

Snapshot in time

“Tomorrow is the first blank page of a 365 page book. Write a good one”

- Brad Paisley



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Another year, another challenge

By Dr Jacqueline Hussey, Chair of Trustees

Welcome to our first 2018 edition. As usual, we have lots planned and hope that all our fundraisers are training hard in anticipation of the various events, whether it's half-marathons, cycling, climbing mountains or throwing yourself out of planes. Thank you for all your support.

We have been working behind the scenes to raise our profile and to make sure that YPWD (Berkshire) reaches as many younger people as possible across the whole of Berkshire. We have made good links with the Oxford Cognitive Disorders Clinic and just recently St George's Hospital. We continue to work closely with University College London through the Angela Project and are key members of the Young Dementia Network. We need to develop better links with the Neurologists in the east of the county. Watch out Neurologists – we are coming for you!

Hope you enjoy our latest newsletter and wish you all a fabulous 2018!

Office move & staff changes!

Office Move

We are delighted to let you know that we will soon be moving offices. We have been working at two different locations for a number of years and we wanted to get the whole team together under one roof.

With effect from the 1st February 2018 our new address will therefore be:

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

Our new mainline telephone number will be: 0118 207 2880

We look forward to seeing you all there over the coming months.

Staffing Changes

Charlie Draper and Caroline Blanchette will be working reduced hours from 1st January 2018.

As a result of the above Claire Watts and Karen Ive are taking the lead role on workshops for the West and East respectively and their new job titles will be Project Respite Manager.

Julie Vernon will be working with the charity full-time from the 15th January 2018 in the role of Office Manager.

We are sure you will join us in wishing them every success within their roles.

University of Reading Events

Brain Glue: Sticking it to dementia

Each term the University of Reading offers an exciting variety of public events, including lectures, music concerts, exhibitions and arts events. You may be interested in this event which is taking place on the 28th February 2018, at 19:30, G11, Henley Business School, Whiteknights campus. For further information please e-mail: events@reading.ac.uk

Summary of event: Currently there is no treatment that will prevent, cure or slow down dementia's progression. To overcome this scientists are now studying not only nerve cells in the brain, but the so-called glial cells – previously thought to be just the 'glue' that sticks other brain cells together.

Evidence suggests that these cells could provide insight and even early warning about the onset of disease, years before clinical symptoms develop.

The human brain is the most complex computer we have, yet we are still discovering the basics of how it works. This lecture will outline some of the challenges in finding treatments for brain diseases, and explore the potential of glial cells in the fight against Alzheimer's disease.

Dr Mark Dallas is a Lecturer in Cellular and Molecular Neuroscience at the School of Pharmacy, University of Reading. He is the Academic Co-Ordinator for the Alzheimer's Research UK Oxford Network, Neuroscience Theme Lead for the Physiological Society and sits on the editorial board of Physiology News.

Wokingham Borough Health Walks

Wokingham Borough are running health walks for those who love walking, would like to improve their health or just meet new friends. Further details of the walks programme and be found by following this link:

www.walkingforhealth.org.uk/walkfinder

or by calling the Wokingham Borough Sports and Leisure Team on:

0118 974 3729.

Apparently there are walks for all levels.



Research Spotlight

The Alzheimer's Society have a wealth of knowledge on their website. They have a blog series looking at less common types of dementia and their recent blog looks at what research is ongoing into [Frontotemporal Dementia](#) (previously also known as Pick's disease).

Other topics covered have included [Dementia with Lewy Bodies](#) and [Vascular Dementia](#).

Posterior Cortical Atrophy (PCA)

PCA Support Group

The ninth PCA support group meeting was held on Thursday 28th September 2017. This was led by Helen Shepherd and supported by YPWD staff, on this occasion Erin and Karen, and Gill Stokes was attending for her last meeting.

The speaker at the meeting was Dr Samrah Ahmed – Research Associate with a special interest in early-onset dementia at the Nuffield Department of Clinical Neurosciences University of Oxford.

Dr Samrah Ahmed talked to the group about how research will help with diagnosis, a better understanding of symptoms, and carer related issues.

There were 15 people in attendance from Somerset, Croydon, Oxford, Basingstoke, Aldershot, London, Marlow and Wokingham. Those from Somerset, Oxford, Marlow and Wokingham are all under the consultant Professor Chris Butler at John Radcliffe and knew Dr Samrah Ahmed as they had participated in research with her in the past.

Feedback on the meeting from attendees was as follows:

“Thank you so much for arranging and organising the meeting on Thursday. Mary, Victoria and I found it very helpful and well worth the journey!”

“Good meeting yesterday, very informative - well done.”

