

YPWD Newsletter

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



Annual Christmas Celebrations

Our annual Christmas Concert took place on Tuesday the 12th of December at the Whitty Theatre in Wokingham, featuring our Younger People With Dementia choirs from Berkshire and Surrey. The Harmony and Sunshine Choirs sounded amazing and were excited to showcase what they had been working on. Songs included an Elvis Presley medley and an original song composed and performed by the Sunshine Choir. We were also very lucky to hear from beneficiaries of our charity, who spoke about the support they have received from our team. We would like to thank them for sharing, and can confirm that there was not a dry eye in the theatre.

In the interval, we offered a glass of complimentary prosecco, mulled wine, or a hot drink – the hit of the night was a hot chocolate with cream!

The raffle prizes included art sets, experience day tickets, bottles of alcohol and much more. We had many happy winners of these donated prizes.

We would like to thank everyone who helped with the event, in the planning of it and on the night, and of course would like to thank everybody who came along and supported our charity.



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What's been on?

»»» "If Not Now, When?" Film Screening

We are so excited to announce that Younger People with Dementia have been working in partnership to help produce the film "If Not Now, When?" with a group of amazing filmmakers. This groundbreaking short film was written and directed by Nick Tree, and stars actor Kate Dickie. The film follows the life of a woman living alone with young onset dementia.

"Ruth Titor will stop at nothing to realise the possibilities of time travel. Shunned by online strangers and discredited by her peers, when she becomes the subject of a documentary it soon transpires that a darker reality is at the core of her obsession."

On Wednesday 11th of October, YPWD hosted a private screening of the film at the Everyman Cinema in Wokingham. Guests were welcomed by a prosecco, soft drink, and canape reception in the beautiful foyer of the cinema. Before we headed into screen 2, a draw was completed for our Making Memories Scheme, whereby each month we grant a lucky individual a wish, for them and their family to make a memory together. As this scheme was seed funded by Bearwood Lakes Golf Club, we were excited to be joined by Linda and Roy, Bearwood Lakes Team Captains, who pulled out the name of our October winner out of a hat. Our winner was Tony, who we have been supporting for over four years. The experience he has chosen is to visit Windsor Castle, something he has always wanted to do. We will be funding this day trip with admission tickets for Tony and his wife, a night in a hotel, a three-course meal to finish the day and a boat trip the following afternoon.

We were welcomed to the screening by a speech from Dr. Jacqui Hussey, YPWD Trustee. The film was followed by a special Q&A session chaired by Lisa Mooney, Chair of Trustees, with Nick Tree, writer and director, Andrew Rawson, producer, Neil Edson, producer, Aadel Nodeh-Farahani, director of photography, Tom Keech, composer of original score and Dr. Jacqui Hussey.

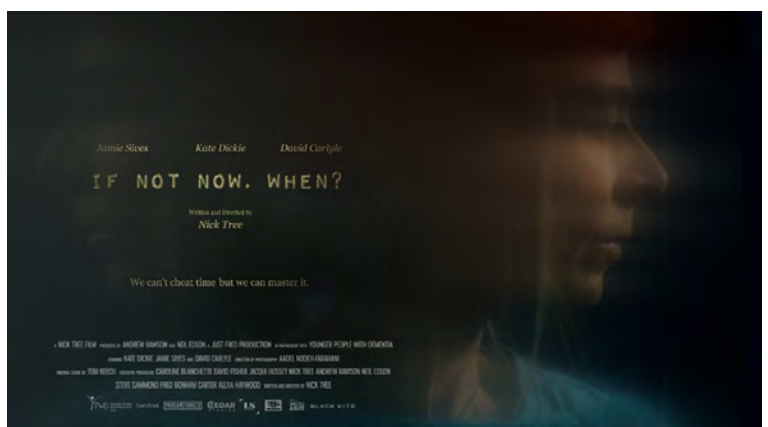
Nick shared that writing this film about a woman living with young onset dementia was very close to his heart, as his grandfather lived with dementia himself. It was very important to the film crew that the portrayal of somebody living with a young onset dementia diagnosis was executed accurately and with care, which is where our charity came in to help support the film project.



"Brilliant piece! Very touching and educational. Hoping for a feature-length film, one day."

We would like to thank Shinfield Studios for kindly sponsoring all of the refreshments for the evening and Jon Fraser for capturing all of the magic behind the lens.

