

# Y P W D Newsletter

Our quarterly newsletter to keep you up to date with all things YPWD



Image from Harmony Choir

## Surrey Trip to Windsor

We had our first successful trip of 2023 in Windsor, joined again by Adam one of our volunteer drivers. We enjoyed the views of Windsor on a open top bus tour and a calming scones and cream picnic on a boat trip in the sun. We all had such a lovely day and avoided the rain!

We look forward to more of our social outings!



@ Contact@YPWD.info

0118 207 2880

Wokingham, RG41 2GY

f YPWDBerkshire

Y P W D

Y P W D B e r k s h i r e

# Welcome!

## Joe Hooper

Support Worker in Surrey.

**What unique skill set do you bring to the charity?**

Problem solving, collaboration and random pieces of trivia.



**What do you love about the role?**

I enjoy the variety of the workshops which means you can talk to different types of people about their interests. The practical hands-on approach whereby it isn't just focused on typing behind a screen and the travelling from locations.



This month we welcome back

Charlie Draper, Director of Clinical and Operational Services back after maternity leave. She is on a phased return working 12 hours a week.



## James Goodman

Support Worker in Surrey.

**What unique skill set do you bring to the charity?**

I'd like to think I have a great sense of humour and the ability to always remain positive. Adversity is inevitable, and even a glimpse of positivity can be all that's needed to take a step in the right direction. I've grown up with a profoundly deaf brother with additional learning disabilities and seen first-hand some of the challenges he's faced. Supporting him along the way, I understand the importance of empathy and the need to be kind to oneself.

**What do you love about the role?**

Simply put, I love the people! I was fortunate enough to volunteer with YPWD at the tail end of 2021 into early 2022 and absolutely fell in love with the group, so when the opportunity arose to join full-time, I jumped. There is a real sense of community among the group where everyone looks after one another and has a good time. I'm excited to be a part of the YPWD family and contributing all that I can to the organisation and everyone involved.

# SURREY

## Borders workshops

### Choir

We've had a lovely set of workshops with Izzy. The sunshine choir are currently writing our own song and it's coming along nicely. We've sung our usual songs and of course had a few where we can show off our dance moves.



### Days Out

The group has been lucky to go to several different destinations during this workshop. We visited the Royal Logistics Corps Museum in Winchester, Brooklands Museum, Frensham Pond, The Rural Life Living Museum and The Milestone Museum. We also enjoyed a nice canal cruise in Guildford, which was a treat for us from our lovely volunteer bus driver Ian.



### Walking

On Fridays across April and May, we ventured over to Farnham Park for some wonderfully scenic walks. It was lovely to be out in the fresh air and see all the new spring blooms coming in. We'd always be sure to stop at the café at the end of our walks for a cup of tea or coffee, and to sample some of the cakes on offer. On our final week, we moseyed our way into Farnham town and up outside Farnham castle, learning a bit about the local history on the way.



### Golf

In April, we headed over to Pine Ridge Golf Course to put our golf game to the test. During the first few weeks we were joined by the lovely Martin, a golf instructor, who gave us a few pointers to get us going. For the following sessions, we honed our driving and putting skills and we came along leaps and bounds seeing great improvement.



### Furniture Restoration

We have recently completed 6 weeks of our furniture restoration! We found some furniture and have sanded painted and fixed them up and now they look amazing. Everyone worked really hard and we all had sore muscles by the end, but it was so enjoyable to see our own hard work completed and some of our carers have bought some of the furniture for their own homes!

# BERKSHIRE West workshops



## »»» Kitchen Gardening in West Berkshire

It has been such a pleasure to return again this year to the kitchen garden in the beautiful West Berkshire Countryside.

From our vantage point in the gardens, we can see Coombe Gibbet on top of the hill. We also enjoy conversations with the head gardener on the estate, Jeff.

Jeff has been working in the gardens and across the estate's fields for nearly 35 years and so is a font of knowledge on the surrounding area, and more importantly to us, he can advise us on what has grown well in the ground.

