

## Memory Café Update 6

**As at 14 February 2018**

I gave a talk to the Breakfast Club on 9<sup>th</sup> February, which has resulted in several good leads for activities at the Café and entry into some Hertfordshire directories.

Clarice led the February meeting, which had a Valentines theme to it with decorations, cards and Elvis Presley love songs! (Really smaltzy). Many Jinkerson, the Tesco Community Champion) came along with a vast collection of flowers and vases and got us all flower arranging with some very creditable displays which we allowed to take home. We all put a few more inches on our waistlines thanks to cakes from Julia Bell, treats from Clarice and Danish pastries from Tesco. Carol Read came to help and brought "Spider", named by Graham, who is being trained to befriend troubled teenagers. It relaxes them by interacting with a dog. Spider thoroughly enjoyed the attention given to her by us recycled teenagers!

We had good feed-back from our guests who thoroughly enjoyed the morning. We had twenty folk present which is our highest so far. Word seems to be spreading around about what we do. Joan Germany from Queen's Road Methodist Church came along with three church members. Queen's Road are having a presentation from Alzheimer's UK at their church on 17 March starting at 1000, to which we are invited.

Just for completeness I include the outline of the talk to the Breakfast Club for information about what the Memory Café is all about, which you might pass on.

Once again, my I offer a big thank you to all our helpers; on this occasion they were Clarice Wahlich, Iris Newling, Julia Bell, Carol Read and Spider, Lesley Izod, Peter Homent and Howard Peacock.

There was an article from Kat Lay, Health Correspondent in the Times which said that research from University of Exeter, Kings College London and the Oxford Health NHS Trust carried out in 69 care homes involving more than 800 people with dementia showed that lives were improved and saved the care home money. Why is it these days everything is about money? What we are doing with the Memory Café is primarily improving the quality of people's lives and perhaps our own as well!

David

# Royston Rotary

## Memory Café

### Why are we running a Memory Café?

With aging demographics there will be an increase in people with memory difficulties

There are apparently limits to what the health care system can support publicly.

There is an obvious need for respite for both sufferers and carers.

The Rotary motto is "service above self".

### Who are we for

For those experiencing memory loss and their carers.

The causes are many and varied and include Alzheimer's, vascular dementia,

Alcohol related, Picks disease, Parkinson's, etc., It is not restricted to older people.

### What we do.

Provide an open, informal and caring social environment at the Old Barn, Upper Street.

We do this every second Monday of the month. It is a drop-in centre.

We are non-judgemental. We avoid any pressure on our guests.

We provide company, fun, entertainment, refreshments, informal talks, singing and music

Most importantly we provide a degree of relief to the carers

We make sure that the environment is safe both inside and outside when we meet

### What we don't do

We are not providing a formal care service

We do not assess participants, nor provide personal, medical or clinical care

We are not a drop-off service.

### What we need from the Community

Suggestions for, help with and participation in activities throughout the year

Publicity so that the community knows we are there to help

The themes for 2018 are Valentines Day, James Bond themes, "school Days – best in your life?", flower arranging, arts and crafts, remember the coronation? Hi di Hi -postcards & seaside memories, harvest time, how to relax, etc.

### How are we funded?

Rotary Club of Royston is footing the bill for the Old Barn, expenses etc., for the first year of operation. Any suggestions for future fund-raising would be welcome.