

# VOLUNTEER RECRUITMENT PACK

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*You can help to  
change lives  
for the better...*





# WELCOME TO YPWD...

Thank you for expressing interest in volunteering with Younger People With Dementia (YPWD). We commend you on looking to make a positive impact in our community. This Volunteer Recruitment Pack is designed to provide you with essential information about our charity, our vision, mission and values, and the various volunteer opportunities available.

YPWD is a registered charity and was set up in 2012 to fill a gap in provision for those with young onset dementia and their family and carers. **Our aim is to support people living with a diagnosis of young onset dementia (YOD) through meaningful and age-appropriate services for those with young onset dementia and to provide services to support family members.**

We are currently operating across Berkshire, Surrey Heath, NE Hants and Farnham. The charity is governed by a board of Trustees and is run on a day-to-day basis by the Director, with activities delivered by a team of dedicated professionals.

# A WORD FROM OUR CHAIR OF TRUSTEES



It is with great pleasure that we share that we are looking for volunteers to join our team at YPWD. Having been a Volunteer Trustee for over two years now I'm humbled to be part of a charity that is making a daily difference to the lives of those we support with young onset dementia and their family and carers.

Being part of the Trustee Team that oversees and guides the charity is hugely satisfying as is working with the employees of the charity, seeing all the amazing work they do. Being a Trustee wasn't something I had considered before but being able to apply my HR and leadership skills to such a worthwhile cause has been a truly rewarding experience.

I'd encourage anyone with the skills we're looking for to consider applying; you won't regret it.

## **Lisa Mooney**

Chair of the Board of Trustees,  
Younger People With Dementia CIO

# WHAT IS YOUNG ONSET DEMENTIA?

*Young Onset Dementia affects adults of 65 years and younger. It is also known as working age dementia. Symptoms can develop from as early as in your 30s, 40s and 50s. Dementia does not discriminate, it affects people of all ages, genders and ethnicities.*

Nationally there are estimated to be at least 70,800 younger people with dementia which means 92 in every 100,000 of the population are living with young onset dementia. In Berkshire, there are an estimated 679 people living with young onset dementia and 900 in Surrey.

Traditional services are designed to meet the needs and expected therapeutic out-comes of older adults and subsequently, access to activities appropriate for younger adults with dementia is limited. People with young onset dementia often experience a more rapid decline in cognition and quality of life at a time when they may otherwise have expected to be in employment and to have an active social life. The same applies to partners and other family members who consequently face social isolation and carer stress (Deliane van Vilet, 2010). In many cases, carers have to give up work to support their partner and therefore, the ability to provide respite on a daily basis is often pivotal to keep carers in work and reduce stress. Furthermore, for the person with dementia, lack of appropriate activities can result in an increase in social isolation, apathy, a decline in health and increased risk of behavioural and psychological symptoms of dementia.

Having dementia at a younger age is associated with a greater number of unmet needs and unmet needs are associated with an increase in neuropsychiatric symptoms. This, together with increased carer stress, is a major risk factor for institutionalisation (Bakker, 2013). Specifically, the study found that an increase in the number of unmet needs leads to the occurrence or worsening of neuropsychiatric symptoms.

# IMPACT STORY: RICHARD AND LYNNE

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*“A lot of the things he’s done at the workshops, he would never have tried before dementia.”*



Richard is one of the beneficiaries of the activity-based workshops run by Younger People with Dementia (YPWD). Over the past year he has attended katanuing, golf, choir, day trips to National Trusts, visits to Windsor Castle, farm visits which included cooking, walking and animal therapy. Below his wife Lynne talks about Richard’s diagnosis and outlines the benefits of the support they have received from our charity.

“We’ve been part of YPWD for the last three years and we’ve been married 50 years. Richard was diagnosed three and a half years ago, but I predicted that Richard had dementia a long time before he was diagnosed. Richard retired at 60 and very soon after that, I noticed that there was something not right. He’d be doing silly things like hiding things, putting things in different places, forgetting things and repeating things a lot. He was getting frustrated all the time, and so it was little things like that, which on their own don’t seem like much. I never thought it would happen to us. Richard was getting more and more anxious over stuff, forgetting where he’d put keys, and it was just a series of very small things. I made a couple of trips to our doctor to talk about it and they said I needed to persuade Richard to come in with me, but he was very resistant because he remembered what happened to his mum and grandma, who both lived with young onset dementia. Eventually we did go to the doctor, they did some memory tests, and they said they thought we should go along to the memory clinic. Richard was diagnosed there and then. It wasn’t a shock and yet it was, to have somebody actually say it to you.