This year we are working our way to an abundance of onions, carrots and potatoes. Broad beans and dwarf French beans are also doing really well, good strong plants, while we have only had one runner bean plant survive in the ground.



## »»» Katanuig in Reading

We're back on the river in time for the beautiful weather, this was perfectly planned of course!

As well as getting exercise while paddling, we also enjoy relaxing in the boats while we drift along, soak up the sun and spot the various wildlife along the river.

There is a fabulous artist's boat that we pass on the riverside just down from the boat house. It is a permanent fixture of the river bank, it certainly isn't fit for sailing nowadays. But the artist will wave and pass the time of day with the paddlers as we float past. He's usually got a piece of art on the go and the boat itself is like a huge canvas for him. Next time you are walking on the banks of the river near where the Thames meets the Kennet, look out for the boat on the opposite bank.

Once back on dry land, we enjoy social time whilst making smoothies, milkshakes and ice cream sundaes, or bird watching, reminiscing and chatting about all the Thames.



## »»» Music of Our Times in Reading

We got out our vinyl and dusted off the turntable for this interactive group that took place over in Calcot. This was a great change to reminisce about favourite bands, recall our favourite fashions of the decades and tell tales of trips to festivals, gigs and nights on the tiles!



# BERKSHIRE East workshops



## »»» Equine Therapy in Wokingham

We have started this 6 weeks of workshop with a bang! After a long break due to Covid, we went back to Equine Therapy at Ravenswood and the affect it is had on us all is amazing, I can see why it is call therapy. From grooming and showering the horses to listening to how they were rescued, we are so looking forward to our remaining 4 sessions where we will take part in a variety of activities which include horse bingo. Horse based arts and crafts and carriage driving.



## »»» Music of Our Times in Bracknell

Reminiscing music and our favourite artists from our youth through to our love of music now. So far, we have looked at Queen, The Beatles and Abba, listened to music and shared some personal stories of our memories from concerts we attended, famous places we have visited where our idols hung out and some funny stories. It is so interesting to hear where people have been and just how different everyone's taste in music is.

Coming up we have a DJ attending the group with his decs and a member of a band with his trusty guitar, who is going to play us some tunes and talk about life on the road!



Other workshops we have offered this year across the East of Berkshire are: cooking, bowling, multi-sports and train journeys.

West of Berkshire workshops have also included creative arts in Twyford, photography walks and woodcraft at Padworth.

For our next set of workshops, we will be running a walking football workshop, katakanuing and we will back to Waltham Place – the first time we have held a workshop in the Summer and a perfect chance to take in their beautiful gardens and surroundings.

# Vivace Voices

## CHOIR CONCERT

»»» Written by Amy Pagan

**Vivace Voices** are a choir based in Tilehurst who meet on a weekly basis through their love of singing. The choir is made up of all ladies and is led by musical director and conductor Ian Westley. Vivace Voices aim to perform one concert at the end of each term to raise money for various charities, and Younger People with Dementia were lucky enough to be chosen as one of their charities this year.



On Wednesday the 29<sup>th</sup> of March, myself, Pat, and Steve were lucky enough to attend Vivace Voices' Spring Choir Concert, which took place at the beautiful St. Catherine's Church in Tilehurst at 2:30pm. The church was filled with audience members, so much so that extra chairs needed to be put out to ensure that everybody had a seat. The choir were dressed uniformly in white shirts and blue sheer scarves, and performed a varied program of readings, poems, hymns, and songs.

We were also privileged enough to enjoy a solo guitar performance by Ravi Nathwani, a young guitarist currently studying for his master's degree at the Royal Northern College of Music.

At the end of the concert, Pat, Steve, and I were given the opportunity to say a few words about the charity. Pat and Steve spoke about Steve's diagnosis and how much they have benefitted from the services of YPWD, and I don't think there was a dry eye in the venue. This was followed by a fantastic spread of freshly baked cakes, sweet treats and sandwiches, and the tea team lost count of the number of cups of tea they served.