SHINFIELD
STUDIOS



To watch the official trailer, follow here: <https://vimeo.com/864757050>

»»» “Working All Hours” Book Launch

We were really excited to launch the charity’s third reminiscence book for people living with young onset dementia. The launch of “Working All Hours” took place at the Bell Bookshop, Henley on Thames, with a Prosecco reception on 2nd November.

Jacqui Hussey and Charlie Draper were present alongside members of Earley and Woodley Lions who supported the publication and some recognisable faces from the YPWD team. Gill Stokes also co-produced the book. Other sponsors were the Surrey Community Foundation Trust and some legacy money from the Alan Peterken Fund.

“Working All Hours” delves into the working lives of people in the 70s and 80s. Through picture prompts and written text, it encourages people to talk about workplace roles they may have had. Some jobs in the book are still very much in existence but others, such as the coal delivery man and the cinema usherette, may be occupations that people will remember from their teenage years.

Previous books we have produced have been “British Seaside” and “Around the World in Many Ways” which covers all forms of transport from the 70s and 80s. The idea for this book came from some younger people with dementia who discussed their memories of jobs they used to do.

The aim of the book is to get people living with young onset dementia back into reading. We all read a book, put it down, and later think “Who was that character?”, but imagine if you have a memory impairment and this keeps happening. No wonder reading becomes more difficult when an individual has dementia. The book has short paragraphs and by reading small sections “chunking” this helps to optimise recall. The book is designed to be interactive with prompts at the back of the book so that reading can be a shared experience!

Across studies, reminiscence therapy has been shown to positively influence people living with dementia and can provide a sense of overall life satisfaction and coping skills and may also help to ameliorate the symptoms of depression and dementia.

We hope, therefore, that “Working All Hours” will provide a useful resource for you and your families. It is on sale at the Bell bookshop or online via www.ypwd.info for £9.99!



Younger People Cognitive Stimulation Therapy in Wokingham

Across 7 weeks Jenny Vertigan and Karen Ive delivered our first Cognitive Stimulation Therapy for younger people with dementia. The group was both heartwarming and successful. We followed the CST programme and ensured the discussions, tasks and activities were all age appropriate and suitable. We found that the group engaged well with one another and it is inspiring to see how people grow and find their confidence when taking part in such a supportive group, helping them to recognise their abilities and recall memories all while making new friends and acquaintances. It was lovely to watch such friendships build and observe the changes in people over the weeks.

There are some great online resources to connect with current news and prompt conversations, which we have shown below.



Knitting for a Good Cause

Linda spent all of 2023 knitting to create an array of handmade Christmas decorations which she has been selling to raise money for Younger People with Dementia. In December at Cove Ivy Leaf Club, Linda raised over £500 from selling her beautifully knitted goods.

We just wanted to say a huge thank you to Linda for all of the time and effort that has gone into fundraising for our charity, and what a wonderful way to do it!



Walking for Children in Need



In November for BBC Radio Berkshire's "Ten Times Thames" Challenge, our team and those we support with young onset dementia collectively walked an amazing 165.4 miles!

Bridgitte Tetteh, Radio Berkshire's afternoon presenter, needed to virtually collect enough miles to travel the length of the River Thames ten times, all to encourage donations to BBC Children in Need. We are thrilled to have been able to give something back to charity and promote the therapeutic benefits of walking to our staff and the people we support.

Thank you for giving our Marketing, Social Media and Fundraising Assistant Amy the opportunity to speak on the BBC Radio Berkshire Breakfast Show to promote the charity.



Our Workshops

»»» "And they call it puppy love..."



Our charity was lucky enough to be joined by Dogs for Good in Bracknell from November to December, who brought their community dog, Ned, to meet our attendees. Alongside walks at South Hill Park, Ned has enjoyed playing doggy bingo, hide and seek and being groomed & fussed over by everyone. In return, he has brought our group endless smiles and joy.

»»» Happy Houses in Newbury

Our 'Happy Houses' project took place over six sessions with those we support in Newbury.

These houses have been put together, painted and decorated by our workshop participants, and they look absolutely amazing! Displayed are the Christmassy houses of Safhi, Pam and Lesley, Tony's house of cards and Tim's beautiful cathedral.



»»» The Lost Words Art Project

The Lost Words. A beautiful book shown to us by Jenny.

