



Forget-me-not

Newsletter of the Wymondham Dementia Support Group



Supporting people
with Dementia and
their Carers

News *plus* Events for January and
February 2020

Patron: The Lady Dannatt MBE



Pabulum Café Calendar – dates to add to your diary

All events are held at the Fairland United Reformed Church, Fairland Street, Wymondham commencing at 10.00 am *unless* stated otherwise:

3rd Jan – Friday Pabulum Café + Yoga

6th Jan – Monday-Monday Café

10th Jan – Friday Pabulum Café with
Kirsty Porter visiting from
Umbrella Cafés Australia + Poetry
Group

13th Jan – Monday-Monday Café

17th Jan - Friday Singing Café morning
with Musical Comedy

20th Jan - Monday-Monday Café

21st Jan – Tuesday Picture Palace –
South Pacific (1958) with Mitzi
Gaynor - 1.00 for 1.30 pm start

24th Jan – Friday Pabulum Café

27th Jan – Monday-Monday Café

31st Jan - Friday Pabulum Café followed

by Volunteers' Training

3rd Feb - Monday-Monday Café

7th Feb - Friday Pabulum Café + Yoga

10th Feb - Monday-Monday Café

14th Feb - Friday Pabulum Café + Poetry
Group

17th Feb – Monday-Monday Café

18th Feb – Tuesday Picture Palace – The
Lion King (2019) with Chiwetel
Ejiofor - 1.00 for 1.30 pm start

21st Feb - Friday Singing Café morning

24th Feb – Monday-Monday Café with a
visit from 10 students from
Ashleigh Primary School

28th Feb - Friday Pabulum Café

Our special interest **Groups** meet during the **Friday Pabulum Cafés: Poetry Group** on the dates noted above and **Arts & Crafts** and **Sports/Leisure** both of which run on most Fridays – please check with our Organisers for details of timings. **Carers' Group** - A confidential group for Carers to meet and discuss their concerns with each other held during the **Friday Pabulum Cafés** with support by Admiral Nurses. **Picture Palace** - Come along and see your favourite films. Some gentle **Yoga** on the first Friday of each month.

And looking further ahead:

Pippa is looking to organise another letter writing project with the students from Ashleigh Primary School starting in March (probably) – look out for further details.

Joint Jottings *from Sarah and Deborah*

Hello to Everyone from Sarah and Deborah with our first jottings for the Newsletter. Thank you to everyone for making us so welcome.

Deborah and I have been out and about in the community both near and far; Holt, Norwich, Hethersett, Wymondham Health Centre, Wymondham Garden Centre thanking people for their generosity not only monetarily but with their time and support.

We have been very busy with the party season in full swing and now Pabulum is galloping on to the New Year ahead without Dianne for the first time in over five years.



The children from Ashleigh Primary School came to share 'What makes your heart sing?' with us - How great just to think at this busy time, with all the consumerism, 'What does make YOUR HEART SING? We really enjoyed the magical singing from the children guided by Pippa and the teachers. Thanks Pippa.

We have had the Christmas party at the Rugby Club; the fallen Angel, an Elf and a bottle of Prosecco welcoming Lady Dannatt and Alex de Bunsen who came not only to say farewell to Dianne but to kindly offer their ongoing support to Deb and me.



Marie and her family gave a donation towards the party and they are now in the Philippines for a while. Congratulations are in order for Marie's success in London at the Dementia Champions Awards where she was one of the three finalists which was a lovely acknowledgement of all her hard work as a Dementia Champion. Thank you Marie.



Carol and Maz sorted out the raffle. Thank you! I know I needed a big shove to get back to the swimming pool but now I need a child for the other ticket I won?! A step too far.

Later more magic with the Magic Table demonstration organised by Deborah after her visit to a Dementia Awareness day in the Marble Hall in the Aviva building in Norwich. The Magic Table provides a wide range of games and experiences and it was clear that, while reactions to it were quite varied, some of our members became really involved – the Trustees and Organisers are continuing to look into the possibility of obtaining a Magic Table for the Café.



The trip to Yarmouth to the circus was an opportunity for us to see how the Group manage when the members are out and about. It showed how some people struggle with walking and climbing but hopefully we picked up a few tips from the acrobats!

We had the fund raiser at Wymondham Garden Centre with the generous gift of an Autumnal painting for the raffle from the artist Christopher Scales. A lady from Norwich won this. Stephen McLeod donated a handmade blanket won by a lady and her lovely child who were really pleased.

The prize hamper, kindly donated by Dianne, was won by a lady from Wymondham and the wine was won by the hamper winner's ex-partner. What are the chances? Oh well it is Norfolk!

The Home Visiting Service

We visited Eleanor and Claire from Holt Dementia Support to see how their befriending scheme works and to give us reassurance and some ideas. They generously gave us a better understanding of how they set up their scheme, which has been a great success. Our service is due to start at the beginning of April.

