

Young Onset Dementia Newsletter 3.8.23

This newsletter gives information about the services available to people diagnosed with dementia under 65 years of age and for their carers and families.

We have a small number of persons in the borough diagnosed with dementia under 65 years. We know that the needs of these patients and families can differ so we thought this newsletter may be helpful to signpost to relevant support.

In the main, after diagnosis support for people with dementia and their carers and families comes from Memory Advisors in Alzheimer's Society (Tel: 02085568171, office base dementia Hub, Sidmouth Rd, E10). Alzheimer's Society will offer review to all their young onset dementia patients and carers every 6 months throughout their illness. Please do not hesitate to contact them if you have any questions or queries and they will be happy to answer these or direct you to someone who can help. They can help you in relation to social services support as well as the other supports listed below. Their website has information sheets on most common problems that arise and is a very useful source of support.

Alzheimer's Society Waltham Forest Cognitive Stimulation Group

An informal group that meets to engage in activities and discussion to stimulate the mind. The Group runs weekly on Wednesday's from 11am to 1pm at The Dementia Hub - Sidmouth House, 25 Sidmouth Road London E10 5QZ. Please book in advance. Contact: 020 8556 8171 - walthamforest@alzheimers.org.uk

Other services from Alzheimer's Society

Dementia Directory - The [dementia directory](#) is our comprehensive, easy to use online support services directory for anyone affected by dementia.

Useful for people with dementia looking for support services to help them with their condition and carers of people with dementia looking for support for themselves or for the person they are caring for.

Find Support near you by clicking on the link below or search "Local Support" on our website.

[Find support near you | Alzheimer's Society \(alzheimers.org.uk\)](#)

Lasting Power of Attorney - Alzheimer's Society offers a digital assistance service if you are unable to make an online application. LPA forms are completed on your behalf by one of our trained volunteers using an online tool. The service does not offer legal advice. Call 0333 150 3456 for advice and support for LPA.

Volunteering - Here's how you can get involved and make even more of an impact today, however much or little time you can give!

- [Be part of our Research Network](#)

- Become a Companion Caller - help reduce loneliness by supporting people affected by dementia with a regular call, training provided.
- Sign up to become a Dementia Friend, or consider becoming a Dementia Friends Ambassador
- To find out more speak to one of our Dementia Connect advisors on 0333 150 3456 or visit our website and search "Volunteering"

<https://jobs.alzheimers.org.uk/ways-to-volunteer.aspx>

Dementia Voice - Ensuring that people living with a diagnosis of dementia and carers can share their lived experience, knowledge and skills to help plan, shape and influence the work of the Alzheimer's Society. Involvement is led by the Dementia Voice team. We can all involve people living with a diagnosis of dementia and carers in some way in our work. For more information email: yoursay@alzheimers.org.uk

Carers information and support programme 1 (CrISP1) - This is our free four-week Carer Information and Support Programme consisting of four **ONLINE** workshops taking place in a friendly and confidential environment. This is an opportunity to improve knowledge, skills and understanding for people who care for a family member or friend who are newly diagnosed or in the early stages of dementia. The topics include:

- **What is dementia?**
- **Legal and welfare matters.**
- **How you can support and care for someone with dementia.**
- **Support services in your borough and planning for the future.**

Dates/Times

Tuesday 6 Oct 10am – 12pm

Tuesday 13 Oct 10am – 12pm

Tuesday 20 Oct 10am – 12pm

Tuesday 27 Oct 10am – 12pm

Booking is essential.

Please contact us to book your place:

0208 556 8171 or email us at walthamforest@alzheimers.org.uk

The Waltham Forest Memory Service

The Memory Service is a multi-disciplinary clinic based at Red Oak Lodge, in Leytonstone. The service provides an in-depth assessment for people with memory difficulties in clinic, at home and virtually. Within the team there are doctors (psychiatrists and geriatricians), nurses, occupational therapists and psychologists. Where neurology input is required they work closely with Dr. Marshall, consultant neurologist at The Royal London Hospital. If a diagnosis of dementia is made the clinic staff will discuss whether medication will be helpful as well as other treatments and supports such as memory groups. You may be referred to other relevant services as appropriate. They also offer to new carers a psychological intervention called START (STrategies for RelaTives). They support people through assessment and diagnosis and for a few months whilst treatments are set up. Please see

Waltham Forest memory service website for a range of post-diagnostic support provided. Following this most patients are discharged back to their GP for medical follow-up. For complex dementia patients with greater needs the team works closely with the Older Adult Community Mental Health Team who provide more intense support. Alzheimer's Society Waltham Forest work alongside and provide an ongoing Dementia Advice Service.

