



Forget-me-not

Newsletter of the Wymondham Dementia Support Group



Supporting people
with Dementia and
their Carers

News *plus* Events for March / April 2019

Patron: The Lady Dannatt MBE

Pabulum's 10th Birthday



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:

- 1st Mar – Friday Pabulum Café + Yoga
4th Mar – Monday-Monday Café
7th Mar – “Time for a Cuppa” morning at Gill Jeffries’ house in aid of Admiral Nurses from 10.00am to 2.00pm
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- 8th Mar – 10th Anniversary Pabulum Café Celebrations at Wymondham Rugby Club – see details on page 2**
- 11th Mar – Monday-Monday Café
15th Mar – Friday Singing Café morning with Eyebrow Arts in the Hall
18th Mar – Monday-Monday Café
19th Mar – Tuesday Picture Palace – ‘Marvellous’ starring Toby Jones - 1.00 for 1.30 pm start
22nd Mar – Friday Pabulum Café + Short Story Reading
25th Mar – Monday-Monday Café

- 29th Mar - Friday Pabulum Café with Eyebrow Arts in the Hall
1st Apr - Monday-Monday Café
5th Apr - Friday Pabulum Café + Yoga
8th Apr - Monday-Monday Café
11th Apr – Thursday at 7.30 pm – the Cringleford Singers!
12th Apr - Friday Pabulum Café + Poetry
15th Apr - Monday-Monday Café
16th Apr – How Hill Trip – the Coach leaves the Church at approx. 10.15 am and returns at 3.00 pm - £5.00
19th Apr - Friday Singing Café morning
22nd Apr – **NO** Monday-Monday Café
26th Apr - Friday Pabulum Café + Short Story Reading
28th Apr – Admiral Walk UK – Kimberley Hall – see details on page 2
29th Apr - Monday-Monday Café

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.

10th Anniversary Wymondham Pabulum Café Celebrations – starting at 11.00am on the 8th March 2019 at:

Wymondham Rugby Club

Barnard Fields

Bray Drive

Off Reeve Way

Wymondham

NR18

The Rugby Club is well signposted from the B1172/Norwich Common junction with Albin Way (the turning nearly opposite John Kemp's Land Rover Garage and only ½ mile from the Waitrose roundabout). **SATNAV** – do **NOT** use the Rugby Club's advertised postcode – however, using **NR18 0GL** should get you to Reeve Way just before Bray Drive

Fundraising for **Admiral Nurses** – join the 6 mile Walk at Kimberley Hall, NR18 0RT commencing at 10.00am or the **Admiral Cycle Events** (36 or 60 miles) starting at 07.30am. Please see Dianne for Sponsor Forms and if the thought of all that walking / cycling is just too much then please sponsor Jack the Dementia Ambassador Shetland Pony who will be joining the 6 mile walk.



Dianne's Deliberations:

The first thing I have to say is '**A Happy Birthday**' to us all. On Friday 8th of March 2019 we will be celebrating our 10th Birthday. This is some achievement and amazing forward thinking by the founders of the group some 10 years ago.

Pabulum has achieved so much in that time and has grown from strength to strength. Our aim has always been to help those living with dementia and their carers to live well with dementia and I don't think we have done too bad a job so far. Let's all hope that Pabulum will continue with the same amazing commitment to grow for another 10 years and beyond.

I think for this newsletter the editors have given room to others to deliberate on the past ten years and the next ten or more so I will keep my Deliberations short. Except to say that I am so glad I came to visit some 5 years ago and feel very honoured and humble to be allowed to work with such an amazing group of people who never cease to surprise me with their strength and unconditional love for each other whether it is a Volunteer, Carer or someone

living with dementia. You truly are amazing.

I have been asked to refresh your memories about the outings and events planned for beyond April 2019:

- Friday 10th May – The Broads Trip – coach to leave the Church at 10.15 am and return at 3.30 pm
- Friday 17th May – the Ukele Band will be at our Singing Café
- Wednesday 22nd May – Coffee Morning for Dementia Week commencing at 10.00 am
- June – date to be confirmed – Afternoon Tea at Peter Beales Roses in Attleborough
- July – date and details to be confirmed – A visit to the World Horse Welfare’s Hall Farm Rescue and Rehoming centre at Snetterton
- Saturday 27th July – Norfolk Day – Celebrations to be confirmed but keep this date in your diary
- Wednesday 18th December – Christmas Spectacular at Great Yarmouth Hippodrome Circus – details to follow

So it looks like we have a very busy year ahead!

