



## HONITON MEMORY CAFE

March 2016.

We have enjoyed a busy social time together since my last report in January 2016 and being part of HDAA also keeps us active in raising awareness of dementia.

Real friendships and mutual support to each other are quite evident which is great.

We are eternally grateful to Tesco for their support to us over the past 6 years and Heather and I have had meetings with the new Community Champion, William Gillings since he has been in his new role. He is keen to develop further ways to support us in the future and will be visiting us in due course.

January We had an enjoyable joint afternoon with Sidvalley Memory Café when Dance Lab came and did a full production for us all. We all enjoyed a cream tea and cakes and thanks to Dora and Betty for selling the raffle tickets at the door. On Thursday 14<sup>th</sup> January, we did our first amble outside of Honiton. We met at Escot and did a lovely walk along the drive, through the woods and back through the parkland. Naturally, we had to sample the tea and cakes to finish!

February. Phill Creek of Southwest Academy of Artists came and did a workshop which was enjoyed by all who took part. It was attended by 22 members in the smaller hall.

James Lee a Pharmacist from Devon Partnership Trust came and talked about medicines used in all forms of dementia and other conditions associated with living longer.

20 of us joined in the fun at The Beehive watching the Pantomime of Peter Pan.

Our lunch at The Otter Inn was well attended (28) and is always popular. On Thursday 11<sup>th</sup> February, the HMC amblers met in the Sidford carpark and walked along the Byes towards Sidmouth, a wonderful day, saw a fox and then ended up in the Blue Ball for a cuppa.

March.

Win, Don, Anne and Yazz attended the Dementia Conference in Plymouth with some high profile speakers and topics. Angela Rippon chairs this day. All 4 are going to tell us about their experiences in the near future attended Memory café.

We went to watch a film at the Beehive called Alive Inside about people in the later stages of dementia, most of whom were being cared for 24/7 and the way that music can recall memories or emotions in individuals.

Liz, Janet and myself attended a Dementia Friendly Community day at Cullompton alongside Heather and Win.

Notaro Livein Care from Weston Super Mare came and told us about the services they can offer as an alternative to full time residential care.

2 young actors Buddug and Jesse from Villages in Action came and spoke to members and volunteers about living longer!They were spending a week in Devon talking to a wide variety of groups on this subject.They hope then ,with others to write a play about this and then tour the area.They will keep us informed of their progress.

Trish Warren from Age Uk Devon came and did a session on Seated Vitality which was a fun afternoon.4 volunteers have also attended a training day to be able to run another session at the café.

On Thursday 10<sup>th</sup> March, the Amblers met in Seaton and enjoyed a lovely walk around the wetland area. We saw some interesting wading birds from the hide and then walked back for coffees & cake.

What fun we all had at our first Nostalgic Cinema showing of Calamity Jane.Over 50 people came most staying after for tea and biscuits .

Last Saturday saw us at the Manor Pavillion watching Jesus Christ Superstar.A performance that could easily have performed on a west end stage by the performers!.

This Thursday I have just booked the menus for 21 of us for lunch at The Otter again.

#### Attendances

January. 58

February 41

March.54