

Forget-me-not

Newsletter of the Wymondham Dementia Support Group



News *plus* Calendar of Events : Spring 2025 issue

Patron: The Lady Dannatt MBE



The year's at the spring,
And day's at the morn;
Morning's at seven;
The hill-side's dew-pearl'd;
The lark's on the wing;
The snail's on the thorn;
God's in His heaven —
All's right with the world!

Pippa's Song by Robert Browning 1812-1889



It always seems that it is a long time coming but at last Spring is here; the days are drawing out, the countryside is coming alive and the sun starts to warm our bones. We take a look back to how we filled our time and what entertained us during those long dark autumn and winter months.

Wymondham Firefighters' Car Wash

We were most honoured when the Wymondham Firefighters, long term supporters of the Group, made us their chosen charity for their Autumn fund-raising car wash. You may remember that the firefighters helped us to establish the Pabulum garden back in 2016 by providing much of the muscle power. The team spent four very hard hours cleaning 129 of the cars of Wymondham and donated an incredible £750 of their takings to us. Many thanks to them for all their hard work and generosity.



Sarah Green

It was a very sad day when Sarah announced that she was retiring as an organiser so it was an emotional morning in the café when we said our farewells – there was a splendid cake though! There were two special poem performances to see Sarah on her way by Pat and Deborah – they encapsulate all of our feelings about what Sarah meant to the Group. We wish her all the best for the future.



A Thank You to Sarah

You've been a ray of sunshine on our gloomiest days,
Lifting our spirits in so many ways,
Smiles and fun, making us laugh,
As we travel along this unknown path.

Pat Turner



Goodbye to Sarah

The time has come to bid farewell
The both of us did truly gel
Five years of you keeping me in the fast
lane
But maybe also driving me a little bit
insane
From early days with "what's this do?"
And teething problems, there were a
few
Through Covid chaos, masks and Zoom
You brought some sunshine to the
gloom
We opened doors and started again
And it was organised like a military
campaign

Deborah Anstee

Cafés got busier, coffee flowing
But teamwork and caffeine kept us
going
Sarah, I'll miss your laugh and wit
Your problem solving and your cake
recipes, a bit!
Retirement calls, the pottery is waiting
'Goodbye' to admin and 'hello' creating
You have returned your phone and keys
intact
Probably best to go before you get
sacked!
So goodbye Sarah, go have some fun
But we will miss you each and every one

Christmas Events

The run up to Christmas 2024 saw a number of events taking place kicking off with a return visit from the **Wymondham Ukulele Band** on 6th December. They entertained us with a variety of songs including some Christmas favourites.



We had another return visit, this time from the pupils of **Ashleigh Primary School** who came to entertain us with their Christmas songs on 16th December. It was so heartening to see the inter-generational engagement and conversations going on between the children and our members and volunteers. We're looking forward to 'Show and Tell' visits from the school on 28th & 31st March when we can share the pleasure in **showing** a favourite object and **telling** its story.





The **Singing Café** on 20th December was another chance to exercise the lungs with Christmas carols and songs – accompanying Philip on the piano we had Andy and Deborah in the percussion section!

Pabulum's Christmas Party

Taking place on 13th December at our now favourite venue for another year – the Wymondham Rugby Club's function room. A dull grey December day was cheered up by the colourful array of Christmas jumpers, hats, Christmas pudding outfits and reindeer antlers which were all much in evidence; we had a splendid buffet and a reasonable quantity of Prosecco was consumed! The musical entertainment (of a suitable vintage, The Mavericks, Stealers Wheel, Jackson 5, etc...) was provided by the Tree Fellas and Lady Byrds – much dancing ensued and Carol T led the conga as has now become traditional! We even had a visit from the rotund gentlemen in a red suit with a long white beard who handed out Christmas presents to those who had been good, accompanied by a lot of Ho! Ho! Hoing! There's no doubt that a good time was had by all and the Group's thanks go to Deborah and the volunteers for all their hard work in making this such a successful and enjoyable event. A few photos follow but all the photographs and videos of the day will be available on the website.



Fundraising

Carol and Sharon set up their Crafts stall at the Christmas Fayre event being held in the Woodlands Club in Tacolneston and raised an amazing £219 in just one day. It was the first time out for the new SumUp credit/debit card reader and it worked! A lot of hard work setting up, running and dismantling the stall – many thanks ladies!



Fundraisers' Thank You

As a Group we are most fortunate to have so much support from the local community and our own volunteers and we do try to express our thanks to all those who provide this support whether it's financial or in kind. Once a year we do, however, single out those individuals and organisations that have been responsible for raising significantly large monetary amounts for the Group and present them with a Certificate as particular recognition of their efforts. So, in January chairman Andy made the presentations to our volunteers Angie McDonald, Carol Tooke and Sharon Roebuck and to Portia representing the Wymondham Garden Centre. Our thanks to them all.



