



Cognitive Neurology Support Services
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ST GEORGE'S YOUNG ONSET SUPPORT GROUP

Autumn newsletter for St George's Young Onset Support Group and a huge welcome to all our new members

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. Support Lead at Rare Dementia Support, UCL.
Alexis - Qualified Social Worker and Dementia Service Manager, Sweet Tree Home Care
Matt – General Home Care and Dementia Services Director, Sweet Tree Care
Jenny - extensive experience working with a range of charities in Wandsworth including Alzheimer's Society and Trinity Hospice
Elaine – Carer Mentor Volunteer with heaps of experience, and the new St George's YOD Dementia Support Worker

SUPPORT RESOURCES

Social Services – Needs Assessments and Carers Assessments

A care needs assessment - or social care assessment – available from your local council, can be the first step towards getting the help and support you need with your everyday life. The aim of a care needs assessment is to work out how much help you need - to enable you to live as independently as possible! This is recommended as soon as any support is required, as it gives a good benchmark for any continuing needs. There's no charge for a care assessment and you're entitled to one regardless of your income and savings, and regardless of what your needs are. Contact your local social services

*Wherever you live we recommend you are in touch with your local Alzheimer's Society, Carers Centre, Age UK, Citizens Advice Bureau

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

Do you have a Rare Type of Dementia?

(FTD) Frontotemporal Dementia

(PPA) Primary Progressive Aphasia, Semantic dementia. Progressive non-Fluent Aphasia, Logopenic Aphasia

(PCA) Posterior Cortical Atrophy

(DLB) Dementia with Lewy's Bodies

Visit the www.raredementiasupport.org and find specific information, receive newsletters and invitations to the National Support Groups held in Euston, where you can meet others with similar conditions, hear about Research opportunities and attend Clinical Q&A sessions

Dementia UK

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, our nurses work alongside the entire family, giving them one-to-one support, expert guidance and practical solution

Call our Dementia Helpline for free on 0800 888 6678, send an email to helpline@dementiauk.org

Opening hours

Monday to Friday: 9am to 9pm

Saturday to Sunday: 9am to 5pm

All calls to the Helpline are free

Join Dementia Research

Dementia is one of the biggest challenges we face today. The number of people with Alzheimer's disease, vascular dementia, and other types of dementia, is set to double over the next 30 years. Research offers hope. It is only through research that we can understand what causes the disease, develop effective treatments, improve care and hopefully one day find a cure. But for research to progress we need more people to take part in more studies.

Our knowledge of dementia currently lags behind that of other major conditions, such as cancer or heart disease. We have to close this gap. The National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society have developed Join Dementia Research, a service which allows people to register their interest in participating in dementia research and be matched to suitable studies. Everybody now has that chance to see what dementia research is taking place, both in their local area and across the nation.

The service delivers new opportunities for people to play their part in beating dementia; connecting researchers with people who want to participate in studies.

<https://www.joindementiaresearch.nihr.ac.uk>

Dates and Guest Speakers

Thursday 26th September - A Double Evening

Health and Innovations Network – The Young Onset Pathway, Collecting vital information to feedback

Sporting Memories – reminiscing our Sporting Heroes

Wednesday 30th October

Department of Work and Pensions Update on the latest in financial and benefits advice *please note this is Colin Morris's last visit before he retires

Thursday 28th November

Details tbc

Thursday 19th December

Memory Disco Christmas Party with Mycal Millar, back by public demand to end the year in style

Getting Out and About

<p>Arts 4 Dementia Various workshops for people with dementia in and around London www.arts4dementia.org</p>	<p>Songhaven Monthly dementia friendly opera recitals in London www.songhaven.co.uk</p>
<p>Royal Academy of Arts Monthly art and coffee morning www.royalacademy.org.uk/access-at-the-ra</p>	<p>Memory Lane Club Wimbledon Social Club for people with dementia and carers each Wednesday morning 10-12:30 in Wimbledon edgehillmemorylaneclub@gmail.com 07714 702735 Charlotte or 07906 856183 Jenny</p>

Fantastic News Finale!!

On August 3rd Claire and Sophie celebrated their wedding with a lovely ceremony in Surrey.

Claire and Sophie as many of you know, have been coming to the group for the past 18 months or more. The support they give to Linda is absolutely amazing and I'm sure Colin and Linda are so proud of them both. We had a fun musical evening in July and gave Claire and Sophie some great recommendations for their wedding disco by sharing favourite songs from the group members.





Doesn't Colin look dapper?

An absolutely gorgeous Linda, Claire and Sophie.....not forgetting Colin

Many congratulations from us all xxx



And finally, finally Congratulations to Elaine on her new role as St George's Young Onset Dementia Support Worker. She will be working in the clinics alongside the Neurologists and available for support Wednesdays – Fridays.

Elaine has a wealth of experience. She is full of compassion and empathy and I am confident she will do a fantastic job. I am also extremely proud of her.

I am also sure you are all delighted

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

