



Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Events for May and June 2018

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:

2nd May 2018 – First Aid Training for volunteers

4th May – Friday Pabulum Café + Yoga

7th May – **NO** Monday-Monday Café

11th May – Norfolk Broads Trip – meet at the Church at 09.45am latest please. Return to the Church at about 4.15 – 4.30pm



14th May – Monday-Monday Café

15th May – Picture Palace – film '9 to 5' (1980) with Dolly Parton - 1.30 for 2.00 pm start

18th May – Friday Singing Café morning

21st May – Monday-Monday Café

25th May – Friday Pabulum Café

28th May – **NO** Monday-Monday Café

1st Jun – Friday Pabulum Café + Yoga

2nd & 3rd Jun – Wymondham Open Gardens from 12.00 noon to 6.00pm both days. Please



bring a cake : Volunteers for the duty rota **please** advise Dianne of your availability asap.

4th Jun – Monday-Monday Café

8th Jun – Friday Pabulum Café

11th Jun – Monday-Monday Café

15th Jun – Friday Singing Café morning

18th Jun – Monday-Monday Café

19th Jun – Picture Palace – film 'The Lavender Hill Mob' (1951) with Alec Guinness - 1.30 for 2.00 pm start

22nd Jun – Friday Pabulum Café

24th Jun – Sunday Banham Car Boot (next to the Zoo) from 06.30am onwards – Donations please for this Pabulum fundraiser – large items can be collected; speak to Trevor B

25th Jun – Monday-Monday Café

29th Jun – Friday Pabulum Café visit to the Baptist Church to listen to The Squeeges – details tba

Our special interest groups meet during the **Friday Pabulum Cafés: Poetry/Literature; Arts & Crafts** and **Sports/Leisure. Carers' Group** - A confidential group for Carers to meet and discuss their concerns with each other held during the **Friday Pabulum Cafés. Picture Palace** - Come along and see your favourite films.

And looking further ahead – very important dates for your Calendar/Diary/Filofax!

Friday 6th July – Memory Morning

Saturday 7th July – BBQ at the Lucas's home in Forncett St Peter – Please note the change of date!

Friday 27th July – **NORFOLK DAY** – day trip to Cromer - event details to be advised

Pabulum Learning Programme

✿ Your Family History

We are planning some sessions to introduce you to family history research in the late Spring / early Summer – details to follow but please register your interest now with Trevor Brown.

Dianne's Deliberations:

Supercalifragilistic! Amazing and real fun that's how I would describe the Panto this year. I didn't know we had such a wealth of talent in our midst. I think Danny probably deserves an Oscar as it is not an easy job getting our cast organised. I ask myself where do we go from here after such a stellar performance - the cast have set the bar very high for next year's production but I am sure next year's cast will be up for the challenge.





On a cold foggy day in early April an intrepid party of about 60 of us left Wymondham determined not to be put off by the appalling weather. With spirits high we arrived at How Hill to be greeted with cups of steaming tea and coffee and home-made biscuits and such a warm welcome. No sooner had we settled down to enjoy our refreshments than the fog

lifted and we were able to see the river and our surroundings in its true splendour. Sail boats and cruisers gently mastering the waterways, birds feasting on seed from the bird feeders and we even spied a swan sitting on her nest. Once the weather had cleared everybody decided to explore the surroundings returning for their lunch. After lunch some of our intrepid group continued their explorations while others just sat and relaxed and enjoyed the views. Everybody arrived home agreeing they had all had a lovely day.



With summer just round the corner and now we have the lift in action, weather permitting, I will be putting some tables and chairs out in the garden with a coffee machine so that we can all really enjoy our wonderful garden. Can I ask if anybody feels able to do a bit of weeding in the garden it would be a great help - if we all pulled out a handful of weeds each time we visit the garden it will make such a difference and give Betty and Tony a big boost.

On Saturday 2nd and Sunday 3rd June Wymondham is having its biannual Open Garden event and they have kindly nominated us as one of their charities. We will also be opening our garden for the event which is open 12.00 noon to 6.00 pm each day. We will be serving tea, coffee and cake to raise some funds. On the Saturday we have a ladies' choir singing in the garden and hopefully Jack Brock will be able to join us. If anyone could make cake etc., for the event please can you let me know. Thank you.

Dementia Action Week ■ 21st to 27th May 2018

Danny is liaising with the Library in Wymondham to arrange a display which will include the forget-me-not hands. After the display the hands will be dismantled and all the forget-me-nots will be sold for £1 each to raise funds for Dementia UK to help finance another Admiral Nurse.

And finally a BROADS TRIP reminder: Friday 11th May. Meeting at church at 9.45 and returning at approximately 4.15 to 4.30pm. We will be on the boat for 4 hours. Don't forget to bring your lunches!

