

Meeting	Community Development Committee
Date	1 st October 2024
Report Title	Memory Café & Companion Café
Agenda Reference	6
Author	Jo Newman, Memory Café Co Ordinator

Memory Café Co Ordinator's Recommendations.

1. To note report.

August

On August 14th, the Memory Cafe Co Ordinator introduced a new activity at the Memory Cafe: a mini-Olympics. The games were carefully designed and adapted to ensure they were fully accessible and manageable for each participant living with dementia.

The Memory Cafe attendees and their companions were divided into small teams. They participated in various adapted sports activities, including:

1. Mini bowls
2. Darts
3. Bean bag target
4. Fried egg and spoon race
5. Bat and balloon volley
6. Ping Pong
7. Bouncing balls
8. Hula Hooping

Every 10 minutes, participants rotated to a different mini sport. Rest stations were available, offering refreshments such as drinks, fresh fruit, and a selection of savoury snacks. This structure allowed everyone to enjoy a variety of activities while also providing opportunities for breaks and socialisation.

On August 28th, we welcomed Tony M's return performance. Live music can create such a positive and engaging atmosphere, especially for people living with Dementia.

Music has been shown to have numerous benefits for people with memory issues, including:

1. Stimulating memories
2. Improving mood and reducing anxiety
3. Encouraging social interaction
4. Promoting physical activity through dancing

This kind of active participation can be particularly beneficial, as it engages people on multiple levels - physically, socially, and emotionally, which is incredibly important for building community, providing enjoyment, and offering a sense of normality and connection for those affected by memory loss and their loved ones.

The residents made some lovely lavender and clove scented bags.

Keren one of the Memory Café volunteers has recently passed her Singing for the Brain training with The Alzheimer's Society and will now be able to run these sessions in the Memory Café with the support of the Memory Café Coordinator and volunteers.

September

On September 3rd, the Memory Café Co Ordinator attended the memorial service at Christchurch for Jenny, who was one of our lovely residents living with Dementia, it was lovely to hear the story of Jenny's full life before she developed Dementia.

On September 11th, the Memory Café welcomed Nikki, who raised the roof with her drumming skills, everyone had a table drum each and joined along with songs from Queen and some old favourites.

In September the Memory Café Co Ordinator emailed all attendees to advise them there will be a donation box within the Memory Café, the donation box collected £1 on the first trial.

Some of the activities moving forward are also chargeable, for example on the session for the **September 25th**, we welcomed Chloe to do some of her resin making skills. Attendees were given the option to participate and take home broaches or bookmarks for the cost of £5.00 per item.

Fish & Chip Friday – 20th September 2024

Always a well-received event. 30 people attended and received a Fish & Chip supper and some entertainment from Mitch.

Working Towards

- Looking into more ways to advertise and reach out to the community, i.e., bus stop advertisement, minibus signage – developing a plan with the Marketing & Events Co Ordinator and the Finance Officer.
- Finding funding options for the Memory Café/ Companion Café sessions and activities.
- Hosting with the Pinetree's Co Ordinator (Central Swindon North PC) & Highworth Forget Me Not Café to plan an inclusive 5-decade disco on October the 30th.
- Community Garden planning 2nd phase with the Parks & Open Spaces Team to finish.
- Looking at new venues and options to hold a Memory Café if we become full.
- Also waiting for correspondence from the company that do the barge trips by Hall & Woodhouse, in Wroughton, they have come up with a special deal for us.
- November Barn Dance at the GLL Haydon Centre.
- Planning the first 6 months of next year.
- Working more on establishing the Companion Café.
- Networking at other carer facilities.
- Planning a trip to the Swindon & Cricklade Railway.
- Selling the Interactive Table.
- Recruiting some more volunteers.

Memories from the Memory Café



Fish & Chip Friday Pictures



Companion Café Pictures

