



Forget-me-not

Newsletter of the Wymondham Dementia Support Group



Supporting people with Dementia and their Carers

News plus Events for January and February 2019



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:

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| 4 th Jan – Friday Pabulum Café + Yoga | 1 st Feb – Friday Pabulum Café + Yoga + Poetry |
| 7 th Jan – Monday-Monday Café | 4 th Feb – Monday-Monday Café |
| 11 th Jan – Friday Pabulum Café + Poetry | 8 th Feb – Friday Pabulum Café + Poetry |
| Memory Morning – School Memories | 11 th Feb – Monday-Monday Café |
| 14 th Jan – Monday-Monday Café | 15 th Feb – Friday Singing Café morning |
| 15 th Jan – Tuesday Picture Palace – ‘Swimming with Men’ (2018) - 1.00 for 1.30 pm start | 18 th Feb – Monday-Monday Café |
| 18 th Jan – Friday Singing Café morning | 19 th Feb – Tuesday Picture Palace – ‘Mamma Mia: Here we go again!’ (2018) - 1.00 for 1.30 pm start |
| 21 st Jan – Monday-Monday Café | 22 nd Feb – Friday Pabulum Café + Short Story Reading |
| 25 th Jan – Friday Pabulum Café + Short Story Reading | 25 th Feb – Monday-Monday Café + Classic Cinema Club |
| 28 th Jan – Monday-Monday Café + Classic Cinema Club + Australia Day  | |

Our special interest **Groups** meet during the **Friday Pabulum Cafés: Poetry** and **Short Story Reading Groups** on the dates noted above and **Arts & Crafts** and **Sports/Leisure** both of which run on most Fridays – please check with our Organiser 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.

Dianne’s Deliberations:

I wish everybody a good New Year for 2019. I thought we could look back at what an amazing year we have had although we have had some sad times.

Last year started with the amazing Panto directed by Danny. And a performance that put us in a positive mind for the rest of the year. Who will ever forget the performance of the 'Spice Girls'?



It's been a year when we visited How Hill and we were so well behaved we have been invited back in 2019 and in May we had yet another successful trip on the Norfolk Broads.



The highlight of the year, I think, has to be spending **Norfolk Day** at Cromer and enjoying the Summer End of Pier show and a fish and chip tea from Mary Janes in the Church Hall organised by Cllr. Hilary Cox. We were also

provided with refreshments from Mary at the Co-op Undertakers. It was a long day but thoroughly enjoyed by all. It was the success of our Norfolk Day trip that decided us to revisit Cromer for the end of Pier Christmas Show.

Over the year our links with our sister group the Australian Umbrella Café have blossomed thanks to Phil and Linda W who paid an impromptu visit to Kirsty in Melbourne. They learned how the organisation is growing and how much they thank us for our support.

We have also had many visitors to the group like Vamos, the theatre group, who gave us an amazing performance; Angie's husband Ian and his Old Time songs; and visits from Eyebrow Arts, Healthwatch, Patricia Hewitt and many others.

It has also been an amazing year for fundraising and yet again thanks to the kindness and generosity of others we have been able to refurbish the church kitchen and subsidise many of our outings. I would also thank Val for our very beneficial Yoga classes.

Once again we finished off the year with a successful Christmas party attended by a record breaking 150 people. Where do I go from here?



So what have I in store for next year I hear you ask - Next year is very important as it is our 10th birthday and you can be assured we will celebrate in style. Plans are underway and cake is ordered!

Also I have several outings in the pipe line:

- How Hill
- Broads
- Afternoon tea at Peter Beales Roses
- Visit to World Horse Sanctuary, Snetterton
- Watch this space for an update on Christmas outing for 2019.
- Christmas extravaganza!

And of course none of this will detract from our main role continuing to provide information, help and support to all our members, their carers and families.

Once again I wish you all a **HAPPY NEW YEAR!**

Dianne

Fundraising



We were the most fortunate recipients of £3,490 from the Co-op and its customers in November as part of the Co-op's continuing programme supporting local communities. The presentation was made at the

Wymondham Baptist Church and the Pabulum team attended in force.



November also brought donations of £500 from the Great Ellingham Flower Club and £170 from Angie McDonald. The contribution of collection boxes tends to be overlooked but those in Jarrolds, Wymondham Garden Centre and our own 'mobile' box had produced a total of £184 by the end of the year.



