

# Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Calendar of Events : July 2023 issue

Patron: The Lady Dannatt MBE



## Our Norfolk Community Champions



As an acknowledgement of the Coronation of Their Majesties the King and Queen, and their commitment to supporting community cohesion and volunteering, a tribute to Norfolk's community champions was held on the evening of 23<sup>rd</sup> June at the Royal Norfolk Show. The tribute involved the assembled community champions taking part in a massed gathering at the Show's Grand Ring where they were addressed by our patron, HM Lord Lieutenant of Norfolk, The Lady Dannatt MBE. The tribute was to say thank you to those who contribute so much to our Norfolk communities and good causes and to acknowledge their work. The Group was represented at the tribute by our very own long serving volunteers Carol and Stephen supported by Deborah and Sharon.

## The Trevor Brown Happiness Garden Re-opening

We have been so fortunate to have a garden available at the Fairland Church for our members since 2016. The garden was created by the efforts of volunteers with generous donations of material, equipment and help by the local community and businesses and has been lovingly tended by our volunteers ever since. However, one concern that has remained has been its accessibility particularly for those less mobile so it's wonderful to be able to report that this concern has now been addressed. The project to refurbish and upgrade the garden to improve its accessibility was kicked off with the offer of a donation from Jake Bush and his family and friends. Jake's grandmother Rita Morgan was a regular attendee at the café with her daughter Angie Cooksey and Jake wanted to give something back to the café and, as a member of the 'Bearded Villains', a group committed to helping community projects, he volunteered to undertake the 'Tough Mudder' challenge to raise the funds. Tragically before he could do the challenge Jake died in a road traffic accident but after his death his wife, Amie, and her Dad and two friends completed the 'Tough Mudder' and donated the funds raised to our group. The 'Bearded Villains' topped up the funds raised to £5,000. This enabled us to embark on carrying out the major improvements to the garden that you see today.

With Andy leading the project management and Tony and Maz inputting into the design and replanning of the garden the Group is indebted to them for their work and to the various donations and contributions made by other individuals and companies:



- 🌸 Wymondham Garden Centre - Brenda and Gary Groucott for donating two benches, supplying paving slabs and pagoda benches at cost and securing the irrigation system from their suppliers.
- 🌸 Adie Drew the builder and his son Toby for all their hard work laying bricks and slabs etc., all at a special discounted rate for us.
- 🌸 MW Surfacing for supplying hardcore and funding the excavator and compactor all free of charge.
- 🌸 Anglian Demolition for donating the bricks and rubbish skip service as well as loaning the safety fencing.
- 🌸 Travis Perkins for donating £100 worth of sand with the rest supplied at trade price.
- 🌸 Ben Taylor for donating the Oak Name Board for the garden which will in future accommodate brass memorial plates.

Throughout the works Maz and the garden volunteers team of Carole B, Sue and Angie have continued to maintain the garden to ensure it was in full flower for the reopening on 30<sup>th</sup> June.



