

Forget-me-not

Newsletter of the Wymondham Dementia Support Group

News *plus* Calendar of Events : November - December 2022

Patron: The Lady Dannatt MBE



Who'd believe it - another Christmas will soon be upon us!

There's lots of good Christmassy stuff coming up in Pabulum during November and December – Carol and Sharon will be running a special Christmas themed stall during the cafés in November selling arts and crafts that you might like to buy.



We're back to having a proper Christmas Party this year at the Rugby Club so make sure you've got your Christmas party clothes, jumpers, hats and glitter out of the wardrobe in readiness! It's understood that a certain gentleman in a red costume will also be in attendance with his helper. The party will commence at 11.30am and will finish between 3.30 and 4.00pm. There'll be prosecco, a festive buffet and an entertainer. There will be no charge for this event but please book with Deborah or Sarah as soon as possible to ensure your place.

But for now, the clocks have gone back, the days are getting darker and the weather is reminding us that we really are heading into winter - however we can look back on some pleasant times during a milder than usual Autumn. It was good that we were able to get back on the water and enjoy a Broads trip again after two years when the pandemic prevented us from running this favourite excursion – lots of photos of happy people on the following pages.

Sarah has been busy in the kitchen again so please have a look at her festive recipe – and if you are tempted to try it then please let us know how it turns out.

Pabulum Christmas Cards are now available to purchase. The design is based on a painting that Pippa has kindly donated to the Group. A pack of 5 cards will cost you just £2.50 and any profit that we make will go into Group funds.



**Supporting
people with
Dementia and
their Carers**

Go to our website:

www.wymondham-dementia-support-group.org.uk



The Broads Cruise

It was very special being able to return to one of the Group's favourite outings on the Broads – the pandemic had prevented us enjoying this event for two years and there was much eager anticipation as sixty-one of us gathered for the trip.



How good it was to see the familiar sights alongside the River Bure again – including the Broads Sailing Wherries.





Thanks to all our volunteers and to Deborah and Sarah for organising such a special day out – and thanks also to the very helpful staff on the boat.



Some of us were lucky enough to see Herons and Kingfishers (the kingfishers were too fast for the photographer!).



Wymondham Garden Centre Autumn Fair

On 24th September we held a Tombola as part of the Garden Centre's charity fundraising 'Autumn Fair' day. Including the receipts on the day the Garden Centre generously donated £2,088 to the Group to which our own Tombola added a further £160 – an incredible result.

Many thanks to Carol, Sharon and all the other volunteers who gave their time organising and running the Tombola throughout the day.



And, of course, many thanks to all those Wymondham residents who gave so generously to the event and who played on the Tombola.

Halloween

Strange things were afoot when the spirits of Halloween visited Pabulum – guaranteed to scare!



Wymondham Dementia Support Group Annual General Meeting

The Group held its AGM on 14th October and was pleased to welcome 37 members in attendance. We were honoured that our patron, The Lady Dannatt, was able to attend and address the meeting revealing her particular interest in the activities of the Group and thanking all the volunteers and trustees for the work they undertake in supporting those living with dementia in our community.



Our Chair, Ann Scott, reported on another successful year for the Group despite having to deal with the effects of the continuing pandemic on our ability to run the cafés. She highlighted the particular efforts of our organisers, Deborah and Sarah, in managing the cafés in very difficult circumstances under government guidelines.

The full AGM report is available to see on the Group website: www.wymondham-dementia-support-group.org.uk/about/agm-booklet/

Pabulum Café after the pandemic

One of our resident poets and long-standing volunteers, Stephen Kerrison, wrote a poem during the dark days of the Covid pandemic lockdowns looking forward to the days when the Pabulum Café would be able to flourish again – happily a position we can now celebrate and enjoy Stephen's poem.

We'd so many plans
Concerning the future
Ideas to enrich
The work that we do,
But now we have seen them
Vanish before us
Like the Sun's piercing heat
Evaporating the dew

But just as the Phoenix
Arose from the ashes
The Pabulum Café
Will flourish once more,
Until Covid is gone
Some things may be different
But the love between us
Will be there as before

Sarah's Recipe – Lovely Pesto and Cheese Palmiers

1 packet of ready rolled puff pastry
½ jar of pesto

Grated Cheese – as much or as little as you like

Method

Gently unroll the pastry and spread out on a floured piece of greaseproof paper.

I roll it a bit more to make it thinner.

Spread some pesto onto the pastry.



Sprinkle with grated cheese. Man task, grating.

Gently tuck the side of the pastry round the filling and roll to the middle enclosing the cheesy pesto filling. Do the same to the other side so you now have two rolls snug in the middle.

