



Thames Path Challenge Putney to Hampton Court



Join us for our walking challenge on Sunday 24 March 2019

Help us celebrate our 20th anniversary by taking part in our new YoungDementia UK Thames Path Challenge. This scenic and historic walk following the Thames Path. Starting at Putney Bridge you will walk along the river passing Richmond and then on to Hampton Court. The walk is approximately 16 miles long.

This is a challenging but achievable walk. Sign up before the 31 December for an early bird discounted registration fee of £20. Click [here](#) for more information and to register your place.

Volunteer with us

We have recently launched our new volunteering opportunities. Join the team and help us make a difference to people living with young onset dementia. As a volunteer you will

- Make new friends and create new experiences
- Be at the heart of the charity within your community
- Join the team and receive ongoing training
- Gain new skills in research, community development and event management and events

We are looking for Community and Development Chairs, Vice-Chairs and Team Members. Click [here](#) for more information on our roles or to apply.



Go international

We have two unique International treks available for 2019 and 2020.

The Great Wall of China. This fantastic challenge involves hiking five days along the magnificent wall, taking you over watch towers and mountains, through historic battlement stations that are hidden from the normal tourist trail. Dates available for 2019.

The Arctic Trek. Walk part of the world you never thought you could, or would, in a challenge of a lifetime. On this unique challenge you will be spending three days trekking in the Arctic Circle. January-March 2020 dates now available.

Get in touch with [Claire](#) in fundraising for more information about our overseas events and challenges or click [here](#) for more information.



TrekFest The Beacons

For an epic challenge join TrekFest on 6 July 2019 across the stunning Brecon Beacons National Park and home to the SAS training ground in South Wales.

You will discover breath-taking landscapes, hills and tranquil reservoirs along the way. Along the challenge you will reach the summit of the Brecon Beacons highest peak, Pen Y Fan. This challenge is suitable for trekking beginners or experienced trail walkers / runners. With two distances to choose from there is something for everyone.

There are both 25k and 50k options. Both distances start and finish at the TrekFest village where you will find plenty of facilities over the weekend from toilets, showers to food and drink. Why not make a weekend of it and camp for the weekend with friends and family? There is a pre-trek BBQ and drinks at the TrekFest bar on the Friday evening before the event.

Sign up [here](#) before 30 September 2018 for an early bird discount.



Can you help us?

Not all our supporters take on challenges, can you help us get your work place or local community involved?

Involve your work Can you help us by getting your workplace involved? Nominate us for charity of the year, take on a teambuilding challenge, organise a cake sale or get ready for the festive period and organise Christmas dress up day.

Involve your community Are you a member of a Rotary club or similar? Can you get your school or University involved? Get in touch with Claire to discuss how you can support us and how we can work together.

Do you love Strictly Come Dancing or the X Factor? Why not organise sweep stakes? These are fun and easy ways to support us.

With Halloween and Christmas not too far away, why not choose a day to arrange a dress up day? Join Harry, Leighton and Cody (pictured) this year and organise your colleagues, schools, friends and family to dress up and each pay a small donation! Want to do a bit more? Why not organise a cake sale at the same time or add a bit of competition with a bake off?

To discuss any of the above contact [Claire](#) or call **07840 744559**.



Christmas Cards

We know it's early but our Christmas cards are now on sale and available from Unforgettable.

All proceeds come directly to YoungDementia UK. There is limited stock available, order your cards [here](#).

Want to support us this Christmas? Why not get in touch with [Claire](#) to discuss your ideas.

Join our Skydive Day

Always wanted to Skydive? Why not join our YoungDementia UK Skydive day on Saturday 9 March 2019 at Brackley Airfield?

Enjoy the exhilarating and unforgettable feeling of a skydive - flying through the clouds from over 10,000 ft at up to 120 mph! We are looking for thrill-seeking fundraisers to take on this once in a lifetime challenge and help us celebrate 20 years of supporting people affected by young onset dementia.

This incredible challenge will give you the biggest adrenaline rush you could ever imagine and you soar through the air knowing that you have helped raise invaluable funds for YoungDementia UK.

Join the team today and sign up [here](#).

Please note places are limited for the 9 March, so sign up today to avoid disappointment.



London or Rome Marathon

Did you enter the ballot for London Marathon in 2019?

If you were lucky enough to get your own place why not join the YoungDementia UK team?

Not secured a place? Don't worry, why not sign up to the Rome Marathon on 7 April 2019? Run in the footsteps of history, as you take on a marathon route through this ancient city. The Rome Marathon lets you run through these historical streets taking in all the sights along the way.

Register your interest for Rome and join the London Marathon own-place team [here](#) or call Claire

on **07840 744559**.

And last but not least, some thank yous

A huge well done to Mangesh Marudkar who recently completed the Outlaw Triathlon and raised over £1000! Incredible Mangesh!

Kiss Me Kate. Well Done to the production team and supporters who organised the Kiss Me Kate show, raising over £300.

King's High School, Warwick Thanks to the students at the school who raised over £300 from talent shows and a variety of other activities. Congratulations girls!

Thank you to everyone who is continuing to support YoungDementia UK, your support and generosity is helping to change lives.



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