

Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Calendar of Events : April 2024 issue

Patron: The Lady Dannatt MBE



The days are lengthening and Spring will soon turn into Summer warmth (hopefully)

It wasn't long ago that we were wrapped up against the winter cold but we still managed to enjoy ourselves in each other's company.

Back to those dark December days.....



Pabulum Christmas Party

Once again it was held at that splendid venue, the Wymondham Rugby Club. Familiar musical entertainment from the Tree Fellas and the Lady Byrds, food served at our tables and a visit from the gentleman in Red and his elves. What more could we ask for – and the traditional conga of course!



Another really gorgeous cake made and decorated by Steve and Chris – thanks guys!



With gift bags for everyone it's a big thank you to the Organisers and all the Volunteers who helped to make this such a successful and memorable party.

Ashleigh School

The Christmas entertainment continued with singing from those lovely students from Ashleigh School accompanied by their teacher, Hannah Meek.



It was wonderful to see the different generations interacting so well even if Martyn was trying to bamboozle the youngsters with his magic tricks!



And then of course not to be outdone we had our own Choir performing just before Christmas and Hilary won a John Lewis stuffed Venus Fly-Trap toy!



Reminiscence Morning

Angela Bishop visited us again in early February to remind us all about food and how we remembered it from our formative years – the smells, textures and tastes. From sweet treats of the 50s and 60s; articles brought in by members ranging from Ration Books, Cookery Books from the 70s and some weird and wonderful cooking utensils it certainly stirred up some memories.



Pabulum's 15th Birthday

It was a fantastic achievement to set up the first café in 2009 modelled on Dutch Alzheimer's Cafés at a time when such facilities for people living with dementia were virtually unknown in the UK. What foresight that original group had to set up Pabulum and it was such an honour that four individuals from that group were able to attend our 15th Birthday celebrations – Thank you Douglas, Rita, Richard and Trevor.



We were also honoured to be joined by our patron The Lady Dannatt who thanked all those volunteers and trustees who had given their service to the Group so unselfishly over the years and who continue to do so today.



The opportunity was taken to present Certificates thanking those who have raised such incredible sums of money to support the Group over recent years.



From left to right: Angie for her craft stalls; Fred (also representing Maurice) for their cash collections; Aaron and Portia representing the Wymondham Garden Centre who have supported us in so many ways and Carol (also representing Sharon) for their car boot sales and shops. Many thanks to them all for all their hard work.

Defibrillator Inauguration

The Group took the decision a little while ago to purchase and install a defibrillator at the Fairland church that would be available if needed for both the Group and the general public. Lady Dannatt performed the inauguration ceremony for us to coincide with the 15th birthday celebrations. The defibrillator has been registered with the



National Defibrillator Network – The Circuit. This network provides the NHS ambulance services with vital information about defibrillators across the UK so that in those crucial moments after a cardiac arrest they can be accessed quickly to help save lives. Training in the use of the defibrillator has been provided for our volunteers and organisers by the Norfolk Accident Rescue Service.



Poem

It will soon be Open Garden time across the county so with that in mind here is a poem from Linda Forder to get us thinking about our own gardens:

Ambling through my garden
Looking this way and that
Checking for weeds on that bare soil patch
I want to plant some roses in that lonely space
But still not sure if it's really the right place

The roses will tell me if they are not happy
By looking forlorn even though I will water them daily
But that's only after the planting is done
So might have to ask Mr Google or garden centre for advice
As I don't want my roses to pay the price

Standing and looking, I spy a new shoot
What is it..... plant or weed
Can't tell until it grows and produces leaves
I don't have the heart to pull it from the ground
Even though it's trespassing I'll leave it to stand

Lots of plants in my garden are there of their own accord
Creeping in when I wasn't looking
So every time I take to ambling through my garden
There's a surprise around every corner
Delight and joy in every border

Linda Forder

The Group will be participating in the next Wymondham Open Garden weekend due to take place on Saturday 1st and Sunday 2nd June from 12pm to 5pm on each day. All proceeds this year will go to the Wymondham Heritage Society and Museum. Further details of our participation will be provided later.

