

YPWD Newsletter

Keeping you up to date with all things YPWD



Contents

Page 1 – In The Community

Page 2 – Dementia Action Week

Pages 3 4 & 5 – YPWD Events

Page 6 & 7 – Surrey and Borders

Page 8 & 9 – East Berkshire

Page 10 – Berkshire West

Page 11 & 12 – Making Memories

Page 13 – Support Groups

To keep up to date with our latest news and events **like** and **follow** our social media pages.



YPWD



Younger People with Dementia



youngerpeoplewithdementia



www.ypwd.info

Other ways to get in contact:



0118 207 2880



contact@ypwd.info

In The Community



Double Finalists at Dementia Care Awards



We are pleased to announce that we have been shortlisted for two Dementia Care Awards.

The first nomination goes to Dr Jacqui Hussey, for 'Outstanding Contribution to Dementia'. This aims to recognise significant contributions to dementia care, recognising a real-world difference made by an individual that has revolutionised dementia care.

Our second nomination is for 'Outreach Work' award. This award recognises innovative outreach initiatives that have been developed and implemented to support those affected by dementia.

<https://www.dementiacareawards.co.uk/>

Grand Art Unveiling



After two months of being displayed in the COOP, Bracknell, Dave's 'Memories in Art' creation was given a permanent home at the Bracknell Memory Clinic, Church Hill House. Staff from the clinic attended a heart-warming unveiling.

Triathlon Success

We had a great morning at Dorney Lake on Sunday 25th May, supporting those participating and fundraising in the triathlon.

With Dono completing the first leg which was the 750m swim, Paul taking on the 20km cycle and Leon completing the final leg, a 5km run, we knew we had the right team to complete in the relay sprint. We also had Luke competing in the individual sprint.

We thank them all for helping to raise money and awareness of Younger People with Dementia.



Dementia Action Week

We had the pleasure during DAW to attend information sharing events throughout Surrey, East Berkshire and Berkshire West.

Below are some lovely photos of our staff (and friends) representing us in the community:

Pangbourne Village Hall



Britwell Center, Slough



Princess Square, Bracknell



Wokingham Town Centre



Boyn Grove Library



Places Leisure, Surrey Heath



Sunshine Sings!

Our Sunshine Choir, based in Surrey, has been in full voice performing proudly in Camberley town centre for VE Day supporting the Royal British Legion and at a special Dementia Action Week event.



We sang a mix of much-loved classics from our repertoire and added a few new songs to keep things fresh. We ended each performance with our very own Sunshine Choir song, which we wrote ourselves taking memories, sentences and experiences from the group to produce the song.

Both performances were filled with joy, community spirit, and claps and cheers from those listening. A big thank you to everyone who came along to support us — we'll be humming those tunes for weeks to come!

Stepping Into Spring



YPWD tea dance brings joy, cake and moves

A touch of glamour, a slice of cake, and plenty of left feet brought us together for a fabulous Tea Dance during our break week.

Held in a beautifully decorated hall bursting with spring cheer – complete with yellow gingham, flowers, and bunting, attendees were treated to a generous spread of Marks & Spencer sandwiches and gorgeous homemade cakes lovingly baked by the talented Niamh and Sara.

The real star of the afternoon was the dancing, of course! Led by Colin, participants took to the floor for a lively mix of the Charleston, social foxtrots, strolls, and freestyle dancing – with some extra sparkle added by the fantastic moves of our very own James and Joe, who helped guide the way with infectious energy and style.

There was even a special moment to celebrate Michael's birthday, with a joyful sing-along that brought smiles all around – thank you, Michael, for sharing your day with us!

Adding to the excitement was a raffle packed with brilliant prizes, including treats from local businesses such as Barons pub, RHS Wisley, Bocketts Farm and Buzz Bingo and plenty of crowd-pleasers like chocolates and bottles of bubbly. A huge congratulations to all of our lucky winners.

The feedback from attendees was overwhelmingly positive, with many leaving with happy smiles.

A huge thank you to everyone who attended, donated, and helped bring the event to life – your support means the world.



Out and About



Our first trip in the three-day series got off to a fantastic start with a visit to the Weald and Downland Living Museum in beautiful West Sussex!

Setting off from sunny Great Hollands, we were met with even brighter skies from the moment we stepped through The Gateway (a modern addition opened eight years ago), and we were transported back in time and greeted by our wonderful hosts.

The museum, founded by Roy Armstrong, is home to over 50 historic buildings, carefully rescued and rebuilt on site. With the help of volunteers, Roy's vision turned into a fascinating space where history lives on and each building has a story to tell.

We explored a range of homes and landmarks, including the impressive Market Hall from Titchfield, where we enjoyed the sounds of a live harp performance. Other highlights included an 18th-century "long drop" toilet and a charming old schoolroom with original desks, giving a glimpse into everyday life.

Lunchtime was spent outdoors beside the lake, enjoying both the sunshine and a perfect view of the Repair Shop filming in action! We caught sight of the cameras — and even heard a few hammer taps from the famous workshop.

After a few group photos and a quick visit to the gift shop, we made our way back to the coach, full of stories, souvenirs, and smiles.

