

Meeting	Community Development Committee
Date	Tuesday 5 th December 2023
Report Title	Memory Cafe
Agenda Reference	7
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Memory Café Co Ordinator's Recommendations

1. To note report.

October's Memory Café Activities

On the 11th of October, the Memory Café welcomed back the Ukulele band which were fantastic as always, playing songs that everyone knew and could interact with. Live music in the Memory Café is always received well and makes everyone smile.

On the 25th of October, there was a very autumnal feel to the Memory Café and attendees enjoyed making a variety of painted tea lights, which looked lovely and brought out everyone's artistic flair. The session ended with Lin's very popular seated exercise class.

November's Memory Café Activities

On the 8th of November, the Memory Café began with a lovely poppy painting activity which again promoted some creativity. David from Rural Music Wiltshire also brought along his violin & guitar and played an assortment of music. David's passion for entertaining shone through and the attendees were singing and dancing together.

On the 22nd of November, the Memory Café welcomed Daisy, who played lots of musical requests with her organ. The session ended with Lin's very popular seated exercise class, which is beneficial for the attendees to keep their joints mobile and coordination skills working.

December's Planned Memory Café / Christmas Activities

On the 13th of December, the Memory Café is expecting some local preschool children to come along and sing some popular Christmas carols and enjoy some festive art and crafts activities and treats.

The Memory Café Co Ordinator has organised a Christmas lunch for the Memory Café residents at the Toby Carvery which will be held on Monday 18th December 2023.

The Memory Café Co Ordinator is extremely excited to host a live nativity scene at the Parish Offices on the 20th of December 10.30am – 12.30pm. Father Christmas will also be making a special visit.



Working Towards - January Onwards

The Memory Café Co Ordinator will begin scheduling the activities for January to March and would like to go on the Learn to Move Training which would benefit the Memory Café attendees and increase knowledge of how important exercise is for people living with Dementia. The cost of this is £330.00. Once the qualification is achieved, this could be a service provided outside of the Memory Café setting (i.e. Over 70s, Haven, Limited Mobility Sessions, etc.) or being promoted externally to other Memory Cafés in Swindon for maximum benefit Borough wide. Learn to Move is becoming increasingly popular in care home settings.

It would also be an aspiration to put one of the longer term volunteers on Singing for the Brain training which costs £45.00. This is always a popular activity at the Memory Café and having someone on the Memory Café Team to conduct this would be beneficial and save costs of hiring someone externally in to do the session at £15.00 per hour.

Case Studies

The Memory Café Co Ordinator is currently working on developing data analysis and some case studies to report back to Committee in February detailing the positive benefits that have come from regular attendance at the Memory Café and the support received for companions. The analysis will be complete with testimonials.

Sensory Garden

The Memory Café Co Ordinator and the Parks & Projects Team were over the moon to be awarded The One Shows Community Garden Award. This was a group project which involved the Memory Café attendees. There were a lot of donations from the plot holders of Goodearl, the Memory Café attendees, the Memory Café Team and local businesses. The Sensory Garden is really something for everyone to be proud of and use as a safe quiet place and for reflection.



Memories from the Memory Café

