

Meeting	Community Development Committee
Date	6 th February 2024
Report Title	Memory Café
Agenda Reference	7
Author	Jo Newman Memory Café Coordinator

Memory Café Co Ordinator's Recommendations.

1. To note report.

December

December was full of festive joy.

On the 13th Decemeber, resident singer Dave Smith came along and entertained everyone with some Christmas karaoke. Everyone was singing and there was even some wonderful solos from the attendees. The Christmas sun catcher activity really added to the festive feel in the room abd everyone left with a decoration to put on their Christmas trees at home.

The Memory Café also had a lovely visit from Haydonmeadow Preschool, who brought along chocolates and a christmas card.

Lin provided the last seated exercise class of the year. This is something so beneficial to everyone who attends the Memory Café, for not only providing some fun, but keeping everyone moving using different parts of the brain to keep it active.

On the 18th of December, the Memory Café had its Christmas lunch at the Toby Carvery, the food was delicious and everyone was well looked after.

On the 20th of December, the Memory Café turning back time to Christmas past, with a live nativity scene from Chloe's Mobile Farm. Animals included; Hattie the Cow, Ronnie & Reggie the Sheep, Tom thumb the Shetland Pony and Norris the Donkey. The scene added a magical touch to the morning along with Father Christmas playing the organ and a sing along to some cheery Christmas songs and a raffle.

The end of the year is the perfect time to reflect and it is with great sadness that four of the Memory Café attendees have passed away in 2023. Their memories live on within the Café and the families have a chance to display a plaque at the Sensory Garden.

January

On the 10th January, the Memory Café started the new year with Singing for the Brain, everyone enjoyed some old favourites and a couple of solos from the residents.

On the 24th January, the Memory Café welcomed new residents to the Memory Café. The most the Memory Café has ever had forty five attendees! This has increased because the Memory Clinic is diagnosing more people from the huge waiting list and

trying to shorten the waiting time. The waiting list is currently ten months, just to be seen by a professional.

Alyson from Wilts Rural music joined us for an interactive singing session and she brought along a selections of percussion instruments, bubbles and pom poms for everyone to enjoy. The session finished with Lin exercise doing seated exercise. Kath from the Alzheimers association popped by to hand out some information leaflets.

Working Towards

- The Memory Café Coordinator is booked on the Learn to Move Training session this would benefit the Memory Café residents and increase knowledge of how important exercise is for people living with Dementia.
- Fish and Chip Friday is 15th March 2024, this event is an extremely popular activity amongst the Memory Café attendees and the over sixties.
- The Memory Café Coordinator is busy planning and activities and looking at introducing new entertainers.
- More advertising will be done to spread the word to new residents, and more networking by the Memory Café Coordinator.
- 2 Volunteers will be training in Singing for the Brain, this will save money for the Memory Café and will mean we have singing more regularly, this is an excellent way to bring back memories, increase interaction, and keep everyone uplifted.
- John Bridgeman - Rusland Cookery, has agreed to do a baking session within the Memory café, John has kindly offered this to the Memory Café totally free, after visiting the Memory café back in the summer, John feels the Memory Café is such a worthy cause.
- One of our Volunteers will be doing the Midas minibus training in the very near future.
- A couple of local childminders have reached out to the Memory café Coordinator they would like to take a small group of their children to the Sensory Garden to look at nature and the sensory elements, they are also going to decorate some pebbles to put in the garden.

Memories from the Memory Café







January Memories from Café

