



Milton Keynes  
Young People With Dementia

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YPWD-MK Newsletter Autumn 2019



## Diary Dates

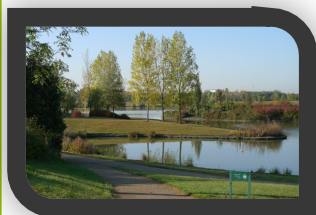
9<sup>th</sup> Nov      Chips and  
11.30      Quiz

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Jan      New Year  
2020      Disco  
2pm      Launch of  
11th or      new 2020  
18th      programme  
TBC      and AGM  
All welcome

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07927  
965 573

## What's good...

...about Milton Keynes for Young People With Dementia? This month Teresa Coster answers:

“The fact that there is a YPWD group; because I like the variety of activities that are for people of all age ranges, and you are not stuck around a table playing board games, but can get out and about, and do activities you might never have done before.

It's frightening and scary  
You're not sure what to do  
But the team at YPWD  
Are there to help you through.”



## Summer Hols

Dementia did not stop Joe! Joe's recommendation was to go with Alfatravel. He found this coach tour a wonderful opportunity to

admire North Wales in good company and without worry of getting lost.

Thanks to Michael and Nicky for sharing their idea of **Holiday at Home**. They say: Book the dates. Prepare lovely food. Set the table as it would be set at a hotel. Cancel all chores and treat yourselves as royal hotel guests.

**Dementia did not stop me feature.** Do you have photos to prove dementia did not stop you? Please email us photos for this new feature.

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## Who will YPWD-MK help?

Ideas received so far include The Henry Allen Trust or The Air Ambulance. We would like for YPWD-MK to support another charity or cause during 2020. We want you to nominate a cause, to be voted on at the AGM. Tell us your choice by email, text, phone, letter or facebook.

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**Email:** [ypwdmk@gmail.com](mailto:ypwdmk@gmail.com)

**www.facebook.com/YPWDMK**

**Text/Voicemail:** 07929 965 573



**Write:** YPWD-MK, c/o Specialist Memory Service,  
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