

Meeting	Community Development Committee
Date	4 th June 2024
Report Title	Memory Cafe
Agenda Reference	7
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Memory Café Co Ordinator's Recommendations

1. To note report.

March

On March the 27th, we welcomed Cat back to get us all singing and dancing, with her Singing for the Brain session. Lin came along and did her regular seated exercise class, getting everyone warmed up.

April

On April the 10th, the Memory Café was full of laughter and singing from Sian & Rob from Rural Music, they entertained us with popular music from different genres which incorporated interactive dance. Angharad from Wiltshire Police visited us to talk about the new initiative "The Dementia Wristbands". The wristbands are being piloted as part of a scheme for safeguarding people living with Dementia within Swindon, you programme in the details to a mobile phone the wristband has a QR code on that can be read giving all the needs of the person living with Dementia and their location but not their direct home address.

April the 24th, Andy, a Local Historian, came along from the Swindon Society. The Society had previously asked where the residents had grown up, if it was in Swindon, with the information the Memory Cafe Co-ordinator provided, scrap books with old photos from areas in Swindon were put together this was fantastic, everyone was talking about their memories and how Swindon has changed. The slide show was so informative and you could see memories flooding back. Lin finished off the session with her seated exercise class.

May

On the 8th of May, Cat hosted a Singing for the Brain session, with some old favourites being sung. Tina from Swindon Carers brought along some leaflets, and did a brief talk about Swindon Carers and what they have to offer families and Companions of people living with Dementia.

The 13th May – 16th May was Dementia Awareness week & Mental Health Awareness week. We chose this week to promote and launch our New Companion Café, this is a safe space for the Companions of people living with Dementia to come along and meet others in the same situation, chat, share stories, support each other, the Memory Café Co-ordinator will organise guest speakers and welcome the companions feedback on what support and information they need, whilst knowing their loved ones are in the safe hands of our volunteers.

Wednesday the 22nd, was a sensory themed café, with Animal Zoo visiting, who brought along reptiles to touch, and look at, we all learnt so much more about these amazing reptiles, ghekos, bearded dragon, boa constrictor, a snake , a tarantula , tree frogs & a chameleon .The session was finished with Lin and seated exercise.

Working Towards

- Events under the Community Choices programme – such as the D-Day Fish & Chip Event on 6th June and actively planning Over 60 & Memory Café day trips.
- The Summer Tea Dance. Save the date Thursday 25th July 2024.
- Finishing the Love to Move final assessment and sign off within the next few months.
- Finalising Karen (volunteer) with her Singing for the Brain module two assessment, to hold the sessions without Alzheimer's Society Support.
- Looking into more ways to advertise and reach out to the community, i.e., bus stops advertisement, moving notice boards, community bus signage, roundabouts signage – developing a plan with the Marketing & Events Co Ordinator and the Finance Officer.
- Building a new team of volunteers to potter and maintain the Sensory Garden.
- Finding funding options for the Memory Café sessions and activities.
- Planning with the Pinetree's (Central Swindon North PC) Memory Café & Highworth Forget Me Not Café to plan an inclusive 5-decade disco.
- Planning a a mini sports event for the Memory Café as requested by the group on Fish N Chip Friday.
- Planning the extension of the Sensory Garden, an additional grassed area, with the Parks & Open Spaces Team.
- Continuing to develop the Companion Café.
- Recruit a couple more volunteers.
- Memory Café activity planning for the Council's Summer Spectacular Event.
- More networking to reach out into the community.

Memories from the Memory Café



