

Memory Café Update 17

As at 10th December 2018

Ruby Wax OBE is a comedian, writer and mental health advocate who has a very cogent message. "Our brains aren't perfect, and that's not our fault, but we don't have to live at the mercy of our minds". Her book *How to be Human: The Manual (Penguin Life)* will be published in paperback at the end of this year.

For our last get together this year we were pleased to have Mandy Jinkerson from Tesco who got us all doing flower arranging. Our chair of Community Service, Kash Sharma, surprised us all by doing what was probably the best, most artistic arrangement! Tesco have supported us very well through the year and Mandy certainly enhances the standing of Tesco in the community.





We also had our old friends from the Hand Ball Ringers providing us with Christmas carols and songs. We didn't get much figgy pudding but we got mince pies instead! You might just see the youngest ringer – our conductor's one year old who was as good as gold and quiet as a mouse despite the racket the Café attendees were making.

During the meeting we had a couple of guests turn up; Naomi Wallen and her new husband, who very generously presented us with a cheque for £66 raised by her dance group in Littlington. Naomi's Mum is unfortunately back in hospital but did very much enjoy her visits to us.



Thank you to Julia Bell, Karin Weston, President David Blundell, Kash Sharma, Ray Munden, Lesley Izod, Clarice Wahlich, Carol Read and Spider. for their efforts in December. So once again a very many thanks to all the Rotarians who have made the Memory Café possible this year.

David Izod

12/12/2018