For further information about the PCA Group please contact Helen Shepherd on: helen@shepherdcharles.com. The next PCA meeting will be held on the 25th January 2018 from 2-4pm.



Helen Shepherd pictured above

What is Posterior Cortical Atrophy?

Posterior Cortical Atrophy (PCA) is a gradual and progressive degeneration of the outer layer of the brain, or cortex, particularly towards the back of the head - posterior.

The brains of many diagnosed show amyloid plaques and neurofibrillary tangles, similar to the changes that occur in Alzheimer's.

What are the symptoms?

Those diagnosed usually realise something is wrong when they start experiencing visual problems rather than memory loss, although this can affect them eventually too.

Tasks such as reading, colours and shapes, recognising faces, judging distances, judging the speed of moving traffic, distinguishing between moving and stationary objects and seeing more than one object at a time can become difficult.

Some are affected by hallucinations, perceive objects to have an unusual colour or develop an increased sensitivity to bright light or shiny surfaces, while some can struggle with mathematical calculations and spelling.

PCA sufferers usually experience problems with vision.

PCA is a degeneration of the outer part of the brain (ALAMY).

Is there any way of slowing its progress?

No drugs or treatments have yet been proven to slow or halt the progression of the disease.

Some diagnosed, however, may find their symptoms are improved by taking medicines called acetyl cholinesterase inhibitors, which include Donepezil (Aricept), Rivastigmine (Exelon) and Galantamine (Reminyl). But these are not a cure for the disease.

If you have concerns about yourself or someone you know displaying these symptoms, please visit your GP.

You know Christmas has arrived when

Harmony Choir Takes to the Stage!

Wow, what a fabulous evening was had by all at our annual Christmas Concert. Over 120 people filled the Whitty Theatre to join the festive celebrations.

The evening commenced with Harmony Choir taking to the stage with festive songs, as well as a very enjoyable cowboy number! Chris also brought the house down with his solo!

This was followed by Belcanto who recited us with the beautiful carols. We are so lucky to be supported by them at the concert.

This year we were also lucky enough to be joined by Saxcelerate, a fabulous saxophone band which was met with great enthusiasm by all.



Our thanks to everyone involved in the organization, rehearsals, attending the concert, buying raffle tickets and generally helping

us make this such a fabulous evening. A special thanks to our very own Claire Watts – another amazing concert!



And we had our Christmas Dinner!

A beautiful, festive evening was had by all at our Christmas Dinner. Crackers were cracked, jokes told, drinks consumed and food aplenty. Needless to say there was a raffle, with Nick Watts stealing the show by modelling his raffle prize!

The food was fantastic, thank you to Reading Cookery School and for everyone who came along on the evening to make it such a success.

Hope to see you all again at our festive celebrations next year!

Corporate responsibility reaps rewards!

Sainsbury's Tadley

By David Fisher, Trustee

Christmas started early for YPWD Berkshire when, after a very tasty Christmas dinner and a Festive and Joyful Carol Concert, the collections at our Local Charity information weekend at Sainsbury's Tadley raised a massive £1,218.36!

Spread over three days we saw the very tuneful Harmony Choir singing on the Friday - many shoppers stopped and joined in before donating - and then on the Saturday and Sunday our volunteers were busy answering questions about the charity (and of course taking donations!) and selling some last minute Christmas cards and books.



On the Saturday morning a couple of Santa's elves, Jesse and Fletcher (pictured above), popped along and brightened us all up by handing out information cards and pointing people towards our donations tins.

Many, many thanks to our wonderful volunteers - Caroline Blanchette, Mark Dibben, Sally Loseby, Jemma Fulbrook, Beckie Tollervey, Simon Fisher and Phil Redrup - for giving up their time to support the charity, and to Sarah Balfour and Helen Brannan and all their colleagues at Sainsbury's for making us so welcome. A big thank you also to our two elves - Jesse and Fletcher!

All in all a very successful and busy few days.

Tesco Wokingham – Bucket Rattle

By Karen Ive

We certainly got into the Christmas spirit at Tesco Wokingham and enjoyed the opportunity to take part in the Christmas Bucket Rattle. Myself and Erin Locke kicked off the rattle at 9am with a collection pot in one hand and a Costa in the other, greeting customers and discreetly rattling our pots in their direction, we had many people stop to chat and donate, it was such a lovely atmosphere and with the Christmas music ringing in our ears we found it hard to contain our wiggles ☺

Julie Vernon (pictured right) and James Frecker took over the collection pots and Christmas hats and continued the rattle, a healthy stream of customers passed by and kindly donated. James was taken by the entertainment the Security man

offered, jumping on customers when the store alarm went off and rummaging through their trolleys. Sally Loseby also joined the party and made their duo a trio.