Volunteers' and Trustees' Training

Part of the undertakings that volunteers make when joining the Group is to take part in regular training sessions for Dementia Awareness, Safeguarding and First Aid – these are part of the Charity's obligations. Carrying out face to face training during Covid became problematic but we are now getting back on track with regular sessions for all of the various categories relevant to the individuals' needs. The sessions are being held in both the Pabulum Lounge as well as outside venues. If you think you may have missed out on any training please speak to Deborah or Fliss.



Happiness Garden

There has been concern for some time about the concrete paving footpath in the garden becoming very slippery when wet and especially so when the leaves stick to it. So, we are greatly indebted to Dan Wilkinson and his company MW Surfacing Ltd for offering to take up the concrete paving slabs and relaying the path with asphalt for no charge to the Group. Dan is the grandson of Horace Wilkinson who some of our members and volunteers may remember as a founder of the Group. Many thanks to Dan and his team for carrying out this most valuable work which will make a dramatic improvement to the safety and accessibility of the garden.



If any volunteers have green fingers or are just interested in doing something in the great outdoors then please let Maz know as she is looking for some additional help in the garden with the growing season now upon us.

Childhood Memories

We were pleased to have another visit from Angela Bishop last month to help us awaken all those memories of childhood – it was good to hear all those stories of presents, sweets and trips to the pictures and how as children we were allowed so



much freedom. Members had brought along some of their own childhood toys which included some fairly battered but well-loved teddy bears. Ann gave a very professional demonstration of how to pin on a traditional terry towelling nappy without puncturing the baby – or in this case another teddy bear!

Felicity Horne - Fliss

Hopefully you will have met our new Assistant Organiser but here's an introduction in case you haven't:

"Hello, my name is Fliss and I have recently joined as Assistant Organiser, working with Deborah.

I have lived in Wymondham for eight years with my husband and children. We love being part of this wonderful town and appreciate the fantastic amenities, groups and strong community spirit it has to offer.

In my spare time, I enjoy reading, horse riding and spending time with

my family, being out and about in Norfolk. Since joining the group, I've been truly grateful to step into such a meaningful role and have been touched by the warm and welcome introduction I've received.

I look forward to getting to know everyone in the months ahead."

Welcome Fliss – we hope you enjoy being part of the Pabulum community.



Events of interest to our members at other venues

Dementia Friendly Cinema		
Tuesday 22 nd April starting at 2.00pm	'Brief Encounter' (1945) at ' thelight ' Cinema, Bridges Street, 1 Anchor Place, Thetford, IP24 3AQ. £5.00 entrance fee and Carers free. Refreshments are served before the film.	For details of dementia friendly screenings go online: https://thetford.thelight.co.uk/dementia-friendly
Various Dates throughout the year	Cinema City, St Andrews Street, Norwich, NR2 4AD has a programme of 'Relaxed Screening' film shows suitable for those living with dementia.	To see the programme go to the Cinema City website: https://www.picturehouses.com/cinema/cinema-city-picturehouse/accessibility And follow the link to 'Relaxed Screening'

Visits to **Norwich Theatre** venues? The theatre has an accessibility scheme which provides for free 'Essential Companion' tickets where an individual needs someone to accompany them to make the visit easier – the theatre has a programme of relaxed performances more suitable for those living with dementia. Registering for the

scheme is free of charge – For more details go to: <https://norwichtheatre.org/my-theatre/accessibility-scheme/>

To apply for an access card, go to:

<https://app.accesscard.online/apply/norwicht/form/>

Dementia Information		
Wednesday 19 th May from 10.00am until 4.00pm	Providing as much information and support to people living with dementia in a caring and supportive environment at East Atrium and the Benjamin Gooch Lecture Theatre, Norfolk and Norwich University Hospital, Colney Lane, NR4 7UY. The day will include talks by Professor Hornberger.	For more information call the dementia support team on 01603 288694 or email: mailto:dementiaservices@nnuh.nhs.uk

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

Photo Caption Competition

There aren't any prizes (well you might get a piece of cake) but can you think of a suitable caption to accompany these photos – we'd love to see what ideas you can come up with. Please pass your suggestions to the Secretary.



Donations

We are indebted to those individuals and organisations that give so generously to support the Group's activities. We list some of the sums received over the recent months :

		£
Wymondham Fire Service	Donation	750
C & N Cullen	Donation	100
Roger and Brenda Peck	Donation	500
Catholic Womens' League	Donation	200

Tony and Ann Shepherd	Donation	200
Unite the Union	Donation	1000
Roy and Lena Chalu	Donation	100
Angie Macdonald	Craft Stalls	200
Bett Barrett	In Memoriam	2872
Joan Sparrow	In Memoriam	856
Dan Wilkinson	Donation	300
Ecclesiastical Insurance Co	Donation	100
Needlecraft Collection Box	Public donations	78
Wymondham Garden Centre	Donation	665
Wymondham Lions	Donation	500
Carol and Sharon	Craft Fair	219
Frederick Walton	In Memoriam	52
East of England Coop	Donation	762
Wymondham Garden Centre Collection Box	Public donations	62
Just Giving Receipts	Various donations	327

In Memoriam

Sadly, we have to report the recent passing away of the following members of our community and we send our sympathy to all their families:

Douglas Bunn – Doug and his wife Pauline had been coming along to the cafés for a number of years – Doug was always a cheerful presence and liked to be involved in all of our activities. Doug will be sadly missed by all his friends in the group.



