



Milton Keynes  
Young People With Dementia

miltonkeynes.sms@nhs.net



YPWD-MK Newsletter Autumn 2017

## Dates to note

16th 5.30 Hollywood  
Oct Bowl at the  
Xscape.

24th Winter Warmer  
Nov 6.30  
Willen Pavillion

miltonkeynes.sms@nhs.net



## Winter Warmer

We invite you and all your family to a **Winter Warmer!** Starting at 6.30pm in Willen Pavillion (MK15 9JP); an early evening of food and fun as autumn moves to winter. Please email or phone as soon as possible to book your places.

We would like to build a network of people living with Young Onset Dementia in Milton Keynes, by hosting a series of social events throughout the year. These will provide opportunities to meet others, offer hope and support, and share skills: all in a fun and relaxed environment. Will you join us?

# Archery

A small group of people came on our taster archery session on 16th September. We found archery is good for fun, posture, balance, visuospatial skills, coordination, laughter and more besides.

We chose archery as a session to run because this was the most voted for activity at our summer social. Everyone said they would recommend this session to others if we did it again.

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## Bowling

We hope you received an invite to bowling in the Xscape centre. We are looking forward to an enjoyable evening with as many people as possible to have a go. Please let us know if you can come.



*Look out also for Autumn Colours in Milton Keynes*

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Please let us know about the Winter Warmer 24<sup>th</sup> Nov:

**Email:** [miltonkeynes.sms@nhs.net](mailto:miltonkeynes.sms@nhs.net)

**- RSVP!**

**Phone:** 01908 801020 Sheila /Jo

**Write:** YPWD-MK, c/o Specialist Memory Service,  
Stantonbury Health Centre, Purbeck, Milton Keynes. MK14 6BL