Dianne

Some more reminders from the last months:



Events of interest to our members at other venues

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

Dementia Action Week 2018

May 21 st to 24 th at 10.00am to 4.00pm every day	Various activities, reminiscence displays and advice sessions being organised by Age UK Norwich and Norwich City Dementia Action Alliance. For details contact Marie Lucas on 01603-496381 or email: marie.lucas@ageuknorwich.org.uk	Kastle Kids Unit, Level 1, Castle Mall Shopping Centre, Norwich, NR1 3DD
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Movies (dementia friendly shows)

Tues 22 nd May at 11.00am or 2.00pm	Beside the Seaside – dementia friendly film event followed by a reminiscence and object handling session hosted by Age UK Norwich – tea and coffee provided. To book a place contact Stella Sheldon on 01603-397785 or email: stella.sheldon@agenorwich.org.uk	The Gallery at The Forum, Millennium Plain, Norwich, NR2 1TF
Fri 25 th May at 10.00 for 10.30 am	Carmen Jones (1954) starring Harry Belafonte and Pearl Bailey. Free Tea and coffee before the film	Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025724

Fri 29 th Jun at 10.00 for 10.30 am	There's No Business Like Show Business (1954) starring Johnnie Ray, Ethel Merman, Donald O'Connor and Marilyn Monroe. Free Tea and coffee before the film	Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025724
https://www.picturehouses.com/cinema/Cinema_City/Whats_On		

Arts and Theatre

Check out the **Creative Matters** section of the Norwich Theatre Royal website for all 'Caring for Dementia' events in May 2018

Wednesday 9 th May at 7.30pm	'The Nature of Forgetting' a play by Theatre:Re - A powerful, explosive and joyous piece about what is left when memory is gone.	Norwich Playhouse, 42-58 St George's St., Norwich, NR3 1AB Tel: 01603 598598
Thursday 31 st May at 2.30pm and 7.30pm	'Cockamamy' a performance by Louise Coulthard. Heart breaking and savagely funny new play explores the reality of living with dementia	Stage 2 at Norwich Theatre Royal Tel: 01603 630000 to book

Check out the 'Creative Matters' section of the Norwich Theatre Royal website for more CARING FOR DEMENTIA events during May 2018

Thursday 14 th June 10.00am to 3.00pm	Join EYEBROW ARTISTS using creative activities to support people living with dementia. 'An Invitation' – 1 hour participatory theatre performances at 11.00am and 1.30pm - To book for a free performance contact 01603-660352 or go to: www.norwichartscentre.co.uk	Norwich Arts Centre, 51 St Benedict's Street, Norwich, NR2 4PG
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Tea, Coffee or lunch and a chat

Friday May 11 th 10.00am to 12.00	Dementia Friendly Coffee Morning – just drop-in	Kemps Restaurant at Norwich Theatre Royal
2 nd Wednesday of the month at 2.30 pm	NCC Dementia Friendship Group - Phone Liza on 07920 285085 for details	Coffee Shop at Wymondham Garden Centre, Tuttlés Lane
1 st Wednesday of the month 10.30am to 12.30pm	Age UK (Norwich) Coffee Morning - Booking not required. Phone Nicola on 07387 055688 for details.	Norwich Thorpe Station, Station Approach, Norwich NR1 1EF

Dementia Education

Tuesday 29 th May from 11.00am to 12.00	Dementia Friends Family Session – educating children and their families about dementia – an Age UK Norwich event – please indicate the age of children when booking for this free event.	Stage 2 at the Norwich Theatre Royal Tel: 01603 630000 to book
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Please let us know if you visit any of the above activities and whether or not it's useful to have this information

Pabulum thanks!

Our grateful thanks to the following who have given so generously to Pabulum in recent weeks:

	£	p
East Anglian Lift Company	200	. 00
Wymondham Dell Bowls Club	2,365	. 00
i/m P Warne	225	. 00
i/m Brian Eaglen	1,246	. 80
i/m J Harvey	174	. 00
Wymondham Rotary Club	500	. 00
Wymondham and District Darts League	500	. 00
Notcutts Pro Cookshop	96	. 61
John Lewis donated curtains to the value :-	2,398	. 85

- and of course our thanks as ever to the numerous individuals who have also given so generously in time and money to us

Situation Vacant

Rita seems to be turning her little shop into the new Woolworths, she is doing an amazing job and is now looking for an assistant. If anyone feels they could help Rita expand her shop, please let her know.

Data Protection

The UK regulations change on 25th May so we've been looking at your personal information that we hold and why we hold it. A Privacy Notice will be circulated to all members and volunteers shortly so you can see how we use and protect your data. If you do have any concerns regarding this please contact Dianne or Phil.



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