Bett Barrett – Bett was a very active volunteer with the group for many years. With her medical background and experience she was able to provide practical advice for dealing with the effects of dementia to carers and to the volunteers. Her contribution to the group was invaluable and she will be very much missed.



Fred Squires – With his fellow fund-raising colleague Maurice, Fred has spent many hours sitting inside and outside our local supermarkets, garden centres etc., rattling his collection bucket, doggedly encouraging the public to donate cash to the group. Fred has been responsible for raising many thousands of pounds for the group and he will be a hard act to follow! We will miss him.





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.

17th Mar – Monday Pabulum Café – **Stretch & Relax**

21st Mar – Friday Pabulum Café – **Singing Café session with Rob**

24th Mar – Monday Pabulum Café

28th Mar - Friday Pabulum Café - Ashleigh School 'Show and Tell'

31st Mar - Monday Pabulum Café - Ashleigh School 'Show and Tell'

4th Apr – Friday Pabulum Café - **Volunteers' Meeting @ 9.00am – Trevor's Table Quiz – Fish & Chips**

7th Apr - Monday Pabulum Café - **Volunteers' Meeting @ 9.00am**

11th Apr – Friday Pabulum Café – **Poetry Group**

14th Apr - Monday Pabulum Café – **Bingo John**

18th Apr – Friday Pabulum Café – **Singing Café session**

21st Apr – **Bank Holiday Monday – NO Café**

25th Apr – Friday Pabulum Café

28th Apr – Monday Pabulum Café – Volunteers' Dementia Awareness training

2nd May – Friday Pabulum Café - **Volunteers' Meeting @ 9.00am**

5th May – **Bank Holiday Monday – NO Café**

9th May – Friday Pabulum Café – **Poetry Group**

12th May – Monday Pabulum Café - **Volunteers' Meeting @ 9.00am**

16th May – Friday Pabulum Café – **Singing Café session**

19th May – Monday Pabulum Café

23rd May – Friday Pabulum Café

24th May Saturday - **Open Day for Dementia Action Week** – Crafts' and Plants' Stalls, Refreshments

26th May - **Bank Holiday Monday – NO Café**

30th May - Friday Pabulum Café – **Karyn's Puppets**

2nd Jun - Monday Pabulum Café - **Volunteers' Meeting @ 9.00am – Trevor's Table Quiz**

5th Jun - Friday Pabulum Café - **Volunteers' Meeting @ 9.00am**

9th Jun – Monday Pabulum Café

13th Jun - Friday Pabulum Café – **Poetry Group**

14 & 15th Jun – Craft Sales at Peter Beales

16th Jun - Monday Pabulum Café

20th Jun - Friday Pabulum Café – **Singing Café session**

23rd Jun - Monday Pabulum Café

27th Jun - Friday Pabulum Café

30th Jun - 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.

Health precautions: We require **pre-booking** for members/carers and volunteers attending the Cafés to ensure the safety of all attendees.

Contact: Deborah (Mob: 07586 312809) or Fliss (Mob: 07391 659057) during normal working hours to book a place at the Café or to obtain any further details.

Advice to Carers from Age UK

Age UK provides help and advice for family carers looking after a partner or relative who's disabled due to physical or mental health. What might you need help with? Follow the links below for help on the various topics.

Financial support for carers

As a carer, you may be eligible for financial support including Carer's Allowance or Carer's Credit. Follow the link:

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/financial-support/>

Dementia and care

Looking after someone who's living with dementia can bring specific challenges. There is information and advice available to help..

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/caring-dementia/>

Taking a break from caring

It's important to have a break from caring if you need one – the services that enable you to do this are known as respite care.

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/respice-care/>

Looking after yourself

Over time, caring can really take its toll. It's vital that you look after yourself as well as the person you care for.

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/looking-after-yourself-as-a-carer/>

Your role has changed or ended

We can help you navigate your emotions, as well as any practical and financial changes that you need to consider.

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/my-caring-role-has-changed/>

Lost Memories?

Do you have reels of 8mm cine film containing precious memories now collecting dust in the bottom of a cupboard but there's no projector to view them? If you'd like them to be digitised so that they can be viewed once again on a computer or laptop then speak to Phil.

