



## Newsletter December 2023

What a great way to wind up the year!

Our Christmas party was attended by 62 members and 21 volunteers. Trustees past and present, our new Dementia coordinator, and of course Santa Claus (aka Jack)! The food provided by Blue skies catering was really yummy, and as always, Brian's music got us tapping our toes and singing along, some even managed a little dance, though the space was a bit tight!

Hopefully those who couldn't make it this time will be able to join us next year. Here's a taste of the event .....at which there was a surfeit of cracker jokes, so I'm letting you off in this month's newsletter.



### What's coming up – notes for your calendars and diaries

Our next session on the **23<sup>rd</sup> December** will be a **Drop in** at The Anchorage from **11am to 1.30pm**. **Just a cuppa, festive nibbles, some chat and games**. Weather permitting the Trishaw will be on hand, powered by Santas.

**The first meeting of 2024 is on 13<sup>th</sup> January**. We will be getting out a selection of table games as they are always fun and get everyone chatting and laughing. Do let me know if you'd like to book in. In the morning we will be visited by Sir Geoffrey Cox, who has expressed an interest in supporting the Café in some way, he has been told how busy we are!! We will also have a coordinator from Dartmouth Memory café, who'd like to see what we do. (Our fame goes before us!)

**January 27<sup>th</sup>** the downstairs activities will have a Scottish theme as we'll have just passed Burn's night, while our carer group has a speaker from SW Water to explain how they can be of assistance e.g. support with bills and their Priority services register.

The new course of Cognitive Stimulation Therapy (CST) begins in the Library on **Monday 15<sup>th</sup> January**. Those of you who have been attending the latest course can continue at the same times as before. If any of our newer members are interested in the course, please contact Sue on [cst@tavistockmemorycafe.co.uk](mailto:cst@tavistockmemorycafe.co.uk) or call me on 07436008281

As you know, we were lucky to receive £3500 from the Coop community fund to support CST, here we are receiving the cheque.



**Care and Share (mini respite)** resumes on **Thursday 18<sup>th</sup> January**. Please speak to Jenny or Fran at the Café if you'd like details.



Happy birthday to John Emery, Barbara Piper and Graham Shillito who are all celebrating this month !

We all send loads of love to volunteer Mavis C who is making steady progress after a stroke.

It's the time of year for lurgies of all sorts but I thought that you might appreciate this little poem by Spike Milligan.

SMILING is infectious, You catch it like the flu,  
When someone smiled at me today, I started smiling too.  
I walked around the corner, and someone saw me grin,  
When he smiled, I realised I had passed it on to him.  
I thought about the smile, and then recognised its worth,  
A single smile like mine could travel round the earth.  
So if you feel a smile begin, don't leave it undetected,  
Start an epidemic and get the world infected! 🧑🏻‍🦲

On behalf of us all at the Memory Café, I wish you a peaceful Christmas, and a happy healthy new year. With much love, *Heather x*