



WDSG Keeping in Touch *Issue 10*

Welcome to our 10th Keeping in Touch Newsletter. In our last newsletter we mentioned our survey which was either emailed or posted to all our members and volunteers and a big thank you to those who have responded. Your opinions count and will help us plan our criteria for opening up our meetings again.

If you haven't responded it's not too late and if you would like another copy of the survey please just ask.

Just to let you know that we will be holding the 2020 WDSG Annual General Meeting via Zoom on 6th October 2020 - The formal meeting notice, agenda and reports will be circulated soon.

If you are not on online but would like any information referred to in this newsletter please make contact with us.

Also don't forget, if you need any help or would like to talk please don't hesitate to make contact **Email Sarah or Deborah on organiser@wds.org.uk** Sarah's mobile number is **07391 659057**. Deborah's mobile number is **07586 312809**.

We are open to anyone living in or near Wymondham who has been recently affected by dementia and would like to make contact, we can offer friendship and understanding.

UEA has recently launched a new online research study for family carers of people with dementia that might be of interest. **iACT4CARERS** is a research project that looks at whether a psychological training programme called '**Acceptance and Commitment Therapy**' delivered online leads to improvements in emotional difficulties experienced by family members and whether it is possible to provide it in the NHS.

This research study is looking for people that are:

- currently caring for a family member living with dementia
- interested in completing eight online psychotherapy sessions
- able to access a device such as a computer or a tablet and have internet at home
- currently not receiving psychological treatment such as counselling

You can find more information about the study at the project website <https://iact4carers.com> you can contact the research team directly from the 'Contact us' page on the project website or email the team at iact4carers.study@uea.ac.uk

Letter from our Patron the Lady Dannatt, HM Lord-Lieutenant of Norfolk

Dear All,

It suddenly occurred to me that I hadn't been in touch for a while but I hope you are all really well and enjoying the summer now we have a bit more freedom. I am sure Sarah and Deborah are doing brilliantly at keeping you all linked up.

Many of you will know that we have eight young grandsons and, to our great joy, our first granddaughter arrived in May, Theodora Rose, and we have a second granddaughter due in October so the girls are definitely fighting back!

We are all just back from a wonderful two weeks in Cornwall though we missed out on the heatwave you enjoyed here in Norfolk which was a shame!

I am missing our meetings and singalongs in Fairland Church Centre but am really looking forward to being back with you as soon as we are able. I often wonder how the garden is doing in our absence and wonder if some of you are still able to visit?

For the first time we have four chickens and a flourishing vegetable garden but I wish I had greener fingers. The grandchildren have named the chickens so we have Chickaletta, Hatty Leaf, Meghan (because she is a Royal Sussex) and Bluebell. Sadly, Norma Stickman got eaten by the fox!



Stay safe everyone and I really hope to see you soon.

With best wishes,
Pippa

The Lady Dannatt MBE
HM Lord-Lieutenant of Norfolk

With the BBC stopping free licences for the over 75s from August 1st it is worth knowing that you can still get one if you are in receipt of pension credits - the link below will enable you to find out if you are entitled to pension credit if you are not already getting it - apparently over 1million pensioners fail to claim. <https://www.gov.uk/pension-credit-calculator>

WDSG Memories. Tea in Forncett, September 2016



Control and click on the links below for more photos and videos

<https://goo.gl/photos/4HbMQA4bSk7cbGzJ7>

Garden update

The gardening ladies (and gentlemen) are looking for some donations of any perennial plants so if you are at a point where you are dividing plants please think of them. Well behaved plants please nothing that's going to run wild and take over.

Last time of asking!!! as advertised in the last newsletter the Flymo Garden Vac 2700W turbo (model MEV2700), also has spare packet shredding lines, is still for sale at £30.00 for Pabulum funds. Ring Deborah or Sarah if you are interested

News..News..News and Congratulations

Well done to Dianne and Carol who, at the most recent count, have raised £270 For Pabulum. As the usual memory walk at the Norfolk Showground was cancelled, they decided to do their own sponsored walk and after completing 5 miles around Hethel they followed up with some well-earned refreshments at Wymondham Garden Centre.



Congratulations to Phil who had a birthday on 30th August

It's been a bit light on birthdays this month so I just have to say happy birthday to Jackie and Graham's dog, Fuzz, who was lucky enough to receive a birthday cake made by Graham.

.....More about Pets to follow.



We have been offered some items that are no longer required if you would like anything please give Deborah a call or send an email as soon as possible. **Deborah on organiser@wds.org.uk**

07586 312809

- A three-wheel rollator
- 2 wheelchairs
- A set of rain covers for a wheelchair
- A helping hand picker upper
- XL male pull on tenna pants
- Unused bed protector bed sheets

Pets Corner

Always loving and completely dependent on us, they give us so much comfort and support especially welcome while we spend more time at home.