WDSG Shop

Please speak to Sarah or Deborah if you would like to see samples of all the clothing available with our new logo or to order a memorial plaque.



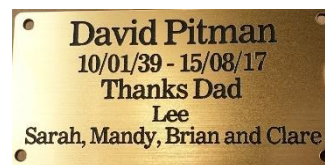
Shell Jackets £22

Hoodies £15

Polo Shirts £10



If you would like to remember someone special the refurbished garden has a board for memorial plaques – cost of the plaque and engraving is £10.



Donations

As always, we are indebted to those individuals, companies and organisations that give so generously to support the Group's activities.

We list some of the more recent sums received:

		£	p
Angie McDonald	Craft Stalls	350.00	
Various in memoriam donations		905.00	
Unite the Union	Donation	1,000.00	
Wymondham Lions	Donations	400.00	
Lena and Roy Chalu	Donation	200.00	
Wymondham Garden Centre	Collection Box	101.60	
The Needlecraft Haberdashery	Collection Box	150.00	
Original Factory Shop	Collection Box	82.00	
Wymondham Garden Centre	Donation	931.74	
Wymondham Abbey Parish Church Lunch Group	Donation	340.00	
Craftwise Craft Group	Donation	200.00	
Spurgeons	Donation	1,110.00	

In Memoriam

We are sad to report the death of **Ian McIntyre**.

Ian came to the cafés with his wife Janet and he was a keen regular attendee at our Poetry Group sessions. He will be missed at the Cafés and we send our condolences to his wife and his family.





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.

12 th Apr – Friday Pabulum Café	24 th May – Friday Pabulum Café
15 th Apr – Monday Pabulum Café – Trevor's Table Quiz	27 th May – <u>Bank Holiday Monday</u> – NO Café
19 th Apr – Friday Pabulum Café – Singing Café session	31 st May – Friday Pabulum Café
22 nd Apr – Monday Pabulum Café	3 rd Jun – Monday Pabulum Café - Volunteers' Meeting @ 9.30
26 th Apr - Friday Pabulum Café	7 th Jun - Friday Pabulum Café: Volunteers' Meeting @ 9.30
29 th Apr – Monday Pabulum Café	10 th Jun – Monday Pabulum Café
3 rd May – Friday Pabulum Café - Volunteers' Meeting @ 9.30	14 th Jun – Friday Pabulum Café – Poetry Group
6 th May – <u>Bank Holiday Monday</u> – NO Café	17 th Jun – Monday Pabulum Café
10 th May – Friday Pabulum Café – Poetry Group	21 st Jun – Friday Pabulum Café – Singing Café session
10 th May – Rotary club Quiz	24 th Jun – Monday Pabulum Café – Bingo John
13 th May - Monday Pabulum Café Volunteers' Meeting @ 9.30	28 th Jun – Friday Pabulum Café
17 th May – Friday Pabulum Café – Singing Café session	1 st Jul - Monday Pabulum Café - Volunteers' Meeting @ 9.30
20 th May – Monday Pabulum Café	5 th Jul - Friday Pabulum Café: Volunteers' Meeting @ 9.30
20 th May – NNUH Dementia Fayre <i>See below</i>	

Other activities - Indoor Games in the Church Hall, the Friday Carers' Meeting in the Pabulum Lounge and the Arts and Craft group normally run during every Friday Café.

Health precautions: We require **pre-booking** for members/carers and volunteers attending the Cafés.

Contact Deborah (Mob: 07586 312809) or Sarah (Mob: 07391 659057) during normal working hours to book a place at the Café or to obtain any further details.

- Please note that the Wymondham Spring Festival runs from 20th April until 6th May 2024 and during that period visitors are invited to come in and see what we are doing on the days our Cafés are open.
- The Norfolk and Norwich University Hospital is holding its 2024 **Dementia Fayre** on Monday 20th May from 10am to 3pm on Level 1 of the East Atrium. There will be talks from two keynote speakers - Prof Michael Hornberger (10.30am) and Dr Noka Kishita (Midday) and a Q&A session (1.30pm) for carers featuring experts and carers group. Our Group will be represented at the Fayre. For more details contact Deborah or Sarah or go to <https://tinyurl.com/NNUH-Dementia-Fayre>