A wonderful day out and just the beginning of our exciting three-day adventure!

"I enjoyed having a day out with friends! Loved everything"

"I'm very excited to have seen The Repair Shop"

"It makes me happy I can do this sort of thing"



We have more lovely pictures from the day on the next page.



Surrey and Borders

Our Surrey team support those living with young onset dementia in Surrey Heath, NE Hants and Farnham. The team have also offer one activity a week in Woking.

Read below about what they have been up to over the last six weeks:

Small Changes, Big Impact

Over the past month, Team Surrey has stepped up for the planet—and the results speak for themselves!

We've embraced greener travel, with four team members switching to electric cars (three of them the same model by coincidence!). Car sharing is also on the rise, helping us cut emissions.

At workshops, staff have reduced food waste and made better use of recycling bins—taking waste home when needed. We're also separating recyclables more consistently across all our workshops.

It's been a great month of small actions making a big difference. Let's keep the momentum going!

Pond-ering Around

Our therapy garden sessions have been blooming with activity! Each week, we've been pond-ering by the water — keeping a close eye on the plants, insects, and of course, any elusive newts that might pop up to say hello.

It's not just nature watching — there's been plenty of crafting too, with creative projects taking shape among the flowers and fresh air. From planting to painting, it's been a lovely mix of calm, creativity, and conversation.

We can't wait to see what grows next.



You Asked – We Listened

Whether it's in passing, a sarcastic comment (like bacon on pancakes) or a real concern, we love receiving your feedback. So far this 2025 we have been working hard to implement some of your ideas and comments.

You asked:

More meet ups in break week

We Listened:

Since Christmas we have included an informal catch up for carers and attendees at a local garden centre during break weeks. These have proved to be immensely popular with around 20 attendees each time. The cake selection isn't too bad either.



You asked:

Bacon!

We Listened:

Although we laughed when it was suggested during pancake day that pancakes and bacon would be better, we snuck in surprise bacon rolls at the end of our fitness workshops to reward all the hard work that we had put in.



You asked:

Micro gardens workshop

We Listened:

We brought the lovely Phil, from Berkshire West, to run a session for us during our craft workshops. He helped us create our own micro gardens, as seen from the West workshop on social media.



We love hearing your feedback and suggestions and will always try to take them on board. There is always time to start an open conversation with new ideas.

East Berkshire

In East Berkshire our team deliver workshops and support those living in Bracknell, Windsor, Ascot, Maidenhead and Slough.

Meet the team below and hear from Jess:



Karen Ive
Area Manager



Debbie
Support Worker



Hayley
Support Worker



Jess
Support Worker

"We really enjoy the work we do. We love getting out and about in Berkshire, and trying new things as a group.

"Over the last six weeks we have been swinging out of our boots at the driving range, getting to know 'What Works in Nature?' at Braywick Nature Reserve, building our music group in Slough, and touring all the best places in Windsor."

"Lyrics and Laughter" Music Group

Fourteen weeks ago we launched our new music community group, and this week we named our group. After a long deliberation we voted on 'Lyrics and Laughter'. We think this name truly encapsulates the spirit of the group.

It's been heart-warming to see our local community come together, exploring the joy of singing, dancing, and creating music in a space where everyone can feel supported and uplifted.

We've been fortunate to have some incredible facilitators guiding our sessions including Brighton Jive, Sing Your Pain Away, Amina Khayyam Dance, Box of Smiles and DHOL Collective.

We are not stopping here! We are always looking to connect with new facilitators who are passionate about sharing their talents- any style or genre, we'd love to hear from you!

If you would like to join us, please email:
contact@ypwd.info



Braywick Nature Centre Workshop

In June 2024, our Empowerment Group, PRISM (Please Remember I'm Still Me), met at Braywick Nature Centre to try out some of their outdoor activities. The aim of the project was to help the rangers make these activities as dementia-friendly and accessible as possible.

After the group discussed and fed back to the centre about the session, this summer we ran a set of six-week workshops, exploring "What Works in Nature?"

Below are some photos of our sessions.

Campfires and S'mores



Pond Dip



Den Building



"The sessions were interesting and changed every week. I very much enjoyed the photography and fire building - where we cooked sausages and marshmallows. I found it so interesting when the guide took a sample of water from the big pond and we managed to see different pond life including a small fish and other creatures." - Alan

Tree Tour



Berkshire West

From Wokingham, to Reading, and to Berkshire West, our staff support those living with young onset dementia with activities throughout the week.

Read below Phil's diary entries from Inkpen in Berkshire West:

Six Weeks of Kitchen Gardening

24 April – Day 1:

Plots were measured and marked (thanks to Chris's foot!), and King Edward potatoes were planted. Seeds of sweetcorn, beetroot, and chard were sown, along with yarrow and companion flowers.

1 May – Day 2:

Under blazing sun, posts were painted, and broad beans, sunflowers, and two runner bean frames were added. Lavender was potted to attract beneficial insects.



8 May – Day 3:

50 runner beans and 30 sweetcorn plants were planted, plus peas in a trench with twig supports. All were thoroughly watered in.