Over 6 weeks we explored nature and what it means to be outside engaging with the outdoors. We reminisced about our childhoods; where we would stay out until the street lamps came on, play in the dirt and scrump for apples in the neighbours farm.

As we dived into the book, we were surrounded by birds chirping and rainforest noises while we put paint to paper in some beautiful watercolour images. The poems in the book inspired live readings and some of our own poems to be written. On the next page we have a poem from the group's collection of memories, written by Judy.



Painting by Safhi

Following the success of this workshop, we also ran it in East Berkshire and Surrey.

NATURE

BY JUDY

Nature is all around us
It's a wonderful thing
Nature evolves all year round
Winter, autumn, summer, spring

In winter we have the cold
The wind and the rain
Puddles, mud, frost and snow
Travelling can be a pain

Scrunching leaves under feet
When from the trees they fall
They curl and wither up
Into a little ball

They then rot and fade away
And to the earth they feed
Feeding worms and woodlouse
For them to grow and breed

In autumn the trees shed their once
green leaves
Still hearing birds song in the breeze

In a bare cold treetop
A tree house built from wood
Where once children played their games
Just as children should

In summer there is beauty
With green leaves and flowering plants
With a slight breeze blowing
Some look like they are about to dance

On the farm the cows are mooing
At the farmyard gate
The countryside is calming
The scenery is great

Some children are doing naughty things
Like riding the cows
Then they run to play hide and seek
Between the neatly stacked bales

Rabbits hopping all around
The farm cat lays in the sun
Chickens lay their eggs
Then go outside for a run

In the spring the farm is thriving
With animals giving birth
Lambs and calves are with their mums
Tapping udders to quench their thirst

Rabbits with their kits
Eating fresh green grass
Kids are scrumping apples
And running off really fast

The fresh air all around us
Makes us feel free and alive
Nature is a wonderful thing
That makes the whole world thrive

So take care of all things around us
And learn what nature is
How it starts
How it ends
And what it has to give

»»» Watch out Paul Hollywood..



There's a few new chefs in town that would put shame to Bake Off. We're of course talking about no one else, other than the Surrey Chefs! We have been perfecting our culinary skills over the course of 6 weeks and can safely say that any onions, garlic, or peppers reading this should watch out because we are seriously lethal at chopping them now. To ensure all is fair in love and war those onions got their own back through the tears that were shed in dicing them. We are proud to be able to say that we produced soups, stews, pasta bakes and even lasagnes. That is in addition to our array of deserts which included enough brownies to feed Surrey Heath, Eton mess pots (which did not last long) and Nutella filled pastry shapes.

»»» Christmas Crafts

Over in Surrey, our last set of art workshops were all things festive. We were fortunate to be joined again by Nina, who guided us through some fantastic creations such as craft roses made from pipe cleaners and tissue paper, door signs, winter scene postcards, and some hanging decorations using dried oranges, cinnamon sticks, holly, berries, pinecones and seashells.

There were some brilliant creations, and it was great to get stuck in and working with our hands. We hope that what we made will last for many Christmases to come.



»»» "She's behind you.."

On Sunday 10th December we met for our yearly December social. We started the day at the Duke of York pub where we tucked into a delicious three course festive menu. Some of the dishes were traditional and some were a bit alternative. The table was decorated with crackers and nutcracker statues whilst Christmas songs played adding to the festive atmosphere. After we finished eating we headed over to Camberley Theatre to watch Cinderella. The show was filled with singing, dancing, audience participation and amazing costumes.

We can't wait to go back for this years panto - Snow White!



For more pictures and regular updates about our current workshops, take a look at our social media pages.

MAKING MEMORIES

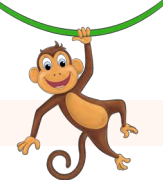
August Winner Glen >>> Monkeying Around in Dorset

"Thank you so much for our wonderful prize of going to Monkey World and the Tank Museum. The weather was on our side and with all the family together we made some wonderful memories.

We spent the morning at Monkey World where we had taken our own children to when they were at school and now returned to with next generation who thoroughly enjoyed some of the mischievous monkeys and the climbing frames. Then we had a wonderful lunch before sampling the gift shop for a cuddly monkey to take home.

I really enjoyed the Tank Museum in the afternoon; seeing the tanks up close and knowing that my dad had been in one of these in the war. My children found it fascinating, and my granddaughter found the dressing up and role-playing great fun.

