

Memory Café Update 6

As of 22/01/2018

Our December session was badly hit by the weather. The snow and particularly the ice made folks reluctant to come out. However, we did have 9 clients, including a grandson who was on a snow day from school, but I am still counting him in!

January was better attended with 14 clients, plus 10 Rotarians and partners. The programme was led by Clarice Wahlich and was supported by Adrian Jacobs on piano. Christine Baker provided a memory box to Clarice which prompted some interesting reminiscences. I am grateful to all the volunteers because your attendance means that the clients have people to speak to with a different agenda from dementia and care alone. Well done to you all.

So, we have completed our first three months and there are plenty of encouraging signs and expressions of interest for future attendees.

However, a dreaded tick-list will be doing the rounds shortly for the few months volunteers! Let me know if/when you can come.

The next meeting, led by Clarice, is at the Old Barn on 12th February and unsurprisingly there will be a Valentine's theme to it.

Potential Contributors

I am giving a short presentation to the Breakfast Club on 9th February and appealing for additional support from the wider community.

Which Report

There is an interesting report in the February issue of Which, page 27 written by Sarah Stewart-Brown, Professor of Public Health at Warwick Medical School. It touches on avoiding dementia. In it she says that the five ways to well-being are:

To develop supportive relationships

Be active in the outside world

Be more mindful by meditation, living for the moment, focusing on how your body is feeling

Keep learning; keep trying new things, training is for the next job, education is for life

Give by volunteering, it helps to protect us and others from social isolation

Wishing you all a belated Happy New Year.

David