Following the concert, Vivace Voices donated an amazing £715 to our charity which they raised on the day. We would like to thank Vivace Voices for choosing us as their charity to fundraise for, and for inviting us to such an amazing show. We will certainly be back to watch future performances after how amazing this one was.

*"We are a group of ladies who love to sing. We meet to rehearse every Wednesday afternoon during term time at the Church of St Catherine of Siena. We always stop part-way through the afternoon for tea and a chat. We sing a wide variety of pieces including classical, pop, folk, sacred and show-stopping musical numbers."*

# Dementia ACTION WEEK



## »»» Harmony Choir sing at Peach Place



On Tuesday 16<sup>th</sup> May 2023 in aid of Dementia Action Week, Dementia Friendly Wokingham and partner charities hosted an information event in central Wokingham. The event offered dementia friendly taster activity sessions and gave people the opportunity to talk to representatives from local charities, Dementia Care Advisors, Wokingham Borough Council and emergency services.

Our YPWD Harmony Choir were lucky enough to sing in Peach Place as part of the event, led by our Choir Lead Sabrina Findlay (Music Made Fearless). On the list of songs were:

1. Top of the World by The Carpenters
2. Everyday by Buddy Holly
3. Summer Lovin' from Grease
4. Morningtown Ride by The Seekers
5. Build Me Up Buttercup by The Foundations
6. Happy Together by The Turtles
7. I'm A Believer by The Monkees
8. The Lion Sleeps Tonight by The Tokens

We would like to thank everyone who came along to the event to support us, and a big thank you to our Harmony Choir who made the effort to participate in singing for the Dementia Action Week event.

## »»» UoR Community Festival



Our staff and volunteers enjoyed a wholesome day at the Community Festival at the University of Reading on Saturday 13<sup>th</sup> May. We ran an inclusive flag activity for families which was enjoyed by all, it was so lovely to see such a variety of flags and some great artists. We had everything from Pokemon to the Underground Tube sign.

We really enjoyed speaking to people about what the charity. Thank you to everybody who came to speak to us and for those who donated, and an even bigger thanks to our staff and volunteers who gave up their Saturday morning/afternoon to help out.

# DIVERSE VIEW

»»» Written by Joanita Lwanga-Winfield

I am excited to bring you the latest update on our community outreach initiatives over the past quarter. We remain committed to building a stronger and more connected community. In our ongoing ambition to create a more inclusive and empathetic society, it's confirmed YOD (Young Onset Dementia) affects individuals from various cultural backgrounds differently. By understanding these diverse perspectives, we can provide better support and care for those impacted by this condition.

Cultural beliefs surrounding dementia play a significant role in how communities perceive and respond to YOD. In some cultures, dementia is considered a normal part of ageing and is met with acceptance rather than alarm. However, in others, it is stigmatised leading to social isolation, loneliness and delayed diagnosis. We hosted an online 'Raising awareness of YOD' in partnership with Utulivu a grassroots organisation during Dementia Awareness Week to continue to counter and address these cultural beliefs, to help bridge the gap and promote early intervention and sign post access to support services.

Language and communication: for individuals whose first language is not the dominant language in their country of residence, accessing appropriate healthcare services and understanding the complexities of YOD can be particularly challenging. Language barriers hinder effective communication with healthcare professionals.

Family dynamics and caregiving: Diverse family structures and cultural norms impact the experiences of caregiving for individuals with YOD. Cultural expectations may assign primary caregiving responsibilities to specific family members, impacting their emotional wellbeing, social support networks and professional lives. It is crucial to recognise and support diverse caregiving arrangements, working in partnership to provide tailored resources and services.

