

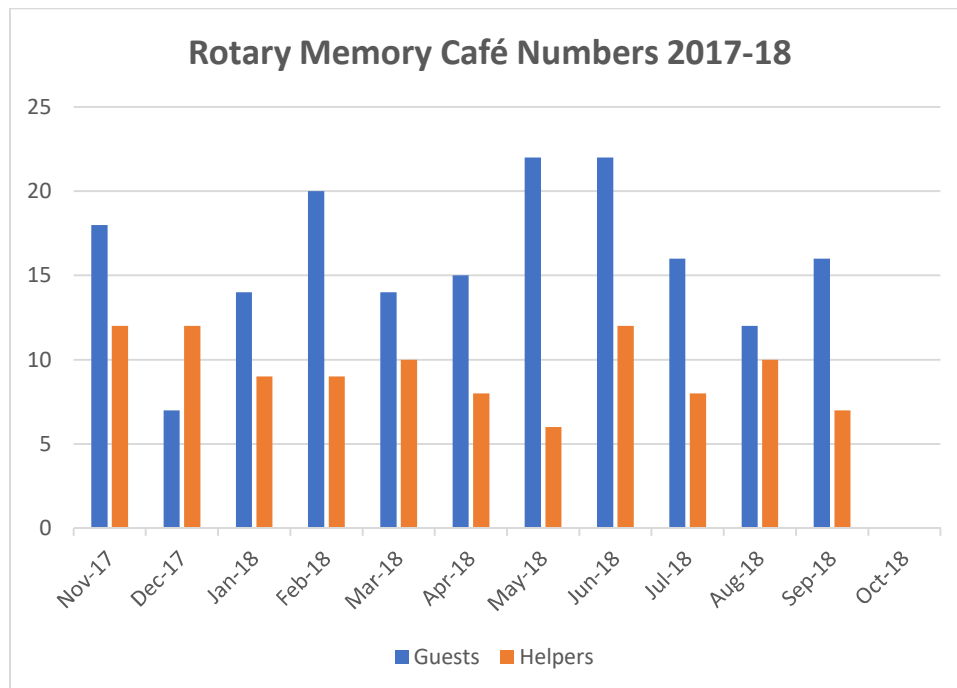
## Memory Café Update 14

As at 10 September 2018

This month the theme was “The Last Night of the Proms”. We sang the usual Land of Hope and Glory, Rule Britannia, Jerusalem, I Vow to thee my Country. Because it is the 100<sup>th</sup> Anniversary of the end of WW1 coming up in November, the Proms included Roses of Picardy, Tipperary, Keep Right on to the End of the Road and Keep the Home Fires Burning. I cannot say that we were up to the standard of the BBC Singers but we did our best led by Clarice.

We had a visitor from Hertswise. They are being funded by the NHDC to set up Memory Cafes in Royston. They already run one at Richard Cox House and at Letchworth. They charge £3 per person per session and also a 10 - week course on Dementia, which they charge £5 per person. They aim to run weekly courses. I have attached a PR blurb on what they do overleaf.

For those with a statistical interest, you might like to see the bar chart;



On average through the year we have had just under 17 guests supported by just under 10 helpers.

Once again, may I offer a big thank you to you all for your support this month, especially, Clarice Wahlich, Julia Bell, Karin Weston, Peter Homent, Annette Guttridge, Steve Higginbotham.

David Izod



# Hertswise

Dementia support in Herts

Are you living with dementia  
or worried about memory loss?

How can  
Hertswise  
support  
me?

Hertswise offers community dementia support throughout Hertfordshire. There are many ways we can help people living with dementia, memory loss or mild cognitive impairment, as well as their carers & loved ones.

**Information and advice**

Our specialist advisors can offer guidance and help you find the right support for all aspects of your life.

**Groups and one-to-one support**

We can help you get involved in the activities that interest you, whether as part of a group or on an individual basis.

**Carer support groups and advice**

A chance to relax and share ideas with a group who can relate to your experiences.

**And much more!**

See overleaf for more about accessing  
Hertswise Dementia Support.

Who can  
access  
Hertswise  
support?

Hertswise services are available to people of all ages living anywhere in Hertfordshire. Our open referral system means that you can refer yourself or a loved one to Hertswise simply by getting in touch.

HertHelp offers a single point of contact for dementia services in Hertfordshire.

For more information, call Hertswise:

**0300 123 4044\***

**Monday to Friday, 8am-6pm**

**\*Call charged at a local rate**

Brought to you by the Hertswise Partnership

