

Forget-me-not

Newsletter of the Wymondham Dementia Support Group



*Supporting people
with Dementia and
their Carers*

News *plus* Calendar of Events

September 2022

Patron: The Lady Dannatt MBE



WE WERE DEEPLY SADDENED TO HEAR OF THE DEATH OF HER MAJESTY THE QUEEN AND OUR THOUGHTS ARE WITH HER FAMILY. WE PAY TRIBUTE TO HER REMARKABLE LIFE OF SERVICE AND COMMITMENT. HER LOSS WILL BE DEEPLY FELT.

Autumn gathering swallows twitter in the skies

From 'To Autumn' by John Keats



The News from Pabulum

It seems perverse to be in England and to be welcoming the cooler, damper days of Autumn but after such a long hot and very dry Summer where it's been a struggle for so many of us to deal with the discomfort of the exceptional heat it does make a welcome change.

Summer holidays are over, grandchildren back to school or university and the nights drawing in, it's that time of year when the world changes gear but here in the Pabulum cafés we're happy to say that life continues as usual and we look forward to seeing all our members, supporters and volunteers at the cafés.

Despite the heat we have been able to enjoy some different experiences in the last couple of months and on the following pages you will be able to see some photographs to remind you of how we have enjoyed ourselves. How wonderful it has been to start enjoying trips out again – and at the end of September we have that old favourite back again, a trip on the Broads.

The months ahead are going to be challenging for everyone with energy costs increasing dramatically and a double digit inflation rate. If you feel you need some help in knowing where you might go to obtain information about additional financial assistance then please talk to our Organisers or the Secretary – we don't guarantee

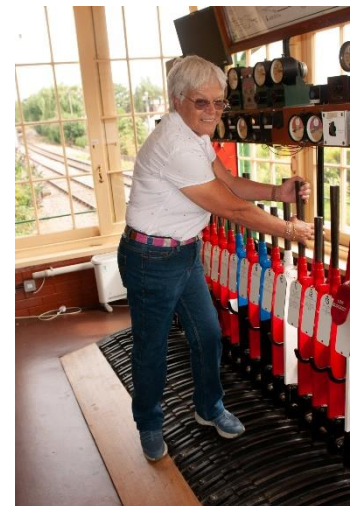
to know all the answers but we will try and help to point you in the right direction.

The trustees are very pleased to welcome Mrs Brenda Groucott as a new trustee. Brenda is a proprietor of the Wymondham Garden Centre and you will be aware that the Group has been one of the Centre's chosen charities for many years.

The 'Orient Express' – well, the Mid-Norfolk Railway Trip

And what could be better than a return trip from Dereham to Thuxton Station with a delicious afternoon tea served at our seats – it was certainly smiles all round for this

gentle and nostalgic journey through the Norfolk countryside. Not so sure about the apprentice signal person being let loose in the signal box though!



Dianne Fernee's Garden Party

Dianne very kindly opened up her garden to a gaggle of 'Pabulums' in July – so nice for everyone to meet up with Dianne again and particularly with the very special guest, Jack the miniature pony, in attendance to keep everyone calm and happy.



Many thanks Dianne!



Cherished Memories - Do you have old Standard or Super 8mm movie film gathering dust in your cupboards and drawers? Is it many years since you've enjoyed seeing the contents revealed on a noisy old projector? If you'd like to see the films again they can probably be digitally scanned so you can see them on your computer screen or DVD player.



Just speak to Secretary Phil

Vintage Transport Day

Memories of trips out in Mum and Dad's car when traffic moved at a more genteel pace, petrol was 4/6d a gallon and AA patrolmen used to salute every passing member were awakened when, thanks to four very generous owners, rides around Wymondham and beyond in these splendid vehicles were arranged.



Ahh! The memory of sticking to the sweaty vinyl seats as a child – it all comes flooding back!

Many thanks to Andy in his Austin 7, Brian in his Ford Cortina, Robert in the Austin 12 and Bernard in the Daimler – you certainly provided a memorable experience for everyone.

Upcoming Events to look forward to

All our regular cafés and events over the next couple of months or so are included in the calendar on the back page for your easy reference but here is a reminder of some extra events for the future that you might like to make a note of in your diary.

Ukulele Band - The band will be visiting us again in November – date to be agreed.

Christmas Crafts Stall – Throughout November Carol and Sharon will be running a stall during the cafés where you can buy handmade craft items as gifts.

Christmas Party – The Party will be held at the Wymondham Rugby Club on 16th December – more details to follow – it will soon be here!

Sarah's Feel-Good Recipe - Vanilla Plum Cake



- 1 cup plain flour
- 1/2 cup ground almonds
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 8 tablespoons (1/2 cup) unsalted butter, softened, plus more for greasing the pan
- 1 cup plus 2 tablespoons sugar, divided
- 1 large egg
- 1 1/2 tsp vanilla extract
- 1/2 cup milk
- About 7 plums (any variety), pitted and quartered

Mix the dry ingredients in a bowl and set aside.

