



Milton Keynes  
Young People With Dementia

miltonkeynes.sms@nhs.net



YPWD-MK Newsletter Summer 2018

## Diary Dates

**4<sup>th</sup> Aug**      **Singing and**  
**2.00**      **Afternoon Tea**

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**29<sup>th</sup> Sep**      **Archery is for**  
**11.45**      **Everyone!**

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**6<sup>th</sup> Oct**      **Pizza and**  
**12.30**      **Puddings**

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**17<sup>th</sup> Nov**      **Railway**  
**2.00**      **Modelling**

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Phone /  
address:  
see over

## YPWD-MK

There's nothing like meeting up or keeping active. Afternoon tea, archery, pizza and puddings, model railway building: these are just some of the ways we'd like to meet this summer - autumn. Check out the diary dates to the left.

**Up to 3rd August you can send in your booking for the 1½hr Archery Session on 29<sup>th</sup> September.** Book to come and meet up with old friends and challenge each other. Are you lucky with a bulls-eye? This session is for everyone, with expert guidance from the Caldecotte team to keep us active and safe.

# Garden Games

A huge thank you to everyone who took part in our Garden Games at York House on 2<sup>nd</sup> June. We asked Araial, our OT student if he enjoyed it?



**Araial said:** I would really like to thank the members of YPWD- MK for allowing me to join the group's garden games during my placement. It was a pleasure to witness how group activities like this can bring fun and enjoyment to people who are living with Dementia. I thoroughly enjoyed the games, teamwork, fellowship, laughter and food. ☺

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## Archery for Everyone



Archery can be enjoyed by both able bodied and disabled. It is a social sport, good for focus and improving concentration skills. It's also good for our balance and co-ordination. Being supported in the group to achieve a challenge like this is great for our self-confidence. **£11.50 pp.** Book now! Pre-booked places only – deadline 3rd Aug. Session 29<sup>th</sup> Sep 11.45 am.

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

**- RSVP!**

**Phone:** 01908 801020 message for Karen F

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