Some facts ... 50% of people in the UK own a pet. Of those, 26% own dogs, 24% cats. Fish and birds are next and rabbits last at 2%.

Some keep exotic pets such as snakes, micro pigs and tarantulas.

Ailurophiles are people who like cats, and Cynophiles those who prefer dogs.

The average cost of looking after a cat or dog for life is around £17,000.

The RSPCA was founded in 1824.



Surprisingly, not many songs seem to have been written about pets. Perhaps you know more? Click on <https://www.youtube.com/watch?v=safonysTrbE> for “How much is that doggie in the window”, sung by Patti Page. This was a song that brought back happy memories for Marion as she sang this during our Magic Table demonstration in November last year. Marion has fond memories of the pet dog called Punch that she had as a child

Following on from a few telephone calls this week I heard that Pauline and Doug have many happy memories of her beloved dog, Becky. She was a rough tri coloured collie (black, brown and white) and they often think about her. Slightly more exotic..... Mandy’s enthusiasm for her pet tortoise brought back memories for me about the tortoise I had as a child. I was heartbroken when it wandered away..... Luckily 3 days later he came back.

Some more poems below

This one is worth watching ... really made me smile.

<https://www.youtube.com/watch?v=sYzHUeySKU4&t=5s>

Pam Ayres: The dog that bit the ball.

<https://www.youtube.com/watch?v=Mz29e3lv3Js>

Macavity the Mystery cat read by Author T S Eliot

The Singing Cat by Stevie Smith

It was a little captive cat
Upon a crowded train
His mistress takes him from his box
To ease his fretful pain.
She holds him tight upon her knee
The graceful animal
And all the people look at him
He is so beautiful.
But oh he pricks and oh he prods
And turns upon her knee
Then lifteth up his innocent voice
In plaintive melody.

He lifteth up his innocent voice
He lifteth up, he singeth
And to each human countenance
A smile of grace he bringeth.
He lifteth up his innocent paw
Upon her breast he clingeth
And everybody cries, Behold
The cat, the cat that singeth.
He lifteth up his innocent voice
He lifteth up, he singeth
And all the people warm themselves
In the love his beauty bring

Not quite a pet but Stephen feeds some hedgehogs that spend time in his garden and had a close encounter when, during the recent hot spell, he slept in his garden. He woke up in the night nose to nose with one of his garden hedgehogs. I am not sure who was most surprised but it inspired this poem

Hedgehogs

By Stephen Kerrison July 2020 (dedicated to Carol, in memory)

I feel sorry for the hedgehog
It's said they're full of fleas,
How do they ever scratch themselves
without inflicting injury?
They're such shy and gentle creatures
and they keep our garden free
From slugs and snail and other pests
that eat our greenery.

I feel sorry for the hedgehog
He knows not the Highway Code
For we often seem to see them
Resembling doormats on the road

They are a national treasure
A delight for all to see.
Those who keep a night-time vigil
may well, rewarded be.

I feel sorry for the hedgehog
he sleeps half his life away,
and has to roll into a ball
when foes come looking for their prey.
The world would be sadder place
If we lost our spiny friend
for numbers now are in decline
their lives on us depend.

A timely email received while thinking about seasonal recipes

Dear Friends,

Usually at this time of the year, Katherine Gray brings Victoria plums and later Damsons to sell at the Pabulum Cafe. As this is not possible this year she is holding a few “at home” days when people are welcome to call in and buy from her home. That way Social Distancing is possible and hopefully none of the produce will go to waste. She is also selling homemade preserves (marmalades, jams, jellies, and chutneys).

The next dates are- **Saturday 12th September, Wednesday 23rd September and Saturday October 3rd**

You can find her at Oak Tree Cottage, The Green, Wicklewood NR 18 9PX, Tel. 01953 604954 e-mail the grays1989@gmail.com

If you want to take your chance and come another day there is a stall with fruit outside her neighbour’s cottage and a list of preserves on her gate, but she can’t guarantee to be around then. All proceeds will as usual go to Charity including Wymondham Dementia Support Group. If there is a particular fruit you want, please make contact before you come to be sure they are ready. Car parking is by the barn and letter box along the road from Oak Tree Cottage or, if mobility is difficult, you can pull in outside the gate.

Katherine and husband John look forward to welcoming anyone who calls.

And when you have purchased your plums why not try the recipe below

Plum and Almond Tart

Ingredients

- 320g all-butter puff pastry sheet
- 4 tbsp ground almonds
- 800g plums, halved and stoned
- 25 g flaked almonds
- 3 tbsp caster sugar, plus extra to serve



1. Heat oven to 220C/200C fan/gas 7.
2. Line a very large rectangular baking sheet with baking parchment.
3. Unravel the roll of pastry and carefully lift on top.
4. Sprinkle over the ground almonds and scatter the plums to make an even layer.
5. Sprinkle with the flaked almonds, then the sugar.
6. Bake for 18-20 mins until the pastry is golden and the plums are tender.
7. Allow to stand for 10 mins to cool a little, then sprinkle with a little more sugar and serve.