Once again, I must thank you and the sponsors as my family are the most important thing to me and for us all to spend time together was a great memory that I will treasure."



November Winner Judy

>>> Christmas Illuminated Light Trail

"I would just like to say wow, what a wonderful gift. We had a fantastic day. We had our afternoon tea, which we couldn't finish as it was so much, we were absolutely full. We visited Churchills Museum and I got to meet the man himself as well as knock on number 10. No one was in. We then went and tied a ribbon on the wishing tree before taking a few minutes in the chapel. It was absolutely stunning. Next, we visited the stables before entering the house for Sleeping Beauty. The house was stunning. Lots to see as there were trees decorated with amazing ornaments, lights and fairies.



Finally, we took a walk around the light trail it was absolutely beautiful. The water display was fantastic and timed to music. We met Santa at his house and had photos with him before travelling home. What a fantastic day we had.

Thank you so much, it is definitely a memory I will treasure."

October Winner Dean

>>> "Super, Super Neil, Super Neil Harris"

"After arriving and buying a blue Millwall hat from the gift shop, which Dean wore with pride, we made our way into the corporate area and took our seats. Fortunately, our table was directly



next to the area that was used for special guests to give a pre-match speech, so Dean had the ideal seat for the occasion. The guest speaker was legend Neil Harris, a former manager and record goal scorer. As he took his seat, Dean led a chorus of 'Super, Super Neil, Super Neil Harris' recollecting the chant that he sang on the terraces when Neil was a player. Being one of Dean's footballing heroes, this really added to the day.

We were then invited pitch side and Dean got his chance to stand beside the managers dug outs which he loved. The Den was still empty so it was a rare opportunity to see it before it filled up with spectators. The game had a cracking atmosphere and a big crowd, buoyed by 3,000 travelling away supporters who'd made the long trip from Sunderland. Dean cheered on The Lions and was absorbed by the game.

It was a special day made possible by Younger People with Dementia."

Charity Fundraising

For Younger People With Dementia

Our volunteer and long-time supporter Stuart has participated in multiple events and races, pushing himself to the limit to raise money for our charity. Last year he ran the London Marathon in honour of YPWD. Below, Stuart offers advice for those who may be thinking of taking part in a marathon themselves and speaks about why fundraising for our organisation is important to him.



Which fundraiser did you take part in and when?

“Most recently I took part in the London Marathon in October 2022, and several other marathons over many years. I have lost count of how many others I have taken part in raising money for YPWD.”

Why was fundraising for YPWD significant to you?

“During my wife's illness, she and I received much support for YPWD, I now want to help as much as I can by volunteering and raising money. I want to see us succeed now and, in the future, and that means getting in the necessary funds to enable us to continue our work. If we do not do that, we cannot continue to help those who need our help.”

How did it feel when you crossed the finish line? Did you enjoy participating in the event?

“There are few feelings so great as crossing the finish line of a marathon. A huge feeling of personal satisfaction and pride in one's achievement. All the pain and suffering of the 26 miles was forgotten. You can stop running, pause the watch, collect the all-important medal, get a drink, soak up the praises from spectators and other runners, and start thinking about the next one. All the training of the previous few months had been worth it.”

How much money did you raise?

“For the London Marathon, I raised £1000. I have not kept a tally of the total over the years. Before raising money for YPWD, I did so for the Alzheimer's Society at my first marathon back in 2010. I guess the total I have raised would be about £7000 for YPWD and Alzheimer's Society.”

Do you have any advice for others who may be wanting to train to run a marathon?

“Difficult to answer as training for a full marathon is a very personal thing. To me the rewards of completing the training and running on the actual day far outweigh all the hard work. I enjoy running for its own sake, I am fully on board with the health benefits of running and now, as I get older, a big part of it for me is that, at my age, not only can I still run, but I can run a marathon. So my advice is just go running. It does not have to be a full marathon; a half is good, as is a 10k and even a Park Run on a Saturday morning. The personal benefits are great, and if you can raise money for YPWD along the way, all well and good.”

YPWD have places in a range of events taking place over 2024 if you're looking for a new challenge.

- Cycle in the RideLondon completing 60 or 100 miles across the countryside's of Essex and the city centre of London.
- Complete Brighton Marathon through the beautiful seaside town.
- Walk from Reading to Southampton across three days, a total of 66 miles.
- Team up with friends and family for a local triathlon.

