



Cognitive Neurology Support Services  
[nikki@cog-neuro-support.com](mailto:nikki@cog-neuro-support.com)

### ST GEORGE'S YOUNG ONSET SUPPORT GROUP

## Welcome to the first Newsletter for St George's Young Onset Support Group

The Cognitive Neurology Service at St George's Hospital was established in 2010 to provide a specialist service for people with cognitive neurological problems including dementia. It now sees approximately 300 new patients each year. Many of these cases are people with young onset dementia.

The Support Group was set up to provide a space for people in similar situations to meet each other, gain information and advice and feel supported and not so isolated.

The Support Group format has changed over the years with different providers and different needs from the group members. In January 2019, Cognitive Neurology Support Services officially became the facilitators of the group with its aim to have all support group members fully proactive in the group.

Nikki - several years' experience with Young Onset Dementia and working in the clinics at St George's alongside the Neurology Consultants

Alexis - Qualified Social Worker and Dementia Service Manager, Sweet Tree Home Care

Maja - Qualified Speech and Language Therapist

Jenny - extensive experience working with a range of charities in Wandsworth including Alzheimer's Society and Trinity Hospice

Elaine – our new Carer Mentor Volunteer with heaps of experience.

In the last 3 months 83 people have attended the group meetings from 7 different areas with 6 different types of dementia.

## SUPPORT RESOURCES

### Alzheimer's Society Offices

- Merton 020 86870922
- merton@alzheimers.org.uk
- Wandsworth 020 86780922
- wandsworth@alzheimers.org.uk
- Richmond 020 8036 9570
- richmond@alzheimers.org.uk
- Kingston 020 35135147
- kingston@alzheimers.org.uk
- Sutton 020 87701875
- sutton@alzheimers.org.uk
- Croydon 020 86532818
- croydon@alzheimers.org.uk
- Surrey 01932 855582
- surrey@alzheimers.org.uk

### IAPT contacts

IAPT is primarily for people who have mild to moderate mental health difficulties, such as depression, anxiety, phobias and post traumatic stress disorder. These conditions are treated using a variety of therapeutic techniques, including cognitive behavioural therapy (CBT), interpersonal therapy (IPT) and couples therapy. IAPT (Improving Access to Psychological Therapies) is a national programme established in 2005 after it was recognised a large percentage of the population suffer with problems like depression and anxiety

- Talk Wandsworth 020 3513626
- Merton IAPT 020 38239063
- Richmond Wellbeing Service 020 85485550
- Kingston ICope 020 33177850
- Sutton Uplift 020 3 5134044
- Croydon IAPT 020 32284040
- Our Mind Matters Surrey 020 71834201

## **Dates and Guest Speakers**

**Wednesday 24th April - John Parker Lecture Theatre**

**Care Options and Advice - Alexis**

**Speech & Language Techniques and Tips - Maja**

**Wednesday 29th May - John Parker Lecture Theatre**

**New St George's Art Project – Tash Clarke**

**Arts4Dementia talk – Jacquie Nunn**

**Wednesday 26th June - John Parker Lecture Theatre**

**Combatting Anxiety and Depression – Talk Wandsworth**

**Wednesday 24th July - Boardroom 2.7 Hunters Wing 2nd Floor**

**Activity to be arranged**

<p><b>Arts 4 Dementia</b>  <b>Various workshops for people with dementia in and around London</b>  <a href="http://www.arts4dementia.org">www.arts4dementia.org</a></p>	<p><b>Songhaven</b>  <b>Monthly dementia friendly opera recitals in London</b>  <a href="http://www.songhaven.co.uk">www.songhaven.co.uk</a></p>
<p><b>Royal Academy of Arts</b>  <b>Monthly art and coffee morning</b>  <a href="http://www.royalacademy.org.uk/access-at-the-ra">www.royalacademy.org.uk/access-at-the-ra</a></p>	<p><b>Memory Lane Club Wimbledon</b>  <b>Social Club for people with dementia and carers each Wednesday morning</b>  <b>10-12:30 in Wimbledon</b>  <b>edgehillmemorylaneclub@gmail.com</b>  <b>07714 702735 Charlotte or 07906 856183 Jenny</b></p>
<p><b>Bradbury Centre</b>  <b>Offering a range of activities for the over 55s, ten minute walk from Kingston Town Centre</b>  <b>Tai Chi, Yoga and Cognitive Stimulation Therapy</b>  <b>020 89428256</b>  <a href="http://www.staywellservices.org.uk">www.staywellservices.org.uk</a></p>	<p><b>Hampton Court -SENSORY PALACES</b>  <b>A wellbeing programme for people living with dementia and their carers .</b>  <b>Each session provides a chance to explore stories from the palace, participate in fun activities and build social connections. Sessions are designed to enhance mental health and wellbeing, encouraging new learning opportunities in a safe and welcoming environment.</b>  <b>People living with dementia must attend with a carer. To book please email <a href="mailto:sensorypalaces@hrp.org.uk">sensorypalaces@hrp.org.uk</a></b></p>

## **Top Tips for Carers -these are tips that were shared at a Support Group**

- **Register as a Carer with GP for priority appointments**
  - **Find a Support Group**
  - **Carers – try and find something you can do on your own**
- **Introduce care asap by using a Buddy scheme – In some areas Alzheimer’s Society will have a Side by Side Buddy Service (please check with your local office)**
- **Build slowly up to care, use day centres to introduce future residential care**
  - **Financial – look at PIP and Universal Credits**
  - **Planning Sheets – What I must do in the morning?**
- **Speak to someone who understands what you are going through**
- **Stay in touch with true friends, don’t chase friends who don’t stay in touch,**
  - **Use technology such as Alexa to help with reminders**
    - **Be Honest with everyone**
  - **Look into developing connections within groups**
  - **Use local counselling services – IAPT, ICOPE etc**

## **Top Tips for people diagnosed with dementia**

- **Be positive**
- **Smile at people**
- **Plan something fun for everyday**
- **Go for a daily walk, smell flowers, talk to people in the park**
  - **Take the dog for a walk – join [borrowmydoggy.com](http://borrowmydoggy.com)**
- **Do some interesting activities – gym, book group, music, table tennis, dancing**
  - **Get a buddy to play golf or tennis with**
- **Go swimming or to the gym – have a special program made**
  - **Enjoy doing things – cooking nice meals**
    - **Allow yourself time to chill**
- **Get a Cinema card and enjoy regular movie dates!**

**Many thanks for all your help and support for making this a unique and wonderful support group**