash boost from the Tesco Bags of Help initiative. From 1 January 2019, shoppers can donate their blue tokens to us in selected Tesco stores in Witney, Eynsham and Kidlington. Please help us win up to £4000 by heading over to Tesco in the new year and voting for us!