For more information please email marketing@ypwd.info

Or visit our website www.ypwd.info/support-us/fundraise



Ask the DOCTOR



With Dr Kate Jefferies

There has been a lot of excitement in the press recently about new and emerging treatments for Alzheimer's disease. Research over recent years has culminated in a new generation of treatments.

For the first time, we have the prospect of drugs that act on the disease processes that cause dementia, rather than helping with symptoms alone. Two of these treatments have now already been approved in the US and one of these, lecanemab, is under consideration by European and UK regulators. A third, donanemab, is expected to be put forward to regulators later this year. These early disease-modifying treatments do still seem to have some significant side effects, but they will surely be followed by other, hopefully better tolerated, treatments. Indeed, there are over 140 further treatments currently in clinical trials.

Research update

Before any of these treatments are available for use in the UK they will need to be assessed by the Medicines and Healthcare products Regulatory Agency (MHRA) to ensure they are safe. Then, to ensure they are an effective use of NHS resources they will be assessed by health technology assessors; the National Institute for Health and Care Excellence (NICE). So, whilst we are still some time away from being able to offer new treatments to our patients, it does feel that significant strides in improving the lives of people with dementia are being made.

If you are interested in participating in research trials that could involve novel drug treatments for dementia, other drug treatments, or your views and experiences of memory services, please make contact with your local Memory Clinic who can refer you to our Research team. Alternatively, you can contact our research team directly on the following email address:

Research@berkshire.nhs.uk

involve
MAKING A DIFFERENCE LOCALLY



**VOLUNTEER
RECRUITMENT FAIR**

Saturday 3rd
February



Princess Square, The Lexicon,
Bracknell from 11am to 1:30pm

Start the new year off right by finding out about volunteering in your local community!

Several local charities and good causes will be in attendance, highlighting the many ways you can get involved. Please come along to this free event!

If you have any queries feel free to contact us: **01344 304 404**

care UK

Parsons Grange Care Home, Shinfield

Dementia friendly
cinema club

Last Thursday of every month

From 3.30pm



Join us for
our next
event

Coming up..

»»» What else is happening on the 'East-side'?

As one of their Charities of The Year, we were invited to attend Phyllis Court's Christmas Fair where we sold YPWD Christmas cards and books to a very busy crowd.

We visited Larchfield Care Home to explore how we can work together in 2024 supporting one another by sharing knowledge and information which all goes towards helping the families we support. We heard all about their new Memory Café, which is open to carers and the person they support—every **third Thursday** of the month.

Some more are detailed below:

First Monday of the month 11.00am—12.30pm Dementia Café @ The Fox and Castle pub in Windsor.

Last Wednesday of every month (until July) 10.30pm—12.30pm @ Windsor Castle. We have had some great feedback the Royal Reminiscence Dementia Friendly sessions, highly recommended.

Last Thursday of every month 10.30am—11.30am Drop In @ Oak bridge Centre Imperial Road Windsor SL4 3RU .

Carer Drop Ins @ Boyn Grove, Maidenhead, hosted by Dementia Care Advisors

Full address The Library, 11 Courthouse Road, Maidenhead, SL6 6JE .

First Thursday of every month 10.30am—11.30am.

First Wednesday of every month 'Ethnic Minority' group 10.30am—11.30am.

For more information in the Royal Borough of Windsor and Maidenhead area, please email Belinda Dixon at: belinda.dixon@rbwm.gov.uk

YPWD Joint Connecting Carers Dates

Virtual Session Wednesday 31st January - 6pm until 7:30pm

Face to Face Thursday 21st March - time & venue TBC

Virtual Session Wednesday 22nd May - 3pm until 4:30pm

Face to Face Thursday 18th July - 6pm until 8pm, venue TBC

Fundraising Dates for 2024



Brighton Marathon

Sunday 7th April

St James Way Pilgrimage

Monday 8th to Wednesday 10th April

Reading Half Marathon

Sunday 14th April

RideLondon

Sunday 26th May

Rare Dementia Support Groups

Frontotemporal Dementia (FTD) 2.00—3:30pm

Tuesday 12th March

Tuesday 11th June

Please contact YPWD for more information.

Posterior Cortical Atrophy (PCA) 11.00am—12:30pm

Monday 4th March

Monday 3rd June

For more information please contact

Roberta McKee-Jackson at Rare Dementia Support at r.mckee-jackson@ucl.ac.uk