Community support is a vital component of effectively addressing YOD in diverse populations. Culturally appropriate education and awareness campaigns are needed to increase understanding and reduce stigma. Engaging community leaders, organisations and faith-based groups can help disseminate accurate information, encouraging early detection and support seeking behaviours. YPWD attended and participated in the Slough Community forum and Slough Volunteer Fair as well as the JMIC Mosque tour.

To ensure that no one is left behind, we continue to adopt an inclusive approach when addressing YOD in diverse communities. This involves actively listening to diverse voices, understanding their unique challenges and working together to develop culturally sensitive strategies for prevention, diagnosis and support. As we embark on this journey, we invite healthcare professionals, community leaders, policy makers and individuals to join us in fostering dialogue, sharing experiences and collaborating on solutions that address the diverse needs of our communities. By embracing diversity, we can pave the way for a more compassionate and inclusive society. Together, let us continue to build a future where everyone affected by YOD receives the support and care they deserve, regardless of cultural background.



Contact Joanita by email at [joanita.lwanga-winfield@ypwd.info](mailto:joanita.lwanga-winfield@ypwd.info)

Or call on 07778 487952



# CONNECTING Carers



»»» Since our last newsletter we have held two successful Connecting Carer Groups supporting carers living across Berkshire. Groups were held in Thatcham during April and Maidenhead in May. Alongside our meeting, we are pleased to be able to offer support to the person with dementia offering a workshop style activity whilst the carer can relax and build bonds with others. Our next Berkshire Connecting Carers Group will be on: Monday 24<sup>th</sup> July in Winnersh.

If you are supported by YPWD and would like to attend, please contact us for more information at:

**Karen.Ive@ypwd.info**

If you would like information about the Surrey Borders Connecting Carers Group, please email:

**Clare.lynskey@ypwd.info**

## »»» Free Dementia Support Groups

Join **Optalis** on the first Thursday of every month.

Ethnic minorities group - first Wednesday of the month.

10.30am – 11.30am

### Join one of their free monthly sessions to:

Meet others in a similar situation.

Share your experiences.

Talk through issues and ways of coping.

Learn about community resources.

Get practical information, advice and guidance.



Find them at  
**Boyn Grove Library,  
Courthouse Road,  
Maidenhead  
SL6 6JE**



## »»» Written by Nosheen Khan

The Connecting Carers Group met in Thatcham Memorial Hall during our Easter break for a social gathering. We welcomed a new carer to the group and were pleased to be joined by our Berkshire West Admiral Nurse and Young Onset Dementia Care Advisor who could offer insights and advice as required. While our carers chatted and shared advice and experiences, their loved ones also gathered for some time together ...

Over in the activity group Phil hosted a music quiz where everyone had to guess the song and name of the artist to win points. Mike was exceptional at answering the artist's name but on the other hand Julie and Christine were brilliant with the songs. We then played Boccia ball game which everyone seemed to enjoy playing and were great at throwing the ball.

# In The Community

## »»» Admiral Cunningham Coffee Morning

**When:** every Monday (except Bank holidays)

**Time:** 11am – 12:30pm

**Where:** Admiral Cunningham Hotel,  
Priestwood Court Road, Bracknell RG42 1TU

**Hosted by:** Dementia Advisory Service and  
Age Concern Bracknell Forest



Come along to meet up with others in a relaxed and friendly atmosphere. Everyone is welcome. This is a great opportunity to chat with other people in a similar situation. You will also get an opportunity to speak with health and social care practitioners and get up to date information/advice on what is happening in the community.

**No need to book – just come along**

For further information please email:  
[dementia.advisers@bracknell-forest.gov.uk](mailto:dementia.advisers@bracknell-forest.gov.uk)  
Tel: 01189 046 900

## »»» Maidenhead Library

To celebrate Maidenhead Library's 50th birthday this year, they are hosting a week of exciting events at Maidenhead Library. Celebrations will take place from Monday 17 July - Sunday 23 July 2023.

