

Autumn 2015 e-Bulletin

As we step into the Autumn it's a great time to reflect on the past few months. We've once again been really busy and what else is exciting is that we are currently doing more than ever! Despite the unsettled weather it's been a beautiful summer full of fun and laughter. We've been out on the river, painted, walked, sung, gardened and even restored furniture. It's been a fabulous few months and all of us at YPWD are looking forward to the next few!

Charlie Draper, Operations Manager, YPWD (Berkshire West)

Fundraising

Cricket Charity Match – raised £530

A fabulous day was had by all at the first cricket charity match, hosted by Finchampstead Cricket Club (FCC). A close game, with FCC giving us a head-start by bowling left handed. Unfortunately we still lost by two runs, but a great day out. Thanks to FCC for hosting the match - and for offering to host it again next year. We were very well supported and our thanks go out to everyone involved.

Golf Charity Day – raised £1,132

Our annual charity golf day was attended by 32 players and started with a bacon butty! After a sunny tee-off at 9.00 am the golfers were soon returning to the golf house after a thorough drenching, with play called off at 11.15 am, around hole 9. Despite this the teams were in good spirits and we even had an impromptu visit to the premises by the local constabulary – in the middle of speeches! Thanks to everyone who came along and supported us.

Young Fundraisers

Thank you to Sophie (aged 10), Annelise (aged 8) & Andrew (aged 6) for raising **£10** for YPWD (Berkshire West). The children wanted to help other younger people with dementia like their friend Sheila, so they decided to set up a stall in the lane at the bottom of their garden and sold their home-grown tomatoes to passers-by!

Dates for the diary:

Al's Place Christmas Disco - **2nd December 2015**

Christmas Dinner – **10th December 2015**

Christmas Choir Concert – **16th December 2015**

Jazz Café (dinner & music) – **20th February 2016**

For further information on forthcoming events, please contact

caroline.blanchette@ypwd.info

An Unlikely Pilgrimage of YPWD



“It all started in the middle of a YPWD book group when we read the first chapter of an “Unlikely Pilgrimage of Harold Fry” and Jacqui said we could do our own Unlikely Pilgrimage. So that was it – a few months later Claire, Caroline, Charlie and Jacqui found themselves at the end of May this year being dropped off at Kemble Station in search of the source of the River Thames. There was no going back, even Rachel Joyce author of Harold Fry knew we were going on a pilgrimage ...”

To read Jacqui, Claire, Caroline and Charlie’s foot-slogging adventure in full, click and open the attached document!

Would you be interested in being involved in the Unlikely Pilgrimage of YPWD (Part 2) in 2016?! If so, please contact Claire or Gill: claire.watts@ypwd.info or gill.stokes@ypwd.info

Volunteers

We are very fortunate to have a wonderful group of volunteers that support us at YPWD (Berkshire West). This group is growing in number and we are very aware that we would not be able to offer all the amazing things we do without their help and support.

The types of things volunteers are involved in range from helping out at workshops which could include: making teas and coffees, welcoming people to an activity, chatting to someone on a walk; and supporting someone to get the most out of an activity such as art or katakanuing. Or they might be involved in helping out at fundraising events, or may even hold an event themselves.

Currently we have volunteers supporting us at the following workshops:

Choir - Brian, Linda and Jackie
History of Reading – Shirley
Art – Shirley, Polly and Debby
Walking – Nina, Bill, Nigel and Brian
West Berks Group – Julie and Irene
Katakanuing – Alain

We held a coffee and catch-up session with some of the volunteers on the 26th October. This gave them a chance to meet each other, ask questions, find out more information and help with ideas and planning for workshops. We also run training for volunteers when they start with us and at other intervals as the need is identified.

If you are interested in finding out more about volunteering opportunities with YPWD please contact Claire Watts on 07887 530345 or email me at: Claire.watts@ypwd.info for further information.

Research

The Dementia Research team for the Trust is based at The Berkshire Memory and Cognition Research Centre at Reading University. The team help to run high-quality research studies in dementia and memory problems and are dependent upon patients, caregivers and members of the public volunteering their help to improve work in this area.

Current recruiting studies include IDEAL and MADE.

IDEAL is a questionnaire study that will explore what ‘living well’ means from the point of view of people who have experienced changes in memory, other thinking abilities, or the ability to manage day-to-day activities, and of those who are close to them. Researchers will visit participants at home and then again for two further visits one year apart.

MADE is a clinical trial which aims to find out whether minocycline improves the symptoms of Alzheimer’s disease and slows the expected rate of deterioration. It will also inform which is the best dose of minocycline to improve symptoms without causing side effects.

If you are interested in helping research into dementia and memory problems locally and possibly take part in a study to help improve understanding and treatments of dementia please contact Research Nurse, Lynn Rigby, on 01183785700 lynn.rigby@nhs.net

Other news

See link below for information about the free NHS flu jab for all unpaid carers.

<http://www.carers.org/help-directory/help-make-yourself-flu-proof-winter-free-nhs-flu-jab>

Carers' Rights Day: Friday 20 November. Contact Berkshire Carers' Services (BCS) for information on events in your area: www.berkshirecarers.org Helpline: 0800 988 5462

Next YPWD Carers' Café: Monday 30 November. Contact Lizzie Harrison at: Lizzie.harrison@berkshire.nhs.uk for details.

Please see our website for further information, news and updates:

www.ypwd.info

We will be bringing you more news in early December and in the meantime wish you a pleasant Autumn.

With best wishes and on behalf of all at YPWD (Berkshire West).

Gill Stokes