

Forget-me-not

Newsletter of the Wymondham Dementia Support Group

News *plus* Calendar of Events : May 2023 issue

Patron: The Lady Dannatt MBE



Pabulum, a thriving Teenager!



It came as a surprise to realise that the Pabulum Café has been offering support for those living with dementia and their carers for 14 years but didn't we have fun celebrating that event in March – there was much warmth, happiness and laughter in the Church even though there was snow on the ground outside. Lots of photos of the event follow and here is a lovely photo of some

primroses that have been heralding the warmer days of Spring.

14th Birthday Party at Fairland Church

There was a rousing welcome to our members and visitors from our friends of the Wymondham Ukelele Band.



From the Cold and Gloom to Warmth and Happiness!





Lots of laughter and smiles



Music and Dance



And Food and Drink!



We were pleased to welcome our Patron, The Lady Dannatt, the Mayor of Wymondham, Trevor Hurn as well as welcoming back our past organiser, Dianne Fernee – it was wonderful to be able to celebrate our birthday with them.



Eggscellent Easter Bonnets!

Linda T, with a little help from her friends, produced some stunning Bonnets for the Cafés over the Easter Weekend.



How splendid they all look, even Martyn!.



A Poem to Celebrate our Pabulum Café

THIS CAFÉ by Pat Turner

We've found this lovely Café,
To sit and rest a while,
Filled with wonderful people
Who will laugh and make you smile.

Your shoulders may be heavy,
With thoughts you try to find,
Searching for the memories,
Lost in fog, behind.

Tears that trickle down my face,
There are no reasons why,
A hand upon my shoulder
That holds me when I cry.

To lift your hearts with gratitude,
For the support around the room,

The help that is on offer
That takes away the gloom.

Children come to entertain,
Their voices fill the air,
With joyful, tuneful singing
Their melodic warmth to share.

Games to play and songs to sing,
To relax and feel at ease,
Sharing interests with new made
friends
Like home, we feel at peace.

Thank heaven for this café,
We sit and rest awhile,
Filled with wonderful people
Their laughter makes us smile.

Pat and Rodney were so impressed by the amount of tea consumed at our Cafés that they have donated a large bag of Typhoo's finest tea bags – thank you Pat and Rodney! Those tea bags won't be wasted.



And one more from Rodney – A recipe for Pheasant Roast

One Pheasant (feathers removed and gutted, can be skinned if desired.)

One medium Onion (sliced).

Carrots sliced (fresh or tinned) amount as required.

Frozen roast potatoes amount as required.

Assorted vegetables (fresh or frozen).

Pepper for seasoning.

Frozen Yorkshire puddings (optional).

Stuffing balls (frozen) (optional).

Chicken gravy granules.



Pre-heat the oven to 200 degrees.

Place the pheasant in a roasting tin in water with sliced onion and carrots, season with pepper and cover loosely with foil. Put in the centre of pre-heated oven for 1 hour 30 minutes; remove foil after first 30 minutes then leave in oven for next hour to cook.

Put potatoes on baking tray and cook in the oven for about 35 minutes. Add stuffing balls later for about 20 minutes. Yorkshire puddings can also be added to tray 10 minutes before serving.

Cook other vegetables on the hob as required.

When pheasant is cooked, remove from roasting tin and allow to stand for 10 minutes before carving; stir in gravy granules to the juices and mix with onion and carrots to thicken. Place back in oven until ready to serve.

When everything is cooked, serve and enjoy.

Reminds me of my childhood when I used to go with my eldest brother on the farm shoot, and he introduced me to country ways. My mother used to cook this for me, my sister and brothers. It's tasty, economical, easy to prepare and healthy to eat as helps to lower cholesterol if eaten in moderation.

The Happiness Garden



Works on making the garden more accessible have moved on apace. We now have two large level paved areas and benches are being installed. Maz and the gardening team are busy re-planting the beds and making the garden ready for its official re-opening by

Lady Dannatt on 30th June. We are indebted to Andy for all his efforts in organising the works and to Brenda for providing the benches. And of course, many thanks to Maz and the gardening team for all their hard work in helping to prepare the garden.



Looking Ahead

August – A trip on the Bure Valley Railway – Details to follow.

