



Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Events for
November and December 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:

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| 2 nd Nov – Friday Pabulum Café + Yoga | 3 rd Dec – Monday-Monday Café |
| 5 th Nov – Monday-Monday Café | 6 th Dec – Cromer Pier Christmas Show –
assemble at Fairland URC at 12.15 |
| 9 th Nov – AGM commencing at 9.30 am | 7 th Dec – Friday Pabulum Café + Yoga +
Poetry |
| 9 th Nov – Friday Pabulum Café + Poetry | 10 th Dec – Monday-Monday Café |
| 12 th Nov – Monday-Monday Café | 14 th Dec – Friday Singing Café morning |
| 16 th Nov – Friday Singing Café morning | 17 th Dec – Monday-Monday Café |
| 19 th Nov – Monday-Monday Café | 18 th Dec – Tuesday Picture Palace –
Nativity - 1.00 for 1.30 pm start |
| 20 th Nov – Tuesday Picture Palace –
Butch Cassidy and the Sundance Kid
- 1.00 for 1.30 pm start | 21 st Dec – The Pabulum Christmas Party
at Kett's Park – 11.00am to 2.00pm |
| 23 rd Nov – Friday Pabulum Café | 24 th Dec – NO Café today |
| 26 th Nov – Monday-Monday Café +
Classic Cinema Club – Dirty Dancing
(1987) | 28 th Dec – Friday Pabulum Café + Short
Story Reading |
| 30 th Nov – Friday Pabulum Café + Short
Story Reading | 31 st Dec – 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.

And another very important date to remember:

Saturday 8th December from 3.00 pm to 6.30 pm – **CHRISTMAS FETE** at Tacolneston Hall, Hall Road, Tacolneston, NR16 1DW. Raising funds for a cause very close to our

hearts, Dementia UK's Admiral Nurses. There'll be 40 Craft and Produce Stalls; South Norfolk Youth Symphonic Band; Local Choirs; Mini Donks & Fireworks. (Note that some of the stalls will be indoors at the Woodland Club, Tacolneston, NR16 1AL). <https://www.facebook.com/ChristmasatTacolnestonHall/>





PABULUM'S CHRISTMAS PARTY

at KETT'S PARK, WYMONDHAM

Friday 21st December

11.00am to 2.00pm

Entertainment, Light Lunch and Father Christmas

£5 per head

RSVP by Monday 3rd December

Dianne's Deliberations:

You'll all be aware of the upsetting time our Dianne has had this past month so she is having a break from her 'deliberations'. She does say she'll soon be back firing on all cylinders though so there's to be no relaxing!

Reminders of recent Café highlights!



Hilary and Fred's 50th



The new Kitchen!!



Making Masks

Jo Parish, an original 'Ovaltiney' from the 1970s, sang for us



Rita and Carole – the very busy team expanding 'Rita's Retail' shop



Help with Form Filling

We recognise how daunting it can be filling in forms when life is full enough with all its other day to day problems and two areas of concern in particular have been raised by a number of our members recently – applying for Lasting Powers of Attorney and Blue Badges. If you are facing the prospect of filling in the necessary forms and want help, advice and assistance in so doing then please do contact our volunteers noted below

who will be only too pleased to give you as much or as little support as you may need:

- Lasting Power of Attorney (health & welfare and property & financial affairs) – Bett
- Blue Badges - Phil

Handy Vans

We've recently been made aware of a service that may be of interest to any of our members who have ever served in the UK's Armed Forces or who are a dependent of someone who had served. The Royal British Legion offers a service for home repairs and maintenance to enable individuals to stay living independently and safely in their own homes. In most cases the service would be free but enquiries should be directed to the Royal British Legion's helpline in the first instance on 0800 0320306 or by email to homesupportadmin@britishlegion.org.uk

Fundraising

The Group has been the most fortunate recipient of some fantastic fundraising in the last couple of months which will all help to enable us to continue fulfilling our commitment to support those living with dementia and their carers.



This was the exceptional amount that Josh and Ady raised from their epic Scragpage Rally journey through Paris to Prague and back. Thank you Guys!



Olive Gaul ran a charity Bingo Evening at the Attleborough Snooker Centre in aid of WDSG and raised an amazing £540



Ronnie Suffling's busking talent in Wymondham town centre added another £49 to the Group's coffers.

