

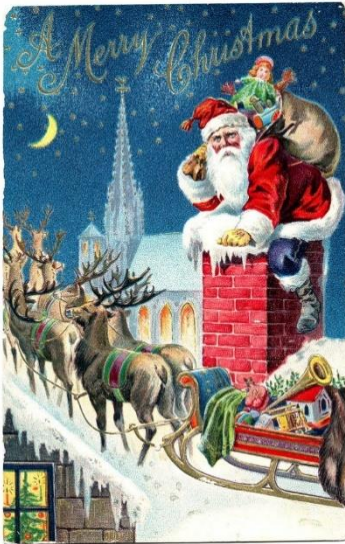
Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Calendar of Events : December 2023 issue

Patron: The Lady Dannatt MBE



A Warm Pabulum Christmas Hug to you all!

We hope you are all looking forward to the Christmas festivities and being with your families and friends. Here are a couple of 'retro' images of Santa to perhaps remind you of Christmas celebrations in the past. But for the present don't forget that our own Christmas Party is coming up



on Friday 15th December – a date not to be missed – and we're looking for Tombola prizes if you've anything to spare please.



It doesn't seem that long ago that we were still enjoying the heat of summer and being able to sit out in the Happiness Garden – here's a reminder of a glorious morning!

We are so lucky to have this amazing facility which is looked after brilliantly by Maz and her

loyal team throughout the year. By the way, Maz assures us that all the scarecrows and the cat have been put away snugly in the shed for the winter – there's no danger of frostbite.



1960s Café

At the end of October Angela Bishop (as part of the project funded by the John Hurt Film Trust) took us on a journey of reminiscence through the 1960s where



a good many of us spent or mis-spent our youth. We looked at the



changing way we dressed and lived, the cultural changes through the decade, our work and the 60s music



of course. Some of our members took the opportunity to make the experience even more realistic by dressing up suitably for the occasion – Rodney looking very dark and dangerous!

Afternoon Dances

The dances are proving popular and it was good to see everyone on the dance floor getting their groove



on to the music provided by the Tree Fellas and the Ladybyrds – Pabulum's answer to Strictly, although there wasn't a glitter ball prize disappointingly!

There was some serious jiving going on though – and there was Carol's dress, an homage to the local football club!



WDSG AGM

The Group held its AGM in October and we were pleased to be able to welcome our patron, Lady Dannatt, who addressed the meeting; thanking the Chair for her tireless work for the Group; noting that whilst visiting many successful voluntary organisations around the county it is Pabulum that is so special for her; it hums with joy and she always leaves feeling much better. A special thanks was given to our volunteers who are the heart of the Group.



The trustees were able to report another successful year for the Group with continued financial support from the local community, both from individuals and businesses. It is most rewarding that our services continue to be much valued by those needing support.

Autumn Fayre and Tombola

In what has become an annual event in September at the Wymondham Garden Centre we were able to run a fund-raising Tombola stand, Carol and Sharon had their Bric-a-Brac stall and Angie had her craft stall.



Our thanks go to Brenda and Gary Groucott for organising this event which brings many different produce and craft stalls to the Centre and which raised an amazing total donation of £1693 to the Group.

The Big C Crochet Granny Square Christmas Tree Project

Several of our Group volunteers made squares for this project and Big C have passed on their thanks to all those crocheters who so kindly contributed. 1,400 squares were made – enough for two trees, one of which will be displayed in the Abbey and the other in the Big C shop. Any surplus squares together with the squares from the trees will be made up into blankets for Big C Centres, local food banks and local care homes. What a lovely project.



Poems by Stephen Kerrison

A double treat of Stephen's poems for this newsletter.

The Gift

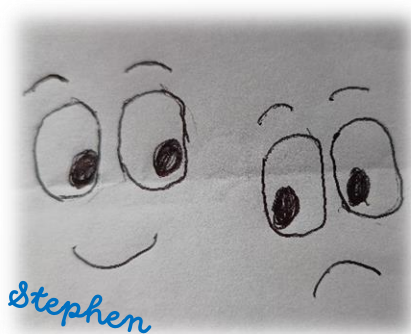
Three wise travellers
Have arrived from afar
The reason they're here
They followed a star,
One has brought frankincense
The second has myrrh
The third carries gold
Both precious and pure

But a ragamuffin
Who has tagged close behind
Has followed the wise men
Knowing not what he'd find,
Though his hands were empty
He had the best gift of all
Yes, I've brought my heart
For the babe in the stall



Muscles

They say it takes seventeen muscles to smile
And forty-three muscles to frown,
So why not ease the strain on your face
And smile even when you feel down



It's Christmas Penguin Joke Time!