Contact: 0300 555 1270

WF Memory Service: Red Oak Lodge, 17 Thorne Close Leytonstone E11 4HU.

Website: <http://www.nelft.nhs.uk/services-waltham-forest-memory-service>

Opening times: 9am - 5pm, Monday to Friday

Case vignette

Daughter – I live with my 60 year old mother. She used to work as a grants officer. In 2007 she had a stroke that left her blind in her right eye and with speech and memory difficulties. We now pay for 24 hour care at home and I continue to work full-time. In 2021 myself and the carer felt that my mother's memory and behaviour difficulties had progressed and we wandered if it was due to her medication. One of the main difficulties was her screaming out when care was given to her and seeming low in mood. I approached my GP at the end of 2021 who referred us to the memory service. She was seen for a memory assessment at the start of 2022. Mum couldn't explain what she was thinking and feeling but it was useful for us to think about the questions the professional asked and piece it all together. My mother was diagnosed with vascular dementia and her medication was reviewed. We were offered various supports but my mother at that time didn't want to be around others so we didn't take up any of the groups. After a few weeks we were reviewed and were put in touch with Alzheimer society who signposted us and continue to phone occasionally. Now the weather is better my mother is wanting to get out more. If I wanted more help I have emails I can reply to. Going forward, the carer and I would like advice from time to time about my mother's behaviour and how to respond.

DANCE MOVEMENT PSYCHOTHERAPY (DMP) Held at Red Oak Lodge

Dance Movement Psychotherapy is a relational process in which client(s) and therapist use body movement and dance as an instrument of communication during the therapy process. There is an equal focus on verbal and nonverbal communication. When working in a group setting the clients and therapist work non-hierarchically using a circle set-up with the therapist facilitating a holding environment for the whole group. The therapist will regularly invite the clients to reflect upon certain arising themes in the group as well as guiding them physically during the session. Music and props will be used in the sessions to support the therapeutic work.

Start in October/November 2022 until end of May 2023.

On Wednesday afternoon for 1hour, same time every week. (An assistant will help clients get in and out of the space and will be available if clients need the toilet during the session.)

Contact: **Marcus.Yorke@nelft.nhs.uk** or call the Memory Clinic number for more details.

Rapid Response Service - Waltham Forest Adult Community Health Service

The rapid response service, now part of the Waltham Forest adult community health service, provides 24/7 urgent community response to patients who are experiencing

a crisis and who might otherwise be admitted to hospital. The team provides an urgent assessment service for worsening health problems, minor injuries and minor illnesses and works closely with GPs, social and community services including care homes, to ensure patients are supported in a home environment wherever possible. You can self-refer to this service, on the number below which is called the single point of access.

Rapid response team - Tel: 0300 300 1710

Opening times: 8am-10pm every day.

Talking Point

What is Talking Point?

Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online. On Talking Point, you can:

- ask for advice
- read other people's stories
- offload your concerns about dementia
- share helpful information.

Web: <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community/what-talking-point>

TEA AND TUNES - CHINGFORD

Live participatory music, singing and dancing Every Tuesday, 2pm to 4pm, refreshments provided, no charge, but donations welcome!

At: United Services Club 18 Kings Rd, Chingford, E4 7EY

Call: 020 8529 1605.

LEYTON ORIENT HUB

A warm, friendly, safe space open to all – Leyton Orient Hub, Brisbane Rd, Leyton E10 5NF
Activity Hour every afternoon 12pm-1pm

Mon – Free Digital Support

Wed - Free Chair-based Exercises

Thurs– Free Board Games and Music

Call for details on 07437 611 377 or 07519 453812

WALTHAM FOREST COMMUNITY LIVING ROOMS

Community Living Rooms host regular social and creative activities plus many spaces can offer food support or a hot meal.

You will also find opportunities to access information and advice around topics such as health and wellbeing, debt management, welfare benefits, and energy advice.

<https://www.walthamforest.gov.uk/get-involved/community-living-rooms-network-accessible>

SPORT FOR CONFIDENCE - Where: Waltham Forest Feel Good Centre, 170 Chingford Road, Walthamstow E17 5AA

This programme is developed and delivered by an award winning Occupational Therapy and Specialist and are Dementia Friendly.

Coaching Team, who aim to break down barriers to participation and improve health and wellbeing through inclusive sport. Suitable for people aged 16+, all levels and abilities welcome.

WATER-BASED EXERCISE - Wednesday 3-4pm

GENTLE EXERCISE - Thursday 1-2pm

BOCCIA - Weds 11.30am-12.15pm / Thurs 11.30am-12.15pm

MULTI-SPORTS - Wednesday 1-2pm

£3.00 PER SESSION

For further information, email info@sportforconfidence.com or call Hannah Webster on 07543 742407

Carers FIRST – Help and advice for unpaid carers

They provide the opportunity to: speak with a member of the team for one to one support, attend a local social support group, receive support with accessing benefits, information, advice, guidance, emotional and practical support to help you with your caring role.