From the generous folk of Wymondham and beyond through their support of the **Wymondham Garden Centre's** fund raising at its fantastic Autumn Fair Weekend a sum of £1,633 was raised. Particular thanks must go to the Garden Centre's team and to all the stall holders who helped to make this such a successful and memorable event.

Wymondham
Garden Centre

A big thank you to all who have given so freely of their time and energy to support our Group - we are so lucky to receive such support from all our friends in the local community.



Our thoughts and our thanks also go to Carol, Sally and Trisha who have all lost loved ones recently and who have kindly given us the donations.



The Umbrella Cafés – our ‘sister’ group in Oz

You may be aware that your editors were fortunate enough to sneak off to Australia recently and during the trip had the added good fortune to meet up with Kirsty Porter the driving force behind setting up the Umbrella Dementia Cafés in the Melbourne area. Many of you will have met Kirsty when she visited us in July last year. We thought you may like an update on the activities and progress of the group.



It's worth noting that in contrast to our small rural market town location the Umbrella cafés operate in Blackburn in the eastern suburbs of Melbourne, Australia's second largest city; a city with a population of over 4.8 million.

From a standing start in October 2016 47 café sessions have now been run shared between the ONE Community Church in Blackburn and the Koonung Cottage Community House in Blackburn North. The group has just recently been set up as a company whose purpose is to bring health promotion and social well-being for people

living with dementia. With funds raised, including grants from the Victoria State government, they are now recruiting for two paid roles; one to deliver and co-ordinate the four cafés per month now being hosted and the other to manage the organisation. The group now supports 49 couples living with dementia with the assistance of 68 families who have organised themselves to ensure





that refreshments are available at every café; 19 volunteers who are also being trained to work with people living with dementia and two registered music therapists who donate their time every month. Kirsty is also particularly pleased that they have 89 primary school aged children who attend and socialise with the café attendees as part of wider awareness and de-stigmatisation efforts

involving teachers and parents as well as the children. Already one primary school is running a pilot dementia awareness programme and another is due to start in 2019. Community groups, care support companies and local businesses are now fully engaged with the activities of the group and donate equipment and funds to the café.

Finally, a message from Kirsty in her own words;

“So thank you, THANK YOU Wymondham Dementia Support Group and the Pabulum Café for the life long impact and influence you’ve had on all our lives! Your beautiful legacy lives on in Blackburn, Melbourne. We expect more cafés next year and will keep you updated with all that we do.



With love, and God bless you, Kirsty Porter xxx”

Copies of the Blackburn Café Newsletters and more photographs of their activities will be on display at Pabulum.

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 30 th Nov at 10.00 for 10.30 am	Modern Times (1936) with Charlie Chaplin and Paulette Goddard. Free Tea and coffee before the film	Cinema City, St Andrews Street, Norwich NR2 4AD Tel: 0871 9025724
Fri 21 st Dec at 10.00 for 10.30 am	The Wizard of Oz (1939) with Judy Garland. Free Tea and coffee before the film	
https://www.picturehouses.com/cinema/Cinema_City/Whats_On		

Advice and support

Wednesday 14 th Nov from 1.30 pm to 4 pm	‘Communication for Carers’ is a workshop for carers to share ideas and experience and to learn more about dementia. Entry is free - Complimentary	Care UK, Cavell Court, 140 Dragonfly Lane, Cringeliford, NR4 7SW.
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	refreshments. Workshop delivered by Gina Brown of Age UK Norwich. To book your place or find out more call 01603 859818.	
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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 autumn and winter Stage Two at the Norwich Theatre Royal will be 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		
6 th Nov from 2pm to 4pm	Glyndebourne Workshop – an afternoon of singing, storytelling and music making.	Stage Two, Norwich Theatre Royal – contact 01603 630000 to book. £5 cost but carers eligible for free places.
18 th Dec from 2pm to 4pm	Panto Tea – Meet some of the cast and crew of Norwich Theatre Royal’s Panto ‘Aladdin’ with live music, Christmas cake and tea.	



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



STOP PRESS

We are hoping to be awarded funding from the Aviva Community Fund but we need all of the Pabulum family and friends to vote for us – please go to the WDSG website, click on the yellow Aviva banner and follow the instructions to vote. Urge your friends and family to do the same. Voting closes on the 20th November so please hurry!