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LOCAL COUNCIL AWARD SCHEME QUALITY GOLD

Meeting	Community Development Committee
Date	3rd November 2026
Report Title	Memory Café & Companion Café
Agenda Reference	9a
Author	Jo Newman, Memory Café & Community Coordinator

Memory Café Co Ordinator's Recommendations:

1. To note report.

August brought a lively and uplifting session to the Memory Café, filled with music, movement, and plenty of smiles. Nikki joined us this month and brought along her drum mats, getting everyone involved in a fun group drumming session. residents picked up the rhythm together, tapping along to the beat and joining in with some familiar sing-alongs. The drumming proved a wonderful way to bring people together, encouraging participation, coordination, and a real sense of shared enjoyment, with laughter and singing filling the room throughout.

To round off the morning, Lin led a gentle seated exercise class, giving everyone the chance to stretch, move, and stay active in a relaxed and supportive setting. The seated format meant the session was accessible to all abilities, focusing on gentle movement to boost circulation, flexibility, and mood. It was a lovely, calming way to close out the session after the energy of the drumming, leaving everyone feeling refreshed and ready for the rest of their day. Altogether, August's Memory Café offered a perfect blend of rhythm, connection, and gentle wellbeing for all who came along.

September's first session was cancelled, as the Bowls Club had a private event booked in the venue.

At the next session, we welcomed Ben, a new entertainer. He was refreshing and engaging, interacting with all the residents before he began playing, and kept everyone included throughout the songs. He even joined in with the seated exercises alongside Lyn, as she rounded off the morning.

October brought the first real taste of autumn weather, and we began the session with a quiz to get everyone thinking. It sparked some healthy rivalry and plenty of laughter around the tables. We finished the session by welcoming Jason, a new singer to the Memory Café. His powerful voice filled the room, and everyone joined in and sang along.

Fish & Chip Friday was a great success once again. Tony M entertained us with an array of tunes, everyone sang along, and a few people even got up for a dance.

This time we switched our chip shop supplier to Kingsdown Fish Bar, who offer a pensioner portion for £6.70. It was perfect for our residents, the quality received good feedback, and the meal arrived piping hot.

Following the success of the afternoon, we are considering holding future Fish and Chips Fridays at the Bowls Club. The event is very popular, and the larger venue would easily

accommodate more residents. Switching to Kingsdown Fish Bar also saved us £50 on the food.













Abba/70s Event
Our wonderful over 60s residents came dressed in their best 70s-style fancy dress for an afternoon packed with fun, laughter, and music.

We were treated to a brilliant live set from Tony M and Jodie, who covered all the popular 70s tunes along with a fantastic mix of ABBA classics. The bar was open for anyone fancying a little tipple, and a delicious 70s-style buffet kept everyone well fed throughout the afternoon.

Before long, everyone was up on their feet dancing and tapping along, and the infectious laughter said it all — a truly joyful get-together for our community.

Thank you to everyone who came along and made it such a special day, and a huge thanks to Tony M and Jodie for the amazing music!













Companion Café

During August and September, the Memory Café and Companions' Café continued to provide valuable support, companionship and respite for residents and their loved ones.

Attendance at the Companions' Café continues to grow steadily, highlighting the importance of having a safe, welcoming space where residents feel heard and supported. Guest speakers and visits from SBC representatives also provided opportunities to share information, discuss challenges and ensure that residents' concerns are listened to.

Overall, both months demonstrated the ongoing value of these cafés in reducing isolation, connecting people with support and improving wellbeing within the community.





Memory Café Memories



