We were then introduced to YPWD and we’ve been with them ever since. I got to meet all of the other carers in the same situation, which was great because you feel isolated, you feel like the bottom has dropped out of your world, as you really don’t know what’s going to happen. YPWD has been a saviour to us both. Richard goes to a lot of workshops; he’s been in the choir from the beginning and now he does all sorts of things. He loves all the physical activities but some of the other things he would never have tried, and he really has enjoyed them. YPWD, I’d recommend it to anyone. I think in a strange way we’re very lucky people because so many people going through this have got no support. We just want to say thank you very much to YPWD for everything, it’s our life-line.”

# WHAT DO WE DO?

Our specialist and professional team provide activity-based workshops, micro groups and time limited one-to-one support to those with YOD. Our workshops run through the working week, Monday to Friday, and are run in programmes of 6 weeks. This means that the activities offered are always changing to reflect the needs and interests of our service users, with the exception of Harmony Choir, which has been running on Tuesdays since the charity was born.





The support provided gives participants opportunities to socialise and take part in meaningful activities. These have included art, archery, cooking, equine therapy, gardening, katanuving, multi-sports, pottery painting, walking, along with many others. Our support workers are always on hand to ensure that our workshops are inclusive, enabling, supportive and innovative.

We are risk positive in deciding what to offer as we are aware that people attending are younger, more active and would like the opportunity to try more physically challenging activities. We welcome input and ideas from the person with dementia, their carers and their families.

Alongside our weekly workshops, micro-groups and one-to-one support, we also provide support by delivering children's groups, education and training, social events and carer support. Our social events called 'All Together Now', are organised for our service users and their loved ones and run quarterly throughout the year. Previous events have included three course meals, afternoon teas, quiz nights and discos. The charity's annual Christmas Concert is our most highly anticipated event of the year, bringing around 200 people together.

YPWD works closely with many services across our areas of operation, these include our colleagues in the NHS, such as Memory Clinics, Admiral Nurses and Dementia Care Advisors. We will also signpost those with YOD to any additional support services that are appropriate and available.

# OUR MISSION STATEMENT

*Our Vision is to influence a world where Younger People with Dementia are included and involved in every aspect of life without discrimination or stigma.*

*Our Mission is to provide meaningful activity and respite for younger people with dementia and their families and carers.*

*We work alongside other statutory provision, across the working week with the aim of giving individuals the best life they can with dementia.*

## OUR CORE VALUES



**Innovative**



**Supportive**



**Enabling**



**Inclusive**



# STRATEGIC PURPOSES

Our strategic purposes are listed below outlining the areas of service delivery, project delivery, people and work culture, our Trustees and finance.

## ***YPWD Service Delivery***

To ensure we meet our contractual obligations with funders.

## ***Project Delivery***

To reduce health inequalities for those living with YOD; to provide support to children of parents with YOD.

## ***People & Culture***

To enhance staff engagement and culture; develop our people; recruit, develop and retain volunteers.

## ***Trustees***

To continue to build a high performing team of Trustees with a focus on clarity of roles and on-going professional development. We would like to recruit 2 further Trustees with a focus on IT, Marketing and Health, with one at least from within Surrey.

## ***Finance***

To ensure through contractual arrangements, grants, donations and fundraising that we meet the financial needs of the organisation.

# WHY BECOME A VOLUNTEER?



Volunteering with YPWD comes with numerous benefits, including:

- Enhancing your skills and knowledge in young onset dementia.
- Using existing skills and knowledge for the benefit of the local community.
- Making a meaningful difference in the lives of others.
- Connecting with like-minded individuals and professionals.
- Receiving acknowledgment for your valuable contributions.
- Feeling valued and part of a team.
- Improving self-esteem, confidence and well-being.
- Gaining invaluable work experience.

We offer a variety of volunteer opportunities to suit different interests, skills, and time commitments. Within all our volunteer roles we are looking for people with passion, good communication skills, team players who want to make a positive impact, who are committed to our cause and willing to contribute their skills, knowledge and expertise to improve the lives of those living with dementia.

