



Forget-me-not



The Newsletter of the Wymondham Dementia Support Group

Events and News for the period ending 30th April 2017

Supporting people with Dementia and their Carers

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:

3rd March 2017 - Friday Pabulum Café **AP**

6th March - Monday Monday Café

10th March - Friday Pabulum Café and celebration of Pabulum's 8th Birthday **APS**



13th March - Monday Monday Café

17th March - Friday Pabulum Café—Singing Café morning

20th March - Monday Monday Café

21st March – Tuesday Picture Palace – ‘Paint my Wagon’

24th March - Friday Café **APS**

24th March – QUIZ by Rosedale Funeral Home in the Church Hall at 7.00 for 7.30 pm in aid of Pabulum – tickets £7.50

27th March - Monday Monday Café

31st March - Friday Pabulum Café **APS**

1st April – The Cringleford Singers at 7.30 pm in aid of Pabulum

3rd April - Monday Monday Café

7th April - Friday Pabulum Café **AP**

10th April - Monday Monday Café

14th April - Friday Pabulum Café **APS**

17th April - Easter Monday - **CLOSED**

18th April - Tuesday Picture Palace – Film tba

21st April - Friday Pabulum Café—Singing Café morning

24th April - Monday Monday Cafe

28th April - Friday Pabulum Café **APS**

Our special interest groups meet during the **Friday Cafés** marked above as follows:

Poetry & Literature: **P** - **Arts & Crafts:** **A** - **Sports & Leisure:** **S**.

Carers' Group - A confidential group for Carers to meet and discuss their concerns with each other during the **Friday Cafés**.

Picture Palace - Come along and see your favourite films.

Computer Studies – Book a one to one appointment with a volunteer to improve your computer skills.

Memory Mornings – Designed to provide stimulation of memories on various topics – see the calendar for upcoming topics.

Other events of interest to our members

Dementia Friendly Films at Cinema City, St Andrews Street, Norwich

‘Dad’s Army’ (2015) on 17th March at 11.00 am – ‘Gentlemen Prefer Blondes’ on 21st April at 11.00 am.

Age UK (Norwich) Dementia Friendly films at the Eaton Park Community Centre

‘Rebecca’ on 17th March at 1.30 pm – ‘Oklahoma’ on 28th April at 1.30 pm (phone 07786 900685 for details)

Age UK (Norwich) Walks in the Park – accompanied walking groups

Earlham Park 7th March and 18th April – Eaton Park 4th April – Whitlingham 21st March (phone 07786 900685 or 01603 496382 for details)

Dianne's Deliberations:

Well we are now nearly into the third month of 2017, where does the time go?

Sadly, we have lost three of our long standing members since Christmas and I am sure we all send our love and support to their loved ones.

I think for all of us the highlight of these past two months has to be the Panto. I am sure you were as surprised as me by the amazing group of thespians we have in Pabulum. Can I thank Danni for her amazing work getting us into some sort of organised chaos particularly when some of us didn't get to rehearsals.



On the 18th January we had a coffee morning to thank all the kind ladies who knitted and crocheted forget-me-nots for our Admiral Nurse Appeal. The morning raised £89.07 for the Admiral Nurse fund. A nice bonus and something I wasn't expecting as this was a thank you to these wonderful ladies.



There will be a coffee morning on Tuesday 7th March 10am – 3pm at The Assembly Rooms, Norwich to celebrate the 'Time for a cuppa' event. A fund raiser for Admiral Nurses. We will also be displaying all the wonderful forget-me-nots and there will also be an opportunity for people to have a consultation with an Admiral Nurse.

Summer's on its way and it's time to think about group outings and to that end I have booked the annual Broads trip for Friday 12th May. We will be leaving Wroxham at 11.30am and will have 4 hrs on the boat. This means I think that we will be leaving Wymondham about 10.30. Times and prices will be confirmed as soon as possible.



We hope to start planning the Old Time Music Hall very soon. Can anyone who fancies singing a song, playing an instrument or telling a ditty let me know as soon as possible. You can do it in groups you don't have to do it alone!

Dianne

As we celebrate Pabulum's 8th Birthday it's a good time to be thankful for the imagination, forethought and energy of those people who set up and developed our dementia Café

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

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