Something to regale your family with when you've run out of Christmas Cracker jokes – these are guaranteed to be of similar quality! Thanks to all those who collected these jokes from the back of a popular chocolate biscuit!

- 🐧 Why was the penguin's head so cold? **Because he was wearing an icecap.**
- 🐧 What is a penguin's favourite ice-cream flavour? **Fishtachio.**
- 🐧 What is a penguins favourite film? **Frozen.**
- 🐧 Why do penguins stay in pairs? **Because Freezers crowd.**
- 🐧 What type of pasta do penguins eat? **Penguin.**
- 🐧 Why can't penguins play football? **Because there snowball.**
- 🐧 What did the penguin get from the genie in the lamp? **Three Fishes.**
- 🐧 How does a penguin build its house? **Itgloos it together.**
- 🐧 Why was the penguin so popular? **Cos he was an ICE guy.**
- 🐧 What do penguins wear to the beach? **Flipper flops**
- 🐧 How do penguins get around? **On a bi icicle.**
- 🐧 Why do penguins make good racing car drivers? **Because they are always in pole position.**
- 🐧 Who is the penguin's favourite family member? **Aunt Artica**

A Seasonal Recipe – Malteser Tiffin

Sarah's naughty but nice chocolate treat for Christmas (or any other time!).

Ingredients

Malteser Tiffin

- 175 g golden syrup
- 125 g unsalted butter
- 200 g milk chocolate (chopped)
- 200 g dark chocolate (chopped)
- 175 g digestives (chopped)
- 175 g Maltesers
- 100 g raisins

Optional Topping

- 150 g milk chocolate (chopped)
- 150 g dark chocolate (chopped)
- 100 g Maltesers



Instructions

1. Line a 9×9" square baking tray with parchment paper, leave to the side.
2. Melt the golden syrup and butter gently in a pan on a low heat – when the butter and syrup have melted fully and started to bubble slightly, turn the heat off and add the chopped chocolate and stir until the chocolate has melted.
3. If it doesn't quite melt then turn the heat back on to a very low setting so that the chocolate doesn't split.
4. Pour the digestives, Maltesers, and raisins into a large bowl and pour the chocolate/syrup mix on top. Mix the ingredients together thoroughly until its all coated well. Pour into the tin and press down very firmly.
5. In another bowl, melt together the next set of chocolate and pour on top of the tiffin. Sprinkle on a bag of Maltesers and crush a few over as well. Leave to set in the fridge for 3-4 hours, or a bit longer if it still feels too soft.
6. Once set, carefully remove from the tin and cut into your pieces. I do 4×4 so I get 16 large pieces, or 5×5 for slightly smaller but still delicious sized pieces.

Notes

- I use any chocolate for my recipes that I can – some more expensive than others, it doesn't really matter. If you are after a good quality chocolate then Callebaut is the way to go, but I even love Tesco's chocolate.

- This recipe will work perfectly with milk and dark chocolate, but not so much with white chocolate. You can use all milk chocolate if you like, or all dark, but the sweetness level will change. I like the mixture of both so its less sweet than rocky road, and more tiffin like.
- You can easily half the recipe for less, but these are so moreish you will want the large piece! Trust me!
- This will last for 1-2 weeks in the fridge (maybe!).

“Tolerance and Acceptance”

Many of you will have seen this message in Lady Dannatt’s opinion piece in a recent edition of the EDP. Something that we all need to be aware of in what at times appears to be an ever more bleak and tragic world - It is a message that has particular relevance at Christmas time. If you haven’t seen the article and wish to do so, please speak to the secretary.

