

Memory Café Update 7

As at 12 March 2018

The March meeting was a quieter affair with 14 guests looked after by 10 volunteers. We ran a “high tech” Beetle Drive in which prizes were awarded for the first completed beetle and the most artistically drawn beetle. This was followed by Adrian Jacobs and Lesley singing and playing the piano. Lesley was amused because Adrian is her piano teacher, however, for one song she accompanied Adrian’s singing.

Whilst we were down on numbers this month, I was told that some folk with dementia find that large numbers of attendees somewhat overwhelming and one couple were put off by our success last month. The key thing is that we must not put any pressure on folks to attend or participate in things if they feel uncomfortable. We need to learn all the time we run the Café.

We were pleased to receive a grant from District 1080 Foundation to cover half of the running costs of the Memory Café this year. A big thank you is due to D1080.

Once again, my I offer a big thank you to all our helpers; on this occasion they were Adrian Jacobs, Lesley Izod, Iris Newling, Julia Bell, Peter and Barbara Mitten, Karin Weston and David and Glynis Smyth.

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