All roles, being voluntary, are unpaid but any relevant expenses that may be incurred in the line of duty will be reimbursed.

# OPPORTUNITIES

## ***Become a Trustee:***

As a Trustee you will form part of the Board of Trustees who are responsible for providing appropriate oversight, governance and leadership to YPWD in the pursuit of its strategies. This role requires a time commitment of around 1-2 days per month (worked flexibly) but may fluctuate depending on demands. Skills required will vary depending on gaps on the board of trustees.

## ***Support at activity workshops:***

Support the YPWD team in the delivery of various enriching and therapeutic activity workshops within the community for those diagnosed with young onset dementia. These could be sporting, artistic, educational or nature inspired. This role requires a time commitment of 3 hours to support one workshop. You can support as many workshops as you would like to.

Workshops run for 2 hours and you will be needed to set up and clear up. We run a total of 15 workshops across the working week across Berkshire, Surrey Heath, North East Hampshire & Farnham.

## ***Carer support groups & education courses:***

Through meeting and greeting, providing refreshments or even participating within the group, to support the team in delivering education and support to those living with young onset dementia. Support groups run for up to 2 hours and are held quarterly per annum. Education courses are run at intervals through the year and run for 2 hours each week for six weeks.



# OPPORTUNITIES

## ***Awareness raising:***

Deliver presentations and workshops in schools, communities and businesses to educate the public about young onset dementia.

The time commitment within this would be dependent upon how many hours you would like to volunteer.

## ***Event Coordinators:***

Assist in the planning and execution of community events, fundraisers, and awareness campaigns. You may also wish to run your own events. The time commitment for this will vary depending on the event that you are supporting, the planning involved and the length of the event on the day.

## ***Drivers:***

Provide a driving service to those with a young onset dementia diagnosis to enable them to attend activity workshops and events. The time commitment required would be to pick up a client and take them to a workshop or event, returning two hours later to pick them up and return them home. Depending on your location and that of the person with dementia, the time commitment could be 2 hours to 4 hours per individual supported.

## ***Steering Group Members:***

As a Steering Group member, you will play a vital role in shaping the future of our charity outreach services. Time commitment is to be able to meet on a bi-monthly basis on the steering group, allowing 2 hours for the meeting.



# OPPORTUNITIES

## ***Collectors at supermarkets and events:***

Run information stands and collections and superstores, events and fundraisers. Time commitment for this will vary and fluctuate. Generally however a stand at a superstore will be all day, or for a few hours as part of a team to ensure the whole day is covered. When we ask for support within this area, we will detail the time involvement.

## ***Recruitment:***

Run recruitment stands at volunteer fairs and recruitment fairs. Time commitment to this will vary, but you could anticipate attending up to four fairs per annum, usually of a half day or whole day duration.

## WHAT ARE THE VOLUNTEER REQUIREMENTS?

*To ensure a positive volunteering experience, we have some requirements for our volunteers:*

- Our volunteers are required to be over the age of 18.
- We are looking for people with passion, with good communication skills, team players who want to make a positive impact, who are committed to our cause and willing to contribute their skills, knowledge and expertise to improve the lives of those living with dementia.
- As we are working with vulnerable adults, you would be required to have a Disclosure and Barring Service (DBS) check in place and in date. YPWD will organise and pay for this for you.

# HOW TO APPLY

*To apply for a volunteer position,  
please follow the 5 steps below:*

Step 1: Visit our website [www.ypwd.info](http://www.ypwd.info)

Step 2: Navigate to the **Volunteer** Section in **Support Us**.

Step 3: Browse available positions and select which interests you.

Step 4: Complete the online application form.

Step 5: We will be in contact with you to discuss next steps.

# HOW TO CONTACT US

## **Registered Office:**

First Floor, Unit 9 Indigo House,  
Fishponds Road, Wokingham, RG41 2GY

## **Find us on social media...**

**Facebook:** YPWD Berkshire

**Instagram:** @ypwdberkshire

**X:** @YPWD



[contact@ypwd.info](mailto:contact@ypwd.info)



0118 207 2880



[www.ypwd.info](http://www.ypwd.info)