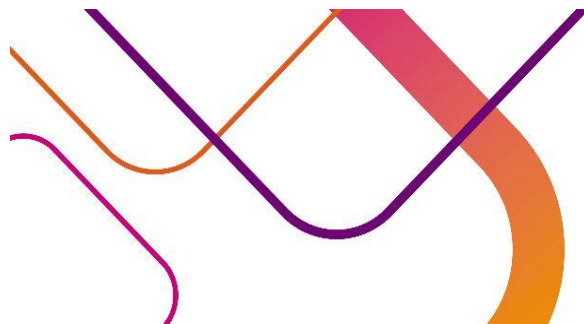


This is an email from the Young Dementia Network sharing Network and young onset dementia related news and information

Young Dementia Network News - December 2021



## Season's greetings from the Young Dementia Network

**At the close of 2021, I sincerely hope that every one of us, whatever our situation, is able to find precious moments of peace and joy amongst the challenges.**

Approaching 2022, we are ever more determined to speak out about the inequity faced by people affected by young onset dementia from diagnosis to death, and about how the 'living' between those two events can be so much better, if we work together to make it so.

Best wishes

Tessa Gutteridge  
**Chair, Young Dementia Network**



**invites you to a webinar**  
**Vitali-tea**

Keeping well after a diagnosis of young onset dementia

Join us with a cuppa for the latest in our series of young onset dementia webinars

Wednesday 19th January 2022  
2.30-3.30pm

[youngdementianetwork.org/our-webinars](http://youngdementianetwork.org/our-webinars)

## Vitali-tea webinar - 19th January 2022

**On Wednesday 19th January 2022, we will continue our series of young onset dementia webinars with Vitali-tea – keeping well after a diagnosis of young onset dementia.**

This webinar will look at how good nutrition, physical activity and mindfulness can have a positive impact on the lives of people with young onset dementia and their families.

Click [here](#) to find out more or sign up for the webinar. You can catch up with

past webinars on our [website](#).

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## Big Bear, Little Bear and Dementia

A heart-warming book exploring the thoughts and feelings of a little bear when their big bear is living with dementia



Lovingly written by Katie Faulkner  
Beautifully illustrated by Iain Welch

## New dementia book for children

We have a **FREE** copy of a lovely new dementia book for children - **[Big Bear, Little Bear and Dementia](#) by Katie Faulkner** - to give away to a Young Dementia Network member.

The characters in the book do not identify with any particular age, gender, race, religion or culture and so are relatable to all.

If you would like to be entered into the book giveaway, please [email us](#) with your full name and postal address by Friday 31st December 2021. The winner will be drawn at random.

**Congratulations to Deb, Edward, Irene and Penny who won copies of [Losing Clive to younger onset dementia](#) in our November book give away.**

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## Resource showcase: Decision-making guide for GPs

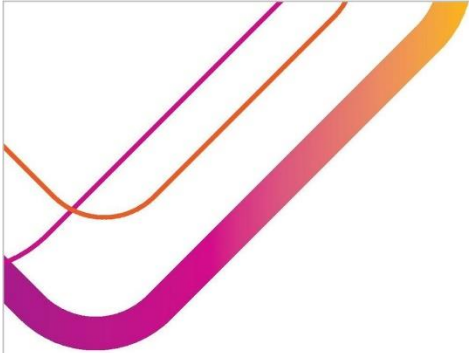
**The Young Dementia Network's Decision-making guide for GPs, endorsed by the Royal College of GPs, is designed to aid recognition of the most common signs and symptoms of young onset and rarer forms of dementia.**

It aims to help GPs identify 'red flags' which suggest referral to specialist diagnostic services may be required.

It is also intended to raise awareness of young onset dementia amongst GPs and the wide range of issues a younger person may experience which prompts a visit to their doctor.

Our Decision-making guide for GPs is available to download or can be requested in paper format, click [here](#).


Check out the other Young Dementia Network resources [here](#).



### Diagnosing dementia in younger people

A decision-making guide for GPs


Endorsed by



Royal College of  
General Practitioners

This diagnostic guide is designed to support GPs to identify the most common signs and symptoms of young onset and rarer forms of dementia.

It aims to help GPs identify 'red flags' which suggest referral to specialist diagnostic services may be required.



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