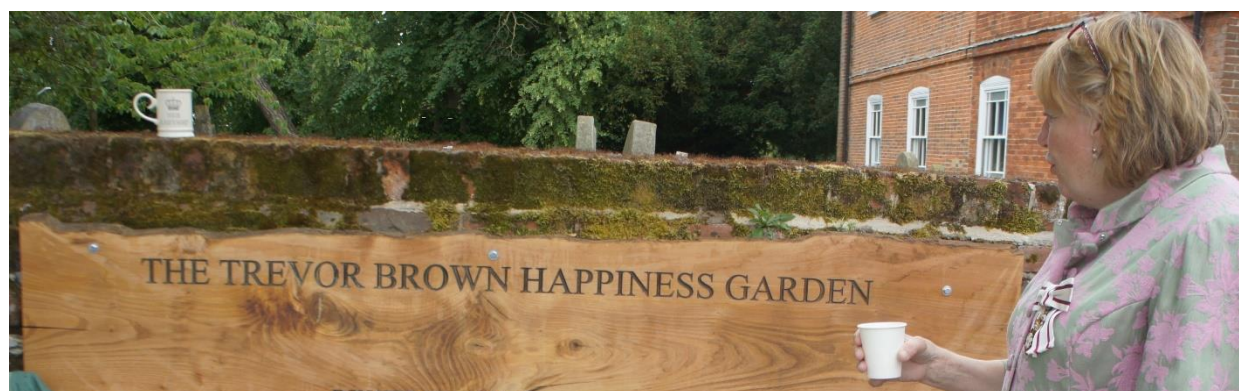
We were honoured to have our patron, The Lady Dannatt, attend to formally open the garden and to announce its renaming to 'The Trevor Brown Happiness Garden'. The trustees felt that it was entirely appropriate to recognise the service that Trevor has given to the Group; from being one of the original team that researched the concept of a dementia café and putting that research into practice and setting up our Pabulum Café to being an active trustee and volunteer for over 14 years.

There was lots of happiness on display at the opening party!





More photos of the opening can be seen on this WDSG website link: [Garden reopening Photos](#)



Our thanks go to our singing troubadour for the opening, Clive Richardson and to Brenda for providing the buffet scones.



And how wonderful it is to see the new accessible garden being used  
– and the Pig!



### **A Beautiful Garden** by Pat Turner

After the rain has fallen  
Remembering our cottage so well  
Fragrance from Roses wafting  
around  
Our garden with the earthly smell  
  
Bees circling the eye-catching  
radiance  
Velvet petals, feeling soft to the skin  
Aromatic Jasmine and Lavender  
Honeysuckle climbing flint walls  
within  
  
Beautiful blooms in abundance  
Hollyhocks standing straight and  
quite tall  
Deep purples and pinks of the Lupins

Pastels swaying in the breeze with  
them all

Cylindrical blossom of overgrown  
shrubs  
Offering protection to delicate  
flowers below  
Sweet Williams, Carnations,  
Primroses and more  
Tiny violets that set off the show

Relaxing, engulfed by this image  
A painting you would hang on your  
wall  
More than just something to look at  
There's the smell, touch and sound  
of it all



## NUH Dementia Fayre

The Norfolk and Norwich University Hospital held its annual Dementia Fayre on 15<sup>th</sup> May in the East Atrium as part of Dementia Action Week and Deborah and Sallie went along to represent the Group. This is a great opportunity to publicise the activities of the Group to interested parties and meet representatives of other local dementia support groups, national organizations such as the Alzheimer's Society and health equipment suppliers. Many members of the public showed interest in the Group and our aims and activities were explained to them – many Group leaflets and Newsletters were handed out.



In particular a student currently working on her PhD about the impact on female carers looking after their family members living with dementia showed great interest in the Group and has subsequently visited one of our Pabulum cafés – she has said how valuable this practical experience of being able to talk to carers in our Group has been.

## New Wymondham Dementia Support Group Branded Clothing

The trustees decided that it was time to have some new Group branded clothing available for members and volunteers to purchase, so Andy approached his local contacts and they have provided us with some very competitive preferential prices for a number of items all in Navy Blue and with the new Group logo embroidered on them. See the full list of items available on the next page and talk to Sarah or Deborah if you wish to order any of them – the feedback on the quality of the products has been very good and samples of each are available for your inspection. Any surplus made from the sale of the clothing will be donated to the Group's funds.



| Item                     | Sizes available | Price (including VAT) |
|--------------------------|-----------------|-----------------------|
| T-shirt                  | xs to 4xl       | £7.00                 |
| Polo shirt               | xs to 4xl       | £10.00                |
| Sweatshirt               | xs to 4xl       | £12.00                |
| Hooded sweatshirt        | xs to 4xl       | £15.00                |
| Soft shell zipped jacket | xs to 3xl       | £22.00                |

## Volunteers' Meetings

Volunteers are reminded that details of upcoming meetings are shown in the Calendar on page 8. They will normally be held on the first Monday and Friday of every month starting at 09.30am – the meetings will be for just 30 minutes before the cafés start. We would ask that all volunteers do try and attend one of these meetings per month as it is important that the Group makes everyone aware of future events and more importantly anything such as changes to the way we operate the cafés, health issues affecting our members etc. If you are unable to attend either of the meetings, please advise our Organisers so that they may keep you informed of any important matters.

