

Forget-me-not

Newsletter of the Wymondham Dementia Support Group

News *plus* Calendar of Events : February 2023 issue

Patron: The Lady Dannatt MBE



Be patient, Spring is just around the corner!



Just as we think winter will drag on for ever we start to see the first signs of Spring, the days lengthen, the green shoots of bulbs start to peep above the soggy soil and it won't be long before those real harbingers of spring, the snowdrops are in full bloom.

But let's not forget the fun we had at the end of 2022 with visits from the Ukulele Band and Ashleigh School Choir and wasn't it marvellous that we were able to have a proper Christmas party at long last.

The Ukulele Band

A welcome return of the Wymondham band in November playing favourite songs from the 50s and 60s encouraging some of our members to get up and dance!



Wymondham
DEMENTIA
Support Group

**Supporting
people with
Dementia and
their Carers**

Go to our website:

www.wymondham-dementia-support-group.org.uk

 Find us on
Facebook

Tree Planting

As our contribution towards honouring Her Majesty Queen Elizabeth's reign and the late Queen's Green Canopy project we planted a tree on the Fairland Green in November. We were pleased to be able to join with the Greening Wymondham group and the WI in welcoming the Wymondham mayor, Kevin Hurn, to carry out the planting ceremony.



Ashleigh School Choir

How rewarding it was to have a visit from the young people of Ashleigh School in December – entertaining us with their singing and then chatting to our members – a meeting of the generations that's so important for the community. A big thank you to Hannah Meek, the pupils and staff of Ashleigh School.



Carol's Friend



Pabulum's Christmas Party at the Wymondham Rugby Club

What a wonderful time was had by everyone as we were able to have a proper Christmas Party again with a special visit from that whiskery Father Christmas who had gifts for everyone. The band took everyone back to their rock and rolling youth and we learnt that there was such a thing as non-alcoholic Prosecco! Many thanks to our organisers, volunteers and the staff of the Rugby Club for putting on such a well organised and fun event and to Chris Scales for supplying another beautiful cake – a real work of art. Lady Dannatt and Kevin Hurn were able to join us and John accompanied the band with some beautiful singing and once again our members took to the dance floor with great enthusiasm!



A Valentine's Day Poem

What is Love? by Patricia Turner

Love can be spontaneous
Or take a while to grow.
But when it finally finds you
Your Heart will let you know.

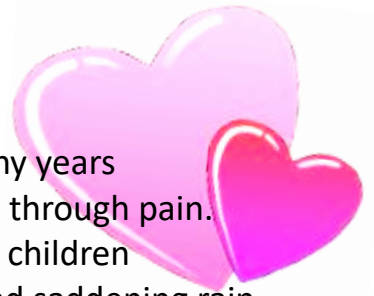
You discover that special person
They may have just found you.
You're filled with so much happiness
In everything you do.

Besotted with each other
We've walked life side by side.
Cherishing every minute
Our love, we cannot hide.

Married now for many years
Sharing laughter and through pain.
Raising our beautiful children
Times of sunshine and saddening rain.

Soulmates living in harmony
You have always been my best friend.
Treasured moments going on forever
Our romance will never end.

You still fill my heart with so much joy
Our love stronger now than ever.
When deep in thought I hear you say,
"We go well together", That is love.



Sarah's Recipe

We don't have a 'Sarah's Recipe' this issue but instead we do want to hear about your favourite recipes for a Pabulum Recipe Book that we will publish to raise money for the café – it will be all about stirring up memories.

If you could think of a favourite dish or recipe and then write a bit about why you love this so much or perhaps



what event in your life it

reminds you of – if you can provide a photo of the finished item that would be really brilliant.

All your ideas will be collected together and put into the book that will help us mark the fifteen years that the café has operated. Your contributions please to Sarah or Deborah.



Picture Palace and other Monthly Activities

Attendance at the Picture Palace has been patchy over the winter months so we have decided to give it a rest for now. Hopefully once spring has arrived, the weather has warmed up and the days have lengthened we will be able to start it up again.

If you have ideas for any other alternative activities to be held once a month then please let Deborah or Sarah know – we are open to any suggestions you may have.

Admiral Nurses

On 27th January Jo Brown our area Admiral Nurse paid the café a visit. She hopes to come every two months and will attend the Carers' meeting. She will be available for people to chat to her and is happy to be back with the café.

If you want to contact the Admiral Nurse team the number is 01603 763556. There may be a bit of a wait for them to get back (up to 4 weeks) to you so if you need them ring sooner rather than later.

They work to combine the correct agencies and support to personalise your care for those living with Dementia. They are specialists in Dementia and can answer questions you might have.

The Happiness Garden

You may have seen tape measures being wielded in the garden recently and wondered what was going on. Whilst we are indebted to the team that created the original garden we've been looking to see if it's possible to make it just a bit more accessible so that it can be more readily used as a social area in the warmer weather. This won't be a wholesale re-planning and will retain the original layout with more level and paved areas. It is also hoped to allocate a wall area so that a plaque or plaques can be erected in memory of people we want to remember.

The garden team will be working with trustees Andy and Brenda to bring these changes to fruition. You'll be welcome to visit the garden at any time to understand the changes taking place.

Looking Ahead

We're going to be looking at what events to hold during the year and are currently considering a possible Train trip, the Cromer end of Pier show and a visit to the Museum of the Broads. If you have any other ideas please let the organisers know.

Carol and Sharon's fundraising Shop with its eclectic mix of goods will be open for business in the cafés monthly.

