

## Memory Café Update 12

As at 09 July 2018

This hot weather is getting boring! Once again, we had a warm, sunny morning at the Memory Café, with fire doors open to catch the breeze. We had 16 guests plus 8 volunteers this month.

Our theme was "Beside the Sea Side." Clarice ably gave us a talk on the history of the British holiday using items from the Royston Museum reminiscence box that included old cameras, travelling sets, pier entertainment programmes and of course some saucy post cards! She brought along a 1920's swimming costume but we could not persuade her to don it.

Lesley and Adrian got the group singing the familiar songs of those days. One nameless Rotarian admitted that they had actually got him singing for the first time in years. They also entertained us with music from "Summertime" by Gershwin and a piano duet from Bizet's Carmen.

David tried to get the group to attempt the tongue twister "Sea-Shells" going faster and faster each time. He finished tied up in knots like his white handkerchief sun hat!



We finished the sea-side theme with ice-cream cornets in traditional style.

If you want to find out more about dementia (it is not catching) try looking at the [www.repod.org.uk](http://www.repod.org.uk) site and [www.purpleangels-global.com](http://www.purpleangels-global.com).

So once again, it is a big thank you to you all for your support this month, especially, Clarice Wahlich, Steve Higginbotham, Julia Bell, Karin Weston, Ray Munden, Lesley Izod and Jim Webb.

David Izod