Our thoughts and our thanks go to Jenny Palmer who recently lost her father and who has kindly given us the funeral donations.



‘Private Lives in Public Places’

Chairman Ann reports on this workshop event she attended recently at the Mangreen Trust in Swardeston:

The event was part of the 'Making friends with Dementia' project where individuals were invited to meet others with the same interest in living well with dementia including family carers, professional carers and those living with dementia.

Morning speakers included 'our own' Zena Aldridge, who talked about the Admiral Nursing service and 'Ageing with children'; Danuta Lipinska, who is an independent counsellor and consultant with a wealth of experience in supporting people with dementia, their families and the professionals supporting them, spoke about 'What do we do when what goes on inside doesn't match the outside?'. Danuta said she had heard about WDSG and would like to visit our Café next year. Susanna Howard, Artistic Director of 'Living Words' spoke about this arts and literature organisation which she created in 2007. It started in a hospital ward at St Thomas' London where she met patients, communicating using silence, sounds, the spoken and the written word. Since then the team have conducted residencies in venues such as care and nursing homes, arts centres, day centres, theatres and hospitals. If you have a chance, have a look at their website at www.livingwords.org.uk. The morning session ended with a visit to Mangreen's Light Centre where Judith Farmer, from Norwich 'Forget-me-nots', encouraged us to spend some quiet time in the Sanctuary 'Connecting with your spirit self'.

After lunch Angela Sellens Drake, a reflexologist working with dementia care, spoke about the importance of therapeutic touch. A simple stroking of the hand or, even better, a 'good' hug from a friend can help your physical health.

It was an extremely interesting day at Mangreen and I would recommend it to anyone.

Ann

Volunteers Wanted by Scientists for Dementia Research

Researchers are seeking volunteers to take part in vital dementia research studies through the Join Dementia Research Initiative. The project is hoping to shed more light on dementia including a major study looking into the links between sleep problems and the genetic risk factors for the condition. Join Dementia Research is a service that allows people to register their interest in taking part in research studies across the UK.

Scientists at the UEA are exploring the link between sleep problems and an Alzheimer's risk gene called APOE4. Sleep problems are common in people with Alzheimer's disease, the most common form of dementia, and this study is taking a closer look at whether these problems affect individuals without dementia who carry this risk gene.

To find out more details call 0300 1115111 or log onto Join Dementia Research's website at: <https://www.joindementiaresearch.nihr.ac.uk>

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)

Fri 25 th Jan at 10.00 for 10.30 am	Singing in the Rain (1952) with Gene Kelly and Debbie Reynolds. Free Tea and coffee before the film	Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025724
Fri 22 nd Feb at 10.00 for 10.30 am	Mamma Mia! The Sing-Along (2008) with Meryl Streep, Colin Firth and Julie Walters. Free Tea and coffee before the film	
https://www.picturehouses.com/cinema/Cinema_City/Whats_On		

Fitness and Exercise

4 th Tuesday of each month from 2pm to 4pm	Very light exercise classes to help those living with dementia to stay both physically and mentally active. Hot drinks are provided and there is no charge for attending. Classes are run by trained staff of the Long Stratton Leisure Centre.	Long Stratton Village Hall, Ipswich road, Long Stratton, NR15 2TA. Contact either Tyler George on 01508 53144 email tgeorge@s-norfolk.gov.uk or Cheryl Day on Cheryl.Day@alzheimers.org.uk
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Theatre and the Arts

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

<p>5th Feb from 2pm to 4pm</p>	<p>Bake Tell Tarts with Emma Harding. An invitation for your Wisdom and Wit to be shared with messages about growing older and decorating Bakewell Tarts. Create some art you can eat afterwards with tea and coffee.</p>	<p>Stage Two, Norwich Theatre Royal – contact 01603 630000 to book. £5 cost but carers eligible for free places.</p>
<p>12th Feb at 11am and 2pm</p>	<p>Spare Tyre presents 'The Garden'. An immersive performance for those with Dementia and their carers. Bringing the outdoors in it takes you on a multisensory journey through the seasons inspiring imagination and awakening the senses. Safe space uses non-verbal methods for communication.</p>	

Patron: The Lady Dannatt MBE

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