Events of interest to our members at other venues

Dementia Friendly Cinema		
Last Friday of each month – refreshments at 10.30am, Film at 11.00am	Dementia friendly performances at the Norwich Picturehouse, Cinema City, St Andrews Street, Norwich, NR2 4AD. £4.30 entrance fee; Carers free.	Tel: 0871 9025724 for details of films or email: cinemacity@picturehouses.co.uk
Swimming		
Every Wednesday from 2.30 to 3.30pm	Support Swimming at Wymondham Leisure Centre, Norwich Road, Wymondham, NR18 0NT	Contact Deborah or Sarah for more details or phone 01953 607171

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

Donations

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

Some of the more recent donations are listed below:

Donations from		£	p
Lena and Roy		200.00	
Waitrose		683.00	
Angie McDonald	Craft Stalls	240.00	
Maurice Eke and Fred Squires	Public collections	493.20	
Ecclesiastical Insurance Company		100.00	

Wymondham Ex-Services Club		1,340.00
A Provis		400.00
Wymondham Garden Centre		1,693.40

In Memoriam

We are sad to report the deaths of two long-standing members of the Group.

Vi Elston started coming to the Cafés with her husband and after he passed away Vi continued her association with the Group as a friend. Always happy, smiling and with an infectious giggle. A great friend to Doreen and when they got together, they were like a pair of naughty schoolgirls. She will be missed by all in the Group and we send our condolences to her family and friends.



Jan Jelves came along to the cafés after dementia had impacted her family, attending as a friend. A quiet and pleasant presence in the cafés she was always keen to be involved with our activities. Our condolences to her family and friends.



Members are reminded that the new name board erected in the Trevor Brown Happiness Garden is available to accommodate any 'In Memoriam' plaques that members might like to have fixed there. Please contact the Organisers if you wish to fix a plaque in memory of a loved one.



Age UK Norfolk

If you or anyone you know is struggling to make ends meet during the current cost of living crisis be reminded that organisations such as Age UK Norfolk are there to provide expert help to the over-50s. They have a team of volunteers who can advise on what benefits, such as disability benefits, attendance allowances, personal independence payments as well as means tested benefits such as pension credit and council tax support that you may be entitled to. They will also assist in challenging the DWP should a claim be rejected. Contact Age UK Norfolk directly for a free benefit check by phoning 0300 500 1217 or emailing advice@ageuknorfolk.org.uk



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.

8th Dec - Friday Pabulum Café – **Ukelele Band**

11th Dec - Monday Pabulum Café – **Bingo John**

15th Dec – **CHRISTMAS PARTY** at Wymondham Rugby Club from 11.30am to 3.30pm (Volunteers at 10.30am please) 

18th Dec – Monday Pabulum Café – Christmas songs with Ashleigh School

21st Dec Thursday – Panto time at Gorleston – Oh yes it is! Leaving Fairland Church at 12.30pm (Church open from 12.00noon) Aiming to return by 5.00pm.

22nd Dec – Friday Pabulum Café – **Christmas Singing Café**

25th Dec – **NO** Monday Café

29th Dec - Friday Pabulum Café

1st Jan 2024 – **NO** Monday Café

5th Jan – Friday Pabulum Café - **Volunteers' Meeting @ 9.30**

8th Jan – Monday Pabulum Café - **Volunteers' Meeting @ 9.30 - Table Quiz**

12th Jan – Friday Pabulum Café - **Poetry Group - Visit from Assistive Technology**

15th Jan - Monday Pabulum Café – **Bingo John**

19th Jan – Friday Pabulum Café - **Singing**

Café session

22nd Jan – Monday Pabulum Café – **Stretch and Relax**

26th Jan – Friday Pabulum Café – **All Volunteers Quarterly Meeting in the Pabulum Lounge Arrive from 8.45am, 9.00am start**

29th Jan – Monday Pabulum Café

2nd Feb – Friday Pabulum Café: **Volunteers' Meeting @ 9.30**

5th Feb - Monday Pabulum Café: **Volunteers' Meeting @ 9.30 - Table Quiz**

9th Feb – Friday Pabulum Café – **Poetry Group**

12th Feb – Monday Pabulum Café

16th Feb – Friday Pabulum Café – **Singing Café session**

19th Feb – Monday Pabulum Café

23rd Feb – Friday Pabulum Café

26th Feb – Monday Pabulum Café

1st Mar - Friday Pabulum Café - **Volunteers' Meeting @ 9.30**

4th Mar - Monday Pabulum Café: **Volunteers' Meeting @ 9.30 - Table Quiz**

8th Mar - Friday Pabulum Café – **Poetry Group**

11th Mar – Monday Pabulum Café

15th Mar – Friday Pabulum Café - **Singing Café session**

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.