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. £4.00 entrance fee; Carers free. 24 th February – 'Casablanca'	Tel: 0871 9025724 for details of films or email: cinemacity@picturehouses.co.uk

Activities at the Hub – Ayton Road		
Second and last Thursday of each month between 10.30am and Noon	Carers and the cared for are welcome to join the 'Cup of Caring' programme for themed activities. Coffee mornings, garden parties and singing sessions. The Hub, Ayton House, Ayton Road, Wymondham	Contact: Libby on 07747 616531 or email: libby.creber@gmail.com for details. www.hubproject.org.uk

Dementia Research		
Thursday 23 rd February at 2.00pm – 3.00pm on Zoom	Dementia Research Collaborative at the UEA - "Better sleep for brain health" - Dr Liz Coulthard (University of Bristol) Dr Coulthard will talk about the role of sleep in Alzheimer's disease, and more generally in brain health. She will talk about challenges in sleep research – particularly what features are important, and when and how we should measure sleep in people with Alzheimer's. She will present exploratory clinical trial data of treatments to enhance sleep.	email dementia.research@uea.ac.uk for a link to attend this event.

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

Donations

Our thanks go to the following individuals and groups for their generosity in raising funds to support the Group. We owe so much to those in our local community who continue to enable us to run the Pabulum Cafés

Donations from		£	p
Angie McDonald	Craft Stall Sales	360.00	
R Young	In Memory	638.88	
Catholic Womens' League		100.00	
Wymondham Sports Bar		155.00	
Unite the Union		1,500.00	
Jarrolds		324.00	
Olive Gaul's Bingo group		515.00	
Wymondham Bridge Club		124.00	

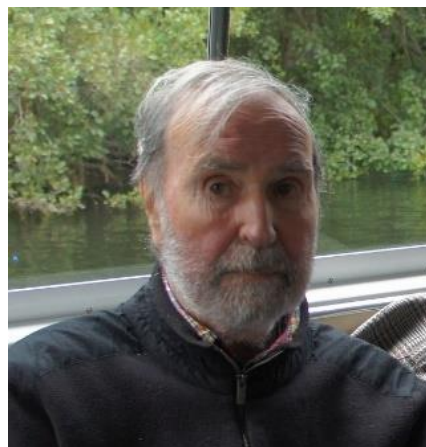
Welcome to our new members

We would like to welcome new members Neville & June and Colin & Andy. We also welcome Sandy, a new volunteer.

In Memoriam

It is with great sadness that we report that one of our members John Norton passed away recently. John was always ready for a chat and did enjoy the musical sessions - we will miss him at our cafés. Our thoughts are with Ruth and the family at this sad time.

Au revoir John



Changes to your Telephone Landline

The four letter acronym, VOIP, might not mean much to you at the moment but it represents the change in telephone system that from 2025 BT / Openreach will be disconnecting the old copper wires and automatic telephone exchanges that have served us well for the past 110 years. From 2025 you will not have a traditional landline but your home telephone will instead be connected by fibre Broadband. All the telephone service providers will be contacting their customers over the next two years to implement the change and if you already have a broadband connection then this will be a straightforward changeover. If you don't have a broadband connection then the company will be obliged to install a basic broadband system to your house that does not cost any more than the existing landline service. After the changeover you will keep your existing telephone number and dial your calls in the usual manner.

The important thing to remember is that it will be your existing telephone service provider (BT, TalkTalk, Virgin etc) who will be contacting you – unfortunately this changeover will provide an opportunity for the unscrupulous to take advantage with various scams so please be vigilant. If you receive any contact from what you think may be a suspicious email, text message etc., then telephone your normal provider on their published helpline number for assistance.

Other services that you may use that are reliant on the landline such as Personal Alarms and House Alarm Systems might also need to be modified and in this case you will need to check with your service provider to ensure you maintain the service.

If you need further advice on this please talk to one of our organisers or the secretary.



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. Please note that it has been decided to extend Fridays' cafes so that they will now close at 1.00pm.

3rd Feb – Friday Pabulum Café:
Volunteers' Meeting @ 9.30

6th Feb – Monday Pabulum Café: Quiz
Volunteers' Meeting @ 9.30

10th Feb – Friday Pabulum Café: Poetry Group

13th Feb - Monday Pabulum Café
Valentine's Day celebration with lovely treats and Musical Memories with Maz

17th Feb – Friday Pabulum Café – Sing Along session

20th Feb – Monday Pabulum Café -
Bingo

21st Feb – **NO** Tuesday Picture Palace

24th Feb – Friday Pabulum Café

27th Feb - Monday Pabulum Café

3rd Mar – Friday Pabulum Café:
Volunteers' Meeting @ 9.30

6th Mar - Monday Pabulum Café:
Volunteers' Meeting @ 9.30

10th Mar – Friday Pabulum Café:
Pabulum's 15th Birthday Tea Party – Poetry Group

13th Mar – Monday Pabulum Café

17th Mar – Friday Pabulum Café: Sing Along session

20th Mar – Monday Pabulum Café

21st Mar - **NO** Tuesday Picture Palace

24th Mar – Friday Pabulum Café – Fish & Chips

27th Mar – Monday Pabulum Café

31st Mar – Friday Pabulum Café

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.

Trevor will run an occasional general knowledge Quiz during Monday Cafés.

Swimming – Relaxed sessions continue to be held every Wednesday at Wymondham Leisure Centre Pool between 13.30 and 14.30pm. Contact Deborah or Sarah if you wish to attend.

Health precautions: We require **pre-booking** for members/carers and volunteers attending the Cafés and Picture Palace. If you suspect you may be suffering from COVID symptoms or have recently come into contact with anyone with COVID or who is self-isolating we would ask that you do not attend to ensure the safety of others. We would also ask you not to attend if you have a heavy cold, cough or stomach upset.

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.