Dianne

Fundraising

Once again we have been the fortunate recipients of donations from our very generous local community including:

Olive Gaul’s Charity Bingo	250.00
Pro Cookshop at Notcutts	118.23
Jarrolds Collection Box	360.00
Wymondham Lions Club	250.00
Bunwell Village Screen	1,000.00

‘Probably the Greatest Pabulum Café in the World’

Reflections on how it all began

On March 8th 2019 we celebrate the 10th Anniversary of the opening of Wymondham Pabulum Café.

This is how it came about – nearly 11 years ago members of Fairland United Reformed Church held an “away day” to review how it could continue to support vulnerable people in our community. At that time, in 2008, dementia was being recognized as a rapidly growing social and health care issue. We therefore decided to explore what we could do in our own locality to help

those living with dementia and their carers. The three of us at that meeting, Ruth Dunning, Horace Wilkinson and me, were asked to do some research and bring back recommendations.



With support from Age Concern Norfolk (now Age UK Norfolk) we visited small Pabulum Cafes which had been opened in Norwich and Diss and were able also to consult with existing volunteers and service users and carers. We soon agreed that we should develop a similar dementia café in Wymondham.

We called a public meeting on the 21st November, 2008 to explore the idea.



From an article in The Guardian dated 6th Oct 2010

which was well attended by local organizations, members of the public and those with experience of living with dementia. There was much enthusiasm to establish a café in Wymondham and a steering committee was formed to plan the opening, recruit volunteers and raise funds. We were greatly helped by

Fairland URC who gave us free use of the Church Centre for the first six months. The support from Age Concern Norfolk was amazing and, on the 13th March 2009, we opened our doors for the first time (meeting on the 2nd and 4th Friday of each month) we had four couples and eight volunteers at our first meeting. Each week our numbers grew.

For the next chapter of this story you must await the anniversary when we will celebrate with the individuals and community groups who made what we are today possible.

Trevor Brown



The Future

So - where do we go from here? What will the next ten years bring? It is important that we continue to develop our work within the community, as the number of people living with dementia is increasing, the resources of the support services are becoming more stretched and we need to bring in more volunteers - especially younger people. Dianne has been contacting schools - and has visited one already - to talk to the children about dementia and Pippa has been working on a letter-writing project with local school children. These young people are our future. The Admiral Walk on 28th April has been arranged to raise money for Admiral Nurses - a vital service for those with dementia and their families - and we need to do all we can to keep our Admiral Nurses. We are so fortunate to have a wonderful team of dedicated Volunteers and Trustees and Dianne is looking forward to the appointment of a Deputy Organiser, who will work closely with her in the future. Happy Birthday Pabulum - and many more to come!

Ann Scott

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 29 th Mar at 10.00 for 10.30 am	My Sister Eileen (1955) with Janet Leigh and Jack Lemmon. Free Tea and coffee before the film	Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025724
Fri 26 th Apr at 10.00 for 10.30 am	The African Queen (1951) with Humphrey Bogart and Katherine Hepburn. 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 spring **Stage Two** at the Norwich Theatre Royal is 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>

Tues 5 th Mar from 2pm to 4pm	Time to Dance – Under the Sea Theme. Part dance class, part social dance. Sessions are open to all to dance and to socialise or just to soak up the atmosphere.	Stage Two, Norwich Theatre Royal – contact 01603 630000 to book. £5 cost but carers may be eligible for free places.
Thurs 2 nd Apr from 2pm to 4pm	Swan Lake Workshop with New Adventures. Get your bodies moving and learn a few moves from Bourne’s legendary production of Swan Lake – the workshop starts with a gentle warm up then the chance to creatively explore the movement and enjoy Tchaikovsky’s music.	

Information and Advice

Just a reminder that all sorts of information and advice is available from Age UK Norfolk on their helpline 0300 500 1217 (Monday to Friday 10am to 4pm) or email them on advice@ageuknorfolk.org.uk. More details on their website at: <https://www.ageuk.org.uk/norfolk/our-services/information-and-advice/>

Assistance required to complete the Lasting Power of Attorney forms and registration? Please contact Bett at the Café.



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