Our next “Getting to know you” contributor is Pauline Bunn

What is the funniest thing one of your family members has done? I’m going back to the mid-1980s when I lived at Barnham Broom in a house with a large garden. Most weekends were spent working in the garden and Mothering Sunday was no different, so dressed in my garden scruff kit I was busy weeding beds and cutting back when my husband Doug suggested he takes me to a garden centre. My two children came out of the house particularly smart which surprised me but thought nothing more. Doug asked me to “tidy up” a bit, but since I intended to finish off the garden when I came back, I reluctantly washed my hands and brushed my hair.



When we got to Wymondham I soon realised we were not heading for the garden centre, but making our way to the Abbey Hotel where Doug had booked a surprise Mother’s Day lunch. Imagine how I felt when we entered the dining room with all the mothers dressed in their finery and ME in my gardening clothes and brightly coloured crocs - I was not best pleased.

It was only after a really lovely Sunday lunch that I did see the funny side of things and we all had a good laugh. I didn’t forgive Doug through for some time.

What things do you do in the community when you are out and about?

I love visiting garden centres and wandering around all the flowers and shrubs, and I find it very difficult to leave without buying something. Also, during the summer months, I love to find a quiet beach and stroll along the water’s edge in my bare feet.

What is your favourite food?

I do have a sweet tooth and I like anything sweet and chocolaty. In the summer months not many days pass when I don’t have a chocolate covered ice cream covered in nuts. Really yumee.

What are you looking forward to most when we can get out and about?

I am looking forward to going on country rambles with our friends and finishing with a pub lunch. We missed out on a day trip to How Hill and it would be nice to go there some time in the future.

What is your favourite place you have visited?

Our son worked in New Zealand between 1998 and 2000 and we visited him for 4 weeks. We travelled round the North and South Island and loved so many places in New Zealand. Walking across the Fox Glacier stands out as being one of the most beautiful places we have visited.

What is your Favourite record?

With my poor hearing I now find it difficult to clearly hear music and songs. I do, however, remember many of the older songs and one in particular stands out as my favourite and still brings a tear to my eye. Vera Lynn singing “we’ll meet again”, she had such a beautiful voice.

What is your favourite TV programme?

I love watching period dramas, Call the Midwife and Downton Abbey, but Downton Abbey is my favourite.

What is your favourite film?

There are so many good films but one that stands out with me that has drama, love, tension and most importantly a happy ending – The War Horse.

What was your best Christmas present?

A difficult one this because over the years I have had some lovely presents. I always look forward to receiving my annual Amaryllis plant from the grandchildren. One present this last Christmas was a real surprise and I absolutely love it. A dear friend made a beautiful memory board which now has pride of place near the calendar.

Do you prefer cats or dogs or neither?

I have had both cats and dogs but I definitely prefer dogs. I was very sad when I lost my tri-colour rough collie called Becky.

Do you prefer the country or the city?

As a child I grew up in Norwich but moved to the country in 1966 when I married Doug. We have moved a few times in our married life but always to another place in the country. I cannot imagine living anywhere but the country.

What is your favourite Colour?

I think blue is my favourite colour. I have several blue clothes, tops trousers and blouses. I love blue skies in summer and blue seas at the coast. By the way Doug has blue eyes.

What is the nicest thing someone did for you?

On our Golden Wedding Anniversary our son and daughter arranged a surprise weekend in London with absolutely everything paid for. The weekend started with a Taxi pick up from home to Thorpe station, first class train seats and a taxi to the Waldorf Hilton Hotel. Tickets for the afternoon show at the Aldwych Theatre to see “The Carole King Musical”, followed by a delicious evening meal back at the hotel. We had free time on Sunday to visit other attractions ending up with afternoon tea at the Dorchester Park Lane. First class train seats back to Norwich and a taxi home ended our memorable weekend.

Have you taken up a new interest or Hobby in the last two years?

After a break of around 8 years I started swimming again with the Pabulum cafe. I really loved the weeks that we had before lockdown and I look forward to starting again.

