

Meeting	Community Development Committee
Date	3 rd October 2023
Report Title	Memory Cafe Report
Agenda Reference	8
Author	Jo Newman, Memory Café Co Ordinator

Officer's Recommendations:

1. To note the report.

Background/ Project Update

On 13th of September, the café welcomed Terri (an ex-member of the Kentwood Choir) to sing some songs from popular musicals. Terri had lots of stories of her time within the Choir and shows attended to share with everyone. The café also did a quiz which is also a great ice breaker for new residents and gets everyone thinking and chatting.

The Memory Café had a games session on the 25th of September, playing musical bingo, regular bingo, guess my person, and finally a seated exercise session with Lin. The games were enjoyed by everyone, it was lovely to see all the attendees and their companions laughing together and having fun. The prizes were gifts that had been kindly donated by the Memory Café volunteers.

The Memory Café Co Ordinator attended a 2-day online course, Mental Health First Aid and is now a Mental Health First Aider (MHFAider®). This course teaches knowledge and skills for providing first aid to support people who may be experiencing poor mental health.

The first of the Memorial Plaques has gone up on the seated area of the Sensory Garden, the Memory Café attendees love this idea and feel it will add a touch of personalisation to their Sensory Garden.

Working Towards

The volunteers from the Memory Café are going to open the Wonderful Sensory Garden at Goodearl Allotments mid – October. Once the date has been sent Councillors will be invited to come along.

The Memory Café Co Ordinator is looking forward to hosting another Fish and Chip Friday on the 13th of October in the Council Offices.

On the 8th of November in keeping with Remembrance Day the Memory Cafe attendees will each receive a knitted poppy and a piece of paper so they can add a personalised message this will be laminated and given as a keepsake.