11th August 2023 – Vintage Transport Day

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: cinemacity@picturehouses.co.uk
Wymondham Food and Drink Festival		
Sunday 25 th June from 10.00am to 4.00pm	The Market Place, Wymondham	Free entry
All Day Music Event – Reggae-Ska-Soul		
Saturday 10 th June from 12 Noon to Midnight	Fundraising for the Group at the Wymondham & District Ex-Service's Social Club, 9 Friarscroft Lane, Wymondham, NR18 0AT	£5.00 Entry Fee
Dementia Research and Information		
Dementia Open Forum at the UEA: See previous bi-monthly presentations on the Open Forum's YouTube channel: https://www.youtube.com/channel/UCEw0x69jn6qh-tANkwHgtBQ		
Monday 15 th May from 10.00am to 3.00pm	NNUH Dementia Fayre – A wealth of information and support for carers and those living with dementia. East Atrium, NNUH, Colney Lane, Norwich, NR4 7UY	Free entry – marks the start of Dementia Action Week

(Please always check directly with the 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.

Donations from		£	p
Kevin Hurn - Mayor of Wymondham		515.00	
Wymondham Bridge Club		124.00	
In memory of J Eastty		740.77	
Angie McDonald	Craft Stall Sales	150.00	
Wymondham Garden Centre		893.40	
Katherine Gray	Fruit and Nut Sales	200.00	

In memory of Ken Vickers		50.00
Wymondham Town Council		100.00
In memory of John Norton		500.00
Ecclesiastical Insurance Co		100.00
Wymondham & Attleborough Darts League		500.00
Maurice Eke and Fred Squires	Public Collections	1,052.00
Wymondham Garden Centre		588.50

Welcome to our new members

We would like to welcome new members Agnes and Imogen, Reg and Sylvia, Jean and Ken. We also welcome new volunteers Emily, Ann and Ruth.

South Norfolk Help Hub



The Help Hub is a service provided by the combined South Norfolk and Broadland Councils to provide some extra support to residents in times of need. Getting help early can stop problems from getting worse. It might be only a small problem but if it's difficult to find a

solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in South Norfolk and Broadland. It can offer practical support, suggest community groups, and offer advice and guidance to get you back on track. The service is provided by Community Connectors who work from many GP surgeries across the district delivering social prescribing. This is a non-medical solution to social, emotional and practical issues that may be causing health problems or making them worse.

It's a way to access extra services and support through a GP, nurse or health care professional, to improve your health and wellbeing.

Community Connectors can help you to:

- be part of your community
- have positive relationships
- gain skills and feel confident
- have a warm and safe home
- be free from money worries

Community Connectors can also put you in touch with activities and groups in your area, or support you to start your own project, group or event.

Social prescribing can lead to many positive outcomes, including:

- helping you feel healthier and happier
- getting you involved with your local community
- linking you with new friends and like-minded individuals
- helping you back into work or accessing training and education
- helping you manage financial problems

To contact a Community Connector in South Norfolk:

- via the website: <https://www.southnorfolkandbroadland.gov.uk/help-hub/community-connectors>
- Email: helphub@southnorfolkandbroadland.gov.uk
- Telephone: 01508 533933



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. Please note that it has been decided to extend Fridays' cafes so that they will now close at 1.00pm.

5 th May – Friday Pabulum Café: Coronation Party	Volunteers' Meeting @ 9.30 – Bingo John
8 th May – Bank Holiday – NO Café	9 th Jun – Friday Pabulum Café – Poetry Group
12 th May – Friday Pabulum Café - Poetry Group – Volunteers' Meeting @ 9.30 – Bingo John	12 th Jun – Monday Pabulum Café
15 th May – Monday Pabulum Café – Musical memories with George	16 th Jun – Friday Pabulum Café: Sing Along session
19 th May – Friday Pabulum Café – Sing Along session	19 th Jun – Monday Pabulum Café
22 nd May – Monday Pabulum Café	23 rd Jun – Friday Pabulum Café
26 th May – Friday Pabulum Café – Fish and Chips	26 th Jun – Monday Pabulum Café
29 th May – Bank Holiday – NO Café	30 th Jun – Friday Pabulum Café – Happiness Garden Re-opening 
2 nd Jun – Friday Pabulum Café: Volunteers' Meeting @ 9.30	3 rd Jul – Monday Pabulum Café: Volunteers' Meeting @ 9.30
5 th Jun – Monday Pabulum Café:	7 th Jul – Friday Pabulum Café: Volunteers' Meeting @ 9.30

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.

Trevor will run an occasional general knowledge Quiz during Monday Cafés.

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.