Following our last TV themed newsletter Sarah has put together a TV word search

S	F	R	P	L	E	A	S	E	S	I	R	T	K	N	L	A	Q	L
D	O	N	T	H	E	B	A	L	L	C	A	S	T	L	E	U	C	P
A	O	M	H	U	M	P	T	Y	O	E	Y	C	X	Z	O	O	M	I
O	T	H	E	A	D	V	E	R	T	S	E	A	K	C	R	I	G	G
R	B	O	B	M	A	G	I	C	R	O	U	N	D	A	B	O	U	T
S	A	M	I	H	O	W	S	L	D	U	P	O	D	R	W	H	O	P
S	L	E	L	R	N	T	L	I	Y	L	O	N	M	S	R	N	Q	M
O	L	S	L	N	T	O	H	V	P	T	I	S	W	A	S	T	F	L
R	O	U	A	T	H	S	A	E	N	H	U	S	T	L	E	R	U	S
C	V	N	H	L	E	T	M	A	R	I	S	I	N	G	D	A	M	P
O	E	D	M	R	B	E	A	N	X	S	T	E	N	K	O	P	L	S
X	J	E	A	U	U	Y	I	D	K	I	D	A	D	S	A	R	M	Y
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M	O	H	T	E	R	H	E	C	T	O	R	S	H	O	U	S	E	O
E	A	T	S	B	Q	I	E	J	R	G	E	T	B	Y	R	I	A	F
S	R	B	R	A	S	S	N	L	I	V	E	R	B	I	R	D	S	T
O	N	O	P	X	M	T	E	I	K	U	N	G	F	U	R	J	T	H
R	A	E	B	I	G	O	Y	M	U	O	R	T	I	S	H	A	E	E
K	I	T	N	S	W	O	D	I	W	U	J	U	M	P	Y	M	N	D
N	O	D	H	F	F	F	L	O	G	I	T	A	I	R	O	E	D	A
Y	E	N	O	M	R	G	A	F	L	O	G	Y	K	M	B	S	E	Y
R	T	O	M	O	R	R	O	W	S	W	O	R	L	D	H	G	R	P
L	U	T	H	E	R	S	C	I	D	E	M	S	K	O	O	P	S	E
S	O	F	T	L	Y	S	O	F	T	L	Y	A	N	G	L	E	S	X

Some mothers do have	Football	Mash
'em	Z cars	Tomorrow's World
Dixon of Dock Green	Sid James	On the ball
Clive Andersen	Hectors house	Lovejoy
Liver birds	Dr Who	The adverts
East Enders	The Sweeney	Rising damp
On the buses	Kojak	Steptoe
Mr Bean	Canon	Dads Army
UFO	Department S	Please sir
On the up	This is your life	Homes under the hammer
Maigret	Magpie	Minder
House	Blue Peter	Crossroads
Kungfu	Brass	Castle
The Bill	Flog it	Spooks
Yogi bear	Oh boy	Softly Softly
Golf	Rosemary and Thyme	Emma
RunAround	Mog	Money
Stingray	Medics	Vera
Tenko	Hustle	Luther
Merlin	Match of the day	Widows
News	Tiswas	QI
Magic Roundabout	How	Angels

Just enough room to squeeze in this lovely poem

The Eyes have it (love in lockdown) By Stephen Kerrison

I could only see your eyes
 You could only see mine
 But that was enough for our hearts to align
 But kisses with masks on
 Just isn't the same
 So our love is on hold
 While this virus remains



Here are some of the latest Scam Alerts from Norfolk Police – If you have received a telephone cold call which you believe to be a scam you can report it via the Citizens Advice consumer helpline on 0808 223 1133.

For more information on the following scams please click on the link below.

<https://www.norfolk.gov.uk/business/trading-standards/scams/consumer-alerts>

Norfolk Police are reminding residents that neither your bank nor the police will ever ask you for your bank account details, PIN or bank card information.

1. Never give out personal or bank details over the telephone
2. Don't feel pressured to making a decision over the telephone
3. If the caller is vague about giving out their company information, hang up
4. Don't open texts or answer calls from unrecognisable numbers
5. Consider a call blocking device to filter out unwanted calls

Beware of bogus charity cold calls - 12 August 2020 Charity fraud has been in operation for many years, with some collectors claiming to be raising money for legitimate charities whilst others set up their own fake charities. Action Fraud have created a useful list of checks you should carry out to determine whether a charity is genuine before you decide to donate:

- Ask to see the identification of the fundraiser if you are asked to make a donation in person. All legitimate charity fundraisers carry official identification when fundraising. Make sure you are satisfied the identification is genuine
- All charities have to be registered with the Charity Commission. [Visit the Charity Commission's website](#) to check if a charity is registered with them.
- You can always phone the charity back on a number published on the charity's official website.
- You can find [more information about bogus charity collectors on the Action Fraud website](#).

Scam Alert - Telephone cold calls stating you have a right to claim money and Telephone cold calls claiming to offer discounts on your energy supply If you suspect a call is isn't genuine you should hang up, wait five minutes and then contact your provider directly using a number printed on a bill or from the official website.

Have you enjoyed this newsletter what else would you like to see? Let us know. organiser@wdsg.org.uk