Contact: 0300 303 1555

Website: <https://www.carersfirst.org.uk/help-and-advice/>

Carers' Drop-in Advice Sessions - Every 3rd Wednesday of the month 12.00 – 1.00 at the Dementia Hub, 25 Sidmouth Road, Leyton E10 5QZ

LEYTON DEMENTIA FRIENDLY WALK - FREE

Starts Tuesday 15th March 2022 - Every Tuesday from 11:30-12:30pm Meet new people, learn about your area and join our experienced walk leaders for a gentle paced walk every Tuesday morning, everyone welcome.

Meeting outside the Waltham Forest Dementia Hub, Sidmouth House, 25 Sidmouth Road Leyton E10 5QZ

Finishing at Leyton Sports Ground, High Road Leyton E10 6PY with tea & biscuits and Sporting Memories activities

For more information and to register, please email Feel.Good@walthamforest.gov.uk or call 07435798320

Indian Head Massage

Dr. Georgina Turnbull from the Waltham Forest Memory Service is an ITEC trained Indian Head massage therapist. She offers these sessions free to patients and carers bimonthly on Thursday afternoons at The Dementia Hub. The sessions last an hour. Massage has many health benefits and some research suggests helpful in dementia.

If you would like to book a session, then please e-mail dementia.hub@walthamforest.gov.uk or telephone 0208 558 0647.

AGE UK WALTHAM FOREST

The information and advice service is able to help you on the following topics: Social care - such as finding a care home or getting some help at home.

Your income - including free benefits checks, help with applying for benefits and pension advice

- Your home - information on staying warm at home, home adaptations and how to prevent falls.
- Legal issues - such as wills, Power of Attorney, and how to deal with an estate.
- Foot clinic Every Tuesday from 1 February 2022 Cost £21 for toenail cutting and an extra £5 for fingernails (plus £7 to buy your own nailcare kit). To book your appointment or find out more, telephone 020 8558 5512, or email us at

support@ageukwalthamforest.org.uk

Information and support can be provided over the phone, in person at our office or Priory Court Community Centre. We book home visits for clients who find it difficult, challenging or uncomfortable to leave their home.

Phone: 0208 558 3404 Email: info@ageukwalthamforest.org.uk

LBWF LIBRARY EVENTS

Knitting Club at Wood Street library

How often: Every Saturday

Time: 11am to 1pm

Location: Wood Street Library, 1 Trowbridge Square, Walthamstow, London, E17 3GN

Cost: Free

Senior Tea Club at Wood St Library

Status: Ongoing

How often: Every Tuesday

Time: 1am to 12pm

Location: Wood Street Library, 1 Trowbridge Square, Walthamstow, London, E17 3GN

Cost: Free

Mindful Colouring for Adults at Wood Street Library

How often: Every Sunday

Time: 1pm to 3pm

Location: Wood Street Library, 1 Trowbridge Square, Walthamstow, London, E17 3GN

Cost: Free

Many other events held weekly like the **Meditation Clubs**, **Matinee Clubs** and **Arts and Crafts** sessions, **Senior tea Clubs** and one-off **seasonal** event.

More details on LBWF Website search Library events or click on link below

https://www.walthamforest.gov.uk/events?events_category=57&events_location=All&events_start=&events_end=

CREST DAY CLUB

Crest is a local charity that provides a Day Service for older adults with Disabilities and/or Dementia as well as for those who are feeling lonely and isolated. We currently have 2 groups running each week, on Wednesday and Friday from 11:00am – 3:30pm. We are based at Colby Lodge, 1c The Drive, Walthamstow E17 3BN. The cost of the day is **£85.00** which includes transport, lunch, refreshments, and activities/entertainment.

For more details contact Misha on 0208 521 2975 (Option 1) / 07881 017366 or email

misha.riaz@crestwf.org.uk

PRIORY COURT COMMUNITY CENTRE

Address: 11 Priory Court, E17 5NB

Priory Court supports a wide variety of community uses for all ages and cultures including a community garden. Please contact 020 8531 0380 or E-mail

Samantha.murphy@walthamforest.gov.uk or website for more info

<https://wmrassociation.org/priory-court-community-centre/>

FREE RESIDENTS PARKING PERMITS FOR OVER 60S

Households with a minimum of 1 resident over the age of 60 are automatically entitled to 3 books of 30, 1 hour visitor books, within a rolling 12 month period.

- For more advice please contact the permit team by email wfpshop@nsl.co.uk or call them on 0203 092 0112, option 3 for assistance.