A list of details can be found on their website. Events include:

- ⇒ Storytelling
- ⇒ Author talks
- ⇒ Silent disco
- ⇒ Live music
- ⇒ Immersive experience
- ⇒ Architectural landmark talk
- ⇒ 1973 Reminiscence morning
- ⇒ Murder Mystery evening
- ⇒ Children's story workshops



## »»» Family Carers Survey 2023

Dementia Carers have released a survey for carers called Dementia Carers Count. If you offer or have offered help and support to family member or friend with dementia, they'd like to hear from you.

They support, and would like to hear from, carers across the UK. Dementia Carers know you have very little time, but would be grateful if you could share your experiences with them. The survey should take about 15 minutes to complete, and you can share as much or as little information as you like.

If you have any questions about completing this survey or need any support in filling it out then please contact [campaigns@dementiacarers.org.uk](mailto:campaigns@dementiacarers.org.uk). If you would like any further information about anything mentioned in the survey (for example how to sign up to a session offered at Dementia Carers Count) please contact:

[info@dementiacarers.org.uk](mailto:info@dementiacarers.org.uk)

With best wishes,

Helen Pyper – Head of Policy and Campaigns

## »»» Thank You!

A huge thank you to Amanda and Trudy for their donations to our volunteers. They were lovingly received last month.



# Ask the Doctor

## »»» What are Admiral Nurses?

Admiral Nurses are specialist dementia nurses who are supported and developed by Dementia UK. They help support families to manage complex needs arising from all kinds of dementia. In Berkshire we currently have two Admiral Nurses in post who specialise in providing support for families or other individuals caring for people with young onset dementia. We are looking to recruit an additional Admiral Nurse within our services in Surrey in the coming months.

Community Admiral Nurse services support those who are carers for individuals with young onset and complex needs relating to dementia. We accept referrals from Community Mental Health Teams, Social Services, Voluntary Sector Services as well as self-referrals.

Initially we carry out an assessment to see if our service is the correct fit for your needs and we may then either accept the referral or signpost/onward refer to more appropriate services.

## »»» Introducing Ourselves

My name is Lizzie Harrison (left) and I am the Admiral Nurse who covers the locality areas of West Berkshire, Reading, Wokingham and Newbury. I have a dual qualification having originally trained as a General Nurse but after qualifying as a Mental Health Nurse have spent most of my career working in various roles in this field. I have extensive experience working in older adults' mental health care settings and have been an Admiral Nurse for over 8 years in Berkshire. I have recently taken on a 2-year project which supports people who have young onset dementia (YOD), and who have atypical symptoms or who have an increased genetic risk of dementia to consider genetic testing. I am also involved in co-facilitating a project to develop resources for children/young people who have a parent with young onset dementia. I enjoy cooking, arts and crafts and spending time with family and friends.



My name is Louise Costello (right) I am the Admiral nurse who covers the localities in East Berkshire, Slough, Bracknell and Windsor and Maidenhead. I have been in this role for just over a year and I have an extensive history of working in Memory Clinics across Berkshire and am a qualified Nurse Prescriber. I have also had previous experience of working in Primary Care and Forensic Services. Outside of work I like gardening and can often be found sewing or crocheting.

## »»» Referral Criteria

The person, under the age of 65, has a diagnosis (or likely diagnosis) of dementia.

The person with dementia lives in either West Berkshire or East Berkshire.

The carer agrees to their referral to the Admiral Nurse.

The carer should have identified need(s) that impact upon their caring role or as a consequence of their caring role.



# Calendar of Events



11th July, Surrey Carers Meeting – Face to Face

18th July, Barn Dance

24th July, Berkshire Connecting Carers group

6th August, Tesco collection day in Warfield

2nd September, Tesco collection day in Warfield

5th September, Surrey Carers Meeting – Virtual



10th September, London to Brighton

12th September, PCA support group

17th September, Surrey Summer BBQ Social Event

18th September, FTD support group

28th October, Bollywood Ball

30th October, Surrey Carers meeting – Face 2 Face