Wrap the grease proof paper tightly round them and put in the fridge for ½ hour.

Get a sharp knife, some baking sheets with grease proof paper on them ready.

Have a cuppa.

Take the rolled-up creation out of the fridge. Cut into slices and place on the baking sheets. Pop in a hot oven 200 or gas mark 7.

Check for brown lusciousness and then test one once cool enough. It's hard to wait.

Nice with any cold drink.

You can roll anything up in this pastry so if you like sweeter things try spreading Nutella and sprinkling with toasted nuts. Roll up the same way and cook.

Addictive!

Gill Jefferies uses Mustard and Red Leicester cheese and hers are lovely.



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@picturehouse.co.uk
Activities at the Hub – Ayton Road		
Second and last Thursday of each month between 10.30am and Noon (29 th Dec – Closed)	Carers and the cared for are welcome to join the 'Cup of Caring' programme for themed activities. Coffee mornings, garden parties and singing sessions. The Hub, Ayton House, Ayton Road, Wymondham	Contact: Libby on 07747 616531 or email: libby.creber@gmail.com for details. www.hubproject.org.uk

	10 th Nov – Pop Ballads led by Graham McKay 8 th Dec – Carols, Christmas songs and festive food	
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(Please always check directly with the organisers before travelling for prices, times and to ensure the event is taking place)

Donations

Once again our thanks go to the following individuals and groups for their generosity in raising funds to support the Group. We owe so much to those who continue to enable us to run the Pabulum Cafés

Donations from		£	p
Angie McDonald	Craft Stall Sales	200	00
Wymondham Methodists		40	00
Neddlecraft		131	12
Maurice Eke and Fred Squires	Supermarket collections	422	00
Wymondham Garden Centre	Autumn Fair	2,088	15

In Memoriam

We're very sorry to have to report that one of our members, Bruce Mann, has passed away. Although Bruce and his wife, Rosemary, had only been coming along since the early days of the cafés' starting again after Covid they did enjoy the time they spent with us and back in the Summer had made a very generous donation to the Group instead of buying presents for their wedding anniversary.

We send our condolences to Rosemary and the family – our thoughts are with you.



Cost of Living Crisis

We're all very well aware of the increase in the cost of living and that it shows no sign of getting any less in the near future. So it is important to know if you have obtained all the benefits from the government to which you may be entitled – the Martin Lewis website has a Benefits Calculator to help determine what those benefits might be and if you have an entitlement. Go to www.moneysavingexpert.com/family/benefits-check/

If you need any help please speak to the organisers or the secretary.



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.

Christmas Fair Stalls are being held during Cafés marked thus: **Stall**

7th Nov – Monday Pabulum Café : **Stall**



11th Nov – Friday Pabulum Café : Poetry

Group: Fish and Chip Lunch : **Stall**

14th Nov – Monday Pabulum Café :

Carers' Meeting : **Stall**

15th Nov – Tuesday Picture Palace : **1.30**

for 2.00 pm start : Babe (1995)

Comedy drama about a piglet

raised by sheepdogs : £1 entry

includes an ice-cream

18th Nov – Friday Pabulum Café : Sing

Along session : **Stall**

21st Nov – Monday Pabulum Café : **Stall**

25th Nov – Friday Pabulum Café :

Ukulele Band : **Stall**

28th Nov – Monday Pabulum Café : **Stall**

2nd Dec – Friday Pabulum Café

2nd Dec – Volunteers' Meeting @ 9.30

4th Dec – Wynterfest in Wymondham

5th Dec - Monday Pabulum Café :

Singing by Ashleigh School

5th Dec – Volunteers' Meeting @ 9.30

9th Dec – Friday Pabulum Café – Poetry

Group – Fish and Chips lunch

12th Dec – Monday Pabulum Café –

Carers' Meeting

16th Dec – **Christmas Party** at

Wymondham Rugby Club

11.30am start. (**NO** Café on this

day)

19th Dec – Monday Pabulum Café :

WDSG Singing Group

20th Dec – Tuesday Picture Palace - **1.30**

for 2.00 pm start – Holiday Inn

(1942) starring Bing Crosby and

Fred Astaire - £1 entry includes an

ice-cream

23rd Dec - Friday Pabulum Café - WDSG

Singing Group

26th Dec – Boxing Day : **NO** Café

30th Dec - Friday Pabulum Café



2nd Jan – Bank Holiday : **NO** Café

6th Jan - Friday Pabulum Café

6th Jan – Volunteers' Meeting - 9.30am

9th Jan – Monday Pabulum Café

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.

Swimming – Relaxed sessions continue to be held every Wednesday at Wymondham Leisure Centre Pool. Contact Deborah or Sarah if you wish to attend.

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.