## 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. | Tel: 0871 9025724 for details of films or email: <a href="mailto:cinemacity@picturehouses.co.uk">cinemacity@picturehouses.co.uk</a> |
| Fundraising for Pabulum and Star Throwers                                                                                                                                                                                                                                                                                            |                                                                                                                                                |                                                                                                                                     |
| 14 <sup>th</sup> July at 12.00 midday<br>                                                                                                                                                                                                         | Wimbledon Strawberry Cream Tea – watch Wimbledon on the large screen at the Wymondham & District Ex-Service's Social Club                      | £15 per person – book a place with the club's bar staff. Tel: 01953 602261                                                          |
| Video Dementia Guide: One Step at a Time                                                                                                                                                                                                                                                                                             |                                                                                                                                                |                                                                                                                                     |
| Care UK have produced a video guide dealing with dementia diagnosis, living with dementia and supporting the carer. Introduced by Angela Rippon it can be seen on: <a href="https://www.careuk.com/help-advice/navigating-dementia-one-step-at-a-time">https://www.careuk.com/help-advice/navigating-dementia-one-step-at-a-time</a> |                                                                                                                                                |                                                                                                                                     |

(Please always check directly with the various event 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. Our local community continues to support us so generously enabling us to run the Pabulum Cafés and events.

| Donations from               |                    | £ | p      |
|------------------------------|--------------------|---|--------|
| Wymondham Garden Centre      |                    |   | 280.00 |
| Maurice Eke and Fred Squires | Public Collections |   | 825.25 |
| Norfolk Police Book Club     |                    |   | 124.00 |
| P Sparrow                    |                    |   | 40.00  |
| PayPal                       | Various donations  |   | 340.00 |
| Andy Rackham                 |                    |   | 200.00 |



## 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.

10<sup>th</sup> July – Monday Pabulum Café – Carers' Meeting – Stretch and Relax with Pauline

14<sup>th</sup> July – Friday Pabulum Café - Poetry Group

17<sup>th</sup> July - Monday Pabulum Café

19<sup>th</sup> July – Wednesday – an afternoon of live music and dancing from 1.30pm to 4.00pm in the Hall



21<sup>st</sup> July – Friday Pabulum Café  
**NOTE: 10.45am Start Time**

24<sup>th</sup> July – Monday Pabulum Café - **Bingo John**

28<sup>th</sup> July – Friday Pabulum Café

31<sup>st</sup> July - Monday Pabulum Café

4<sup>th</sup> Aug – Friday Pabulum Café: **Volunteers' Meeting @ 9.30 –**

Cinema Reminiscence Session with Angela Bishop

7<sup>th</sup> Aug - Monday Pabulum Café: **Volunteers' Meeting @ 9.30 – Table Quiz**

11<sup>th</sup> Aug – Friday Pabulum Café – Poetry Group & **Vintage Car Day**



14<sup>th</sup> Aug – Monday Pabulum Café

18<sup>th</sup> Aug – Friday Pabulum Café: Sing Along session

21<sup>st</sup> Aug – Monday Pabulum Café

25<sup>th</sup> Aug – Friday Pabulum Café

28<sup>th</sup> Aug – Bank Holiday **NO** Café

1<sup>st</sup> Sep – Friday Pabulum Café: **Volunteers' Meeting @ 9.30**

4<sup>th</sup> Sep - Monday Pabulum Café: **Volunteers' Meeting @ 9.30 - Table Quiz**

**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 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.