Finishing off in style was Betty McFadden and Kathy Taylor, they showed us up well and truly posing for photos in the Coca Cola lorry whilst promoting the Charity. I think we had a very successful day and raised a total of £362.40.

So a huge thank you everyone that helped out and also to Tesco for their support.



Reading Revealed!

By Erin Locke

Turtle Song is a singing and song-writing initiative for people with memory problems and all forms of dementia and for their carers. It gathers together professional musicians, workshop leaders and music students to deliver a high quality, challenging and enjoyable experience.

This is the third time YPWD have been involved in the Turtle Song project at Reading University and it proved successful as always. The theme for the project this time was related to Reading Town itself. Each week the group would take on different subjects about Reading and this would be used as a starting point to initiate discussion, write lyrics and develop music using a variety of techniques.

The workshop ran for 9 weeks in the stunning Great Hall of

Reading University. Tea, coffee, biscuits and a chat were always the starting point before getting down to work. Each session involved a physical and vocal fun warm-up, creative tasks in large and small groups, re-capping of work created previously, and always ended with a talented vocal or instrumental performance by the music students of Reading University.

We had a special visit from Nicki Chapman the TV presenter on week 7 of the workshop. Nicki arrived with her crew members to film and interview at our session for a BBC programme due to be broadcasted in the Spring. Nicki was very welcoming, she joined in for the whole session and really enjoyed her time with the group. We will keep you all updated with details of the TV



programme as soon as we know more information.

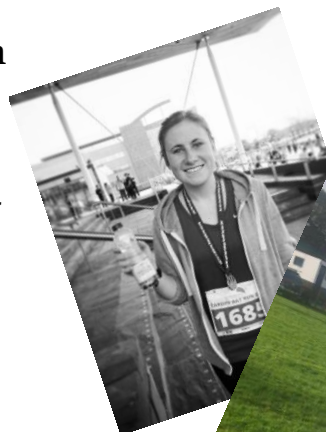
On 24th November our final session, a moving performance "Reading Revealed" was shared with family, friends and supporters who came to watch in the Great Hall. It was a wonderful display of all the hard work the group had produced over the 9 weeks. The full performance will soon be available on DVD for those that would like a copy.

Thank you to everyone involved in Turtle Song 2017!

Fundraising heroes round up

Cardiff Half Marathon

Sian Gray (pictured right) undertook the challenge of running the Cardiff Half Marathon on Sunday 1st October 2017. Her employer, Lloyds Bank, also generally match funded money she had raised. Sian achieved a fabulous time of 2:16:45 – wow!



Henley Half Marathon

Paul Lowther (pictured left) took on the challenge of the Henley Half Marathon for us on the 8th October 2017. He achieved a fabulous time of 1:43:04 – well done Paul!



Unveiling of Charity Challenges 2018!

Charity Challenges

We have tried to cater for all tastes this year with a selection of exciting challenges for you to choose from! For more information on the events and details about how to sign up, please visit our website www.ypwd.info/events.

18 MARCH 2018

Reading Half Marathon: For those of you who love running but are not quite ready to take on a marathon, join our team at the Reading Half Marathon this year!



21 APRIL 2018 AND 13 OCTOBER 2018

Skydiving: If you love the outdoors, fresh air and heights, this is the challenge for you! Throw yourself out of a plane in the name of charity!



23 MAY 2018

Charity Golf Day: If challenges are not your thing and you prefer a more laid back approach, you can join us on our Charity Golf Day – a day which will be full of entertainment, competition and eating. Much more civilized!



10 JUNE 2018

Jubilee 10k Swim: Love the water and enjoy swimming? Why not set a target to complete this open water swim challenge in the Jubilee River – which you will be pleased to know is free from craft!



25-29 JULY 2018

London to Paris Bike Ride: An absolute cyclists dream!

What more could you ask for than to spend four days in the saddle whilst taking in the fabulous views from London through to Paris, culminating in watching the finale of the Tour de France.

29 JULY 2018

Prudential Ride London: If four days in the saddle is not your thing, but you love a one day cycling challenge, then this one is for you. A 100 mile one day cycle ride taking you from London into the hills of Surrey.



7-9 SEPTEMBER 2018

3 Peaks Challenge: If walking is more your thing, then join us on this fabulous challenge walking the 3 peaks – be warned, grit and determination will be required!

14-16 SEPTEMBER 2018

Hadrians Wall Trek: A slightly more genteel walk than the 3 peaks, you will still be challenged to walk 25 miles along Hadrians Wall – one of the most ancient of charity treks taking you from Lanercost Priory to Brocolitia.

For more information on all of our challenges, please visit: www.ypwd.info/events

The quarter in pictures!

