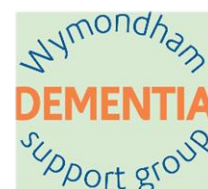




Forget-me-not

Newsletter of the Wymondham Dementia Support Group



Events for
December 2018



Supporting
people with
Dementia and
their Carers

Pabulum Café Calendar – December promises to be very busy so here's a few reminders!

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

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| 3 rd Dec – Monday-Monday Café | Nativity - 1.00 for 1.30 pm start |
| 6 th Dec – Cromer Pier Christmas Show – assemble at Fairland URC at 12.15 | 21 st Dec – The Pabulum Café Christmas Party at Kett's Park – 11.00am to 2.00pm |
| 7 th Dec – Friday Pabulum Café + Yoga + Poetry | 24 th Dec – NO Café today |
| 10 th Dec – Monday-Monday Café | 28 th Dec – Friday Pabulum Café + Short Story Reading |
| 14 th Dec – Friday Singing Café morning | 31 st Dec – Monday-Monday Café |
| 17 th Dec – Monday-Monday Café | |
| 18 th Dec – Tuesday Picture Palace – | |



PABULUM CAFE'S CHRISTMAS PARTY

at KETT'S PARK, WYMONDHAM

Friday 21st December

11.00am to 2.00pm

Entertainment, Light Lunch and Father Christmas

£5 per head

RSVP by Monday 3rd December

Other important dates to remember:

Saturday 8th December from 3.00 pm to 6.30 pm – **CHRISTMAS FETE** at Tacolneston Hall, Hall Road, Tacolneston, NR16 1DW. Raising funds for a cause very close to our hearts, Dementia UK's Admiral Nurses. There'll be 40 Craft and Produce Stalls; South Norfolk Youth Symphonic Band; Local Choirs; Miniature Fun Fair; Hurdy Gurdy & Barrel Organ; Mini Donks & Fireworks. Admission is free but a group of Elves will be shaking the collecting tins. (Do note that some of the stalls will be indoors at the Woodland Club, Tacolneston, NR16 1AL).
<https://www.facebook.com/ChristmasatTacolnestonHall/>



Friday 11th January 2019 at the Fairland URC – A talk about exercise for Carers and people with Dementia given by Shona of Cotman Housing.

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)

Help to shape future dementia services in Norfolk

Mon 3rd Dec 12.30 pm to 2.30 pm	Consultation event hosted by the Norfolk and Waveney Sustainability and Transformation Partnership	The Dinneen Hall, West Costessey Hall, Poethyln Drive, Queen's Hills, Costessey, Norwich, NR8 5BP
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If you have been affected by dementia then your help is needed to ensure new plans and ideas for future support currently being considered are right and fit for purpose – come and support Dianne

Afternoon Tea and Entertainment

Sun 16 th Dec from 3.00 pm to 4.30 pm	Fancy a Cuppa and a chat?	Meeting Point at The Hub, Ayton Road, Wymondham, NR18 0QJ.
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Need Transport? Call Linda on 01603 812619 to book this

Christmas Flower Arranging

Thu 6 th Dec from 2.00 pm	Christmas Flower Arranging Demonstration by David Wright in aid of the Alzheimer's Society – Contact Sylvia Barber on 01508 570249	Wreningham Village Hall, Mill Lane, NR16 1AN. Tickets £9.00
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Concert

Sat 15 th Dec at 7.30 pm	Christmas Concert in aid of Break presented by Encore – 'Claus 4 Celebration'	Baptist Church, Queens Street, Wymondham, NR18 0AY. From £8.00 – tickets from George R Reeve or on the door.
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Stop Press - A wonderful donation of £3,490 received from the Wymondham and Hingham Coop branches and their customers – more about this in the next Forget-me-not Newsletter



<http://www.wymondham-dementia-support-group.org.uk/>