15 May – Day 4:

A squash trellis went up, and more sweetcorn, beetroot, beans, melon, and courgettes were planted with nasturtiums. Weeding and hand-watering wrapped up the day.

22 May – Day 5:

Weeds were cleared, beetroot and sunflowers potted, and 30 free mange tout planted with new supports. Watering kept everyone moving.

29 May – Day 6:

Tomatoes, cauliflowers, courgettes, and cucumber were planted. Beans were tied in, mange tout supports fixed, and potatoes are now ready for earthing up.





Making Memories

Since June 2023, the Making Memories scheme has been making dreams come true for the families we support who are living with young onset dementia. The initiative funds unique experiences to help families create lasting memories. Each month, we randomly select a winner who gets to choose an experience. We take care of the details, from tickets to directions, so families can enjoy a stress-free, unforgettable experience.

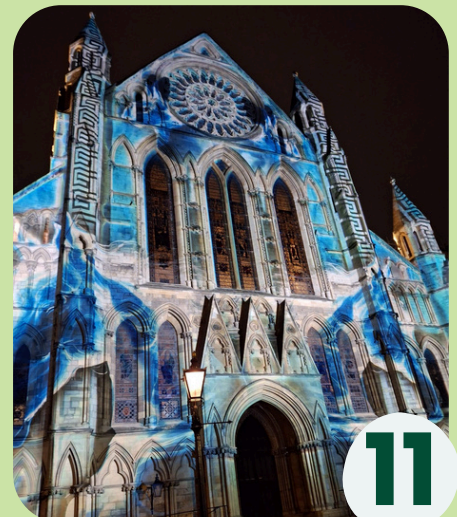
Richard's Story

February's winner, Richard, a train enthusiast, and his wife Sharon, decided they'd like to explore the historic city of York. From the National Railway Museum to visiting the stunning York Minster, their journey in February was filled with joy and adventure.

Here's what Richard had to say: **"Thanks to YPWD we've made memories we'll cherish forever. From getting lost in Birmingham New Street Station to exploring the Shambles and hearing the organ at York Minster, every moment was special."**

Sharon added: "It's been a lovely time, and I would not have attempted it without your help! Richard has managed well, and we certainly have made lots of memories. Richard always used to be interested in photography but hasn't used a camera for some years. He brought his camera along with us and took lots of photos."

This scheme was seed funded by Bearwood Lakes Golf Club and we could not be more grateful for their generosity. You can find out more about the scheme by heading to our website!



Sara's Story

Our March winner was Sara. She opted for a relaxing afternoon with her friend at a local spa. Read below an account from Sara's friend, Sharon:

"On the 4th May, Sara and I arrived at Fredericks Hotel in Maidenhead for a full spa day. We were so excited- from our arrival to leaving, all the staff were so nice.

"A couple of friends were there who Sara also knew, so we had great fun.

"We sat out in the sun and kept moving our chairs, chasing it as it moved. We absolutely loved the treatments- a facial and a full body massage- and fell asleep in both.

"We finished the day off with an afternoon tea (pictured below), and all too soon it was time for home, both exhausted. We had a lovely time x."



Join Us and Help Make Memories



In partnership with companies and their employees, Making Memories is a special fund to support the memory-making wishes of people with YOD and their families within Berkshire and Surrey.

Here at YPWD, we will support and encourage your employees to raise funds and have fun doing it! Whatever that looks like for your company, YPWD is here to cheer you on every step of the way.

If you would like to hear more about the Making Memories Scheme, to donate, or to enter if you are a family we support, please email: marketing@ypwd.info

This scheme has been seed funded by Bearwood Lakes Golf Club and Strategic Solutions Financial Services, whom we thank for their generosity.

Find out more ➔

Support Groups Coming Up



YPWD Berkshire West
Wednesday 23rd July
Email jenny.vertigan@ypwd.info



YPWD East Berkshire
Wednesday 30th July
Email karen.ive@ypwd.info



YPWD Surrey and Borders
Thursday 31st July
Email clare.lynskey@ypwd.info



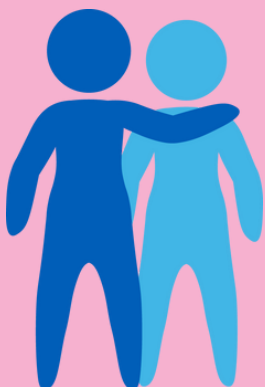
Frontotemporal Dementia (FTD) Group
Tuesday 12th August
Email contact@ypwd.info



Posterior Cortical Atrophy (PCA) Group
Monday 8th September - online
Email r.mckee-jackson@ucl.ac.uk

13

Berkshire Healthcare's Memory Clinic and Older People's Mental Health Service review



Berkshire Healthcare NHS Foundation Trust is reviewing its Memory Clinic and Older People's Mental Health Service, and is especially keen to hear from younger people who've used these services. We want to understand what's working well and what needs improvement to better support patients, carers, and staff.

Your feedback—whether you're a service user, family member, or carer—is vital to shaping this review and ensuring changes reflect real needs.

To share your experience, please email: [**OPMHReview@berkshire.nhs.uk**](mailto:OPMHReview@berkshire.nhs.uk)