We have been taking the register and checking that everyone who comes to the café has completed a registration and contact form and we have been amazed at the distance some people travel to join us.

Budding and experienced designers please step forward to help produce a new Pabulum pamphlet to reach out and attract new members and volunteers to keep us vibrant.

So what's next for Pabulum?

- Heather Edwards from the Music Mirrors project is hoping to hold a workshop with us - Music Mirrors use sound and music cues to fix memories that comfort, reassure and give joy. This informal workshop will show how to make Music Mirrors and outlines the ways in which they can be useful to any one of us.
- 10th January - Kirsty Porter is visiting from Australia and will give a talk on how she is getting on expanding the Dementia Support Groups in the State of Victoria.
- Also on the 10th January Peter Williams from Reepham Rotary Club is coming to see what we do as he is hoping to start a Support Group for people and their relatives with Dementia.
- Neil Foley and Professor Michael Hornberger are doing a Dementia podcast.
- Danny needs recruits and lovies for the pantomime.
- Visit Sandringham in the Rhododendron season; buggies available and a lovely café. I might need a trip to check this out - volunteers?
- Visit How Hill in April
- Picture Palace: ideas for new films are always welcome
- Ukulele group for the singing café to return by popular request - date to be arranged.
- We are looking for suggestions for trips and activities. Places you would like to go or things you would like to do as it is your café.

Thanks again - after working years in the prison service you lot are a breath of fresh air!

Sarah

A Message from Dianne:

My dear Family Pabulum: Firstly, can I wish you all a very happy and peaceful 2020. I want to say a huge thank you to everybody for the amazing and kind words that you all sent me. I found them all so very special and they all really touched my heart. You all know I hope that Pabulum is like my family and like a good mother I have to let my brood grow and become independent. I shall miss you all very much but I will never be far away.

All the lovely vouchers you gave me were so thoughtful and I shall get a huge amount of fun and pleasure spending them and the cake was superb and tasted really good and the fairy what can I say it was just so right.



Once more a huge heartfelt thank you to you all.

Love from Dianne

Events of interest to our members at other venues

(Please always check directly with the organisers before travelling for prices, times and to ensure the event is taking place)

Movies (dementia friendly shows)

<p>Fri 31st Jan at 10.30 for 11.00 am</p>	<p>Cover Girl (1944) – Rita Hayworth and Gene Kelly Free Tea and coffee before the film</p>	<p>Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025747 (note that calls are charged) £4 cost and carers free.</p>
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Theatre and the Arts

Stage Two at the Norwich Theatre Royal is running a programme of dementia inclusive relaxed activities, workshops and events called **Theatre Cares** – upcoming event is as below but also follow the link to their website to see the full details of the programme: <https://tinyurl.com/ydz5hvad>

<p>Fri 21st Feb from 2pm to 4pm</p>	<p>New Adventures, Matthew Bourne's award-winning dance-theatre company, is offering an inclusive workshop for those living with dementia. Get your bodies moving and learn a</p>	<p>Stage Two, Norwich Theatre Royal – contact</p>
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	<p>few moves from Bourne's double Olivier award-winning production of The Red Shoes. The workshop will begin with a gentle warm up and then you will have the chance to creatively explore the movement and enjoy the music of Bernard Hermann from Bourne's version of The Red Shoes, which has dazzled audiences across the UK and USA.</p>	<p>01603 630000 to book. £5 cost and carers free.</p>
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You might also be interested in the following contacts where advice and support is available

Anglian Water

Anglian Water has a number of tips on saving water to help its customers save water and reduce their bills, and can arrange home visits to talk through them. (Phone: 0800 975 5567)

Anglian Water also have various schemes designed to make paying their bills easier, including affordable payment arrangements, access to funds to help customers experiencing financial hardship, and a special tariff designed to help customers with a low disposable income. (Phone: 0800 169 3630)

For more information on all these schemes or to apply for any of them you can visit Anglian Water's website www.anglianwater.co.uk

Citizens Advice

Citizens Advice (CA) in Wymondham can give free advice on a variety of matters including benefits and your entitlement to them, debt management, support for families on low incomes and ways that families may be able to increase their income.

They can be contacted from 9am – 4pm Monday to Friday on their National Adviceline phone number 03 444 111 444. The Wymondham CA drop-in centre is at 14 Middleton Street, Wymondham, NR18 0AD (the Town Council Offices) and is open every Wednesday and Thursday from 10am to 1pm with pre-booked sessions from 1pm to 3pm. A similar service is available from the Attleborough CA office at the Town Hall, Queens Square, Attleborough, NR17 2AF.

 Find us on Facebook	http://www.wymondham-dementia-support-group.org.uk/	 Follow us on twitter
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