Cream the butter, sugar, egg and vanilla together to make a thick batter.....add in the dry ingredients and combine.

Add in the milk last. Your batter will be rich and pale yellow.

Pour into a greased (I line my pan with parchment paper on the bottom) 9" springform pan.

I did mine in two loaf tins and it was a lovely jammy plum bottom. Lovely with the almonds.

Slice the plums however you like, you can quarter them or halve them, depending on the size. Decorate the top with the plums and sprinkle the 2 tbsp of remaining sugar on top.

Bake in a preheated 350F oven for 60-70 minutes. The cake will take that long to bake. Let it rest in the pan for 30 minutes, then run a knife around the sides and unmould them.

Enjoy!

In Memoriam

It is with great sadness that we report that the following members of our community have passed away in recent weeks. Our sympathy goes out to their families and friends.

Ken Vickers

Ken and his wife Sylvia came from Tacolneston and were members of the U3A – he was always laughing and was a lovely kind man who will be missed by all.

John Lapping

John together with his wife Averil have contributed much to the Group and its musical activities over the last few years – John with his wonderful guitar playing while Averil enjoyed performing in our pantomimes. We will miss John's playing and good humour – our thoughts are with Averil and the family.



Richard Young

Richard used to attend with his wife Jean – Richard was particularly keen on watching films in our Picture Palace sessions and was not impressed if our technical skills were lacking when showing the films! He will be missed.

Do not ask me to remember

Sylvia and Fred suggested this poem by Owen Darnell

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

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)

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	Carers and the cared for are welcome to join the 'Cup of	Contact: Libby on 07747 616531 or email:

month between 10.30am and Noon	Caring' programme for themed activities. Coffee mornings, garden parties and singing sessions. The Hub, Ayton House, Ayton Road, Wymondham	libby.creber@gmail.com for details. www.hubproject.org.uk
Dementia Open Forum at the UEA		
Thursday 22 nd September from 2.00pm to 3.00pm	A presentation by Professor Anne Marie Minihane (UEA) on 'Nutrition and Brain Vitality: We are what we eat'	Email: dementia.research@uea.ac.uk for a link to attend this event. Previous Open Forums are available on UEA Dementia Open Forum YouTube Channel

Donations

We are so very fortunate as a group to continue receiving donations from the local community supporting our activities – our thanks go to the following individuals and groups for their generosity.

Donations from		£ p
Ann Bennett	In memory of Sue Bennett	250 – 00
Norfolk Snowsports		21 - 30
C Spence	Collection in celebration of Rita Harris' 90 th Birthday	110 – 00
Henry Brewer	In memory of Eve Brewer	80 – 00
Angie McDonald	Craft Stall Sales	100 – 00
S Smith	In memory of June Smith	105 – 00
A Flaxman	In memory of Eve Brewer	50 – 00
St. Christopher's Coach Fund		250 – 00
Bearded Villains	Fundraising in memory of Jake Bush	1,160 – 00
Roy and Lena Chalu		100 – 00
		Wymondham Sports Bar / Town Green Café 400 – 00

Best Wishes to Ann Bennett and to Trevor Brown

As many will be aware both Trevor and Ann have been unwell recently so we send our best wishes to them with our hope that both will be back to full health very soon.



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.

12th Sept – Monday Pabulum Café – Carers' Meeting - Bingo

14th Sept - Trustees' Meeting - 9.30am

16th Sept - Friday Pabulum Café - Sing Along session

19th Sept – **NO** Monday Pabulum Café

20th Sept – Tuesday Picture Palace - **1.30 for 2.00 pm** start – The Jungle Book (1967) by Walt Disney - £1 entry includes an ice-cream

23rd Sept – Friday Pabulum Café

24th Sept – Autumn Fair at Wymondham Garden Centre

26th Sept – Monday Pabulum Café

30th Sept – Pabulum's Wroxham Broads Trip Meet at 11.30 at Fairland Church (No Friday Café)



3rd Oct – Monday Pabulum Café

3rd Oct – Volunteers' Meeting – 9.30am

7th Oct - Friday Pabulum Café & 

7th Oct – Volunteers' Meeting 9.30am

10th Oct – Monday Pabulum Café -

Carers' Meeting – Fish and Chips lunch



12th Oct – Visit to Redwings Horse Sanctuary at Aylsham organised by Monument

14th Oct – AGM starting at 09.00am followed by Friday Pabulum Café – Poetry Group

17th Oct – Monday Pabulum Café – Stretch and Relax

18th Oct – Tuesday Picture Palace - **1.30 for 2.00 pm** start – Carry on Doctor (1967) - £1 entry includes an ice-cream

21st Oct - Friday Pabulum Café - Sing Along session

24th Oct – Monday Pabulum Café

28th Oct - Friday Pabulum Café

31st Oct – Monday Pabulum Café

4th Nov - Friday Pabulum Café

4th Nov – Volunteers' Meeting - 9.30am

7th Nov – Monday Pabulum Café

7th Nov – Volunteers' Meeting- 9.30am

11th Nov - Friday 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. 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.

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

Continuing COVID 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.



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