Newsletter – October 2026

What a lot has happened since the last newsletter.

When I was writing the September issue, I was about to go to Buckfast Abbey as a finalist for the BBC Make a Difference Awards volunteer category, and as I'm sure that you all know by now, I won! You could have knocked me down with a feather! What an honour!

I know that a lot of you were in cahoots with our Graham when he nominated me, so I just want to thank you all from the bottom of my heart, for all the love and kind words that you have shared.

Winners line-up

We had a lovely sunny day spent in the Sensory Garden – a cuppa and cake, and playing bowls and petanque

Then of course there was the visit from the Ocean conservation trust! We went under the sea via the VR goggles, and handled all sorts of strange items … Can you hear the sea in that shell?

Your Memory Café volunteers recently had their annual training session, brushing up on procedures etc. Coincidentally, Donald shared one of his rhymes with me –

“On Career Progression, Staff Succession, and Keeping One's Job”

A Trustee named Feathery Raining,

Took volunteer staff for some training,

They learnt so much gen, that if she does it again …

From retiring she'll need restraining!

Apparently, retiring is not an option – Gee thanks Donald!
Any other budding Poet Laureates out there?

The Devon Dementia conference attended by volunteers Laura, Fran and I provided some interesting speakers. Devon County council were only able to tell us that they would be sending information to carers shortly, so I hope that those of you previously registered with Devon Carers have now been updated by them. The new website for carers is www.caringindevon.org.uk the non-emergency number remains the same 0345 643 4435 Their online carer support can be accessed at www.carers.bridgit.care/devon/ please do let us know any feedback.

Age UK are taking on the Carers Peer support groups and will be up and running by the start of November, so watch this space!

What’s coming up at Tavistock Memory Café

November 14th - Mike Huber and his guitar will lead us in a good old Sing song. **-** Carer chat upstairs

November 28th - Eek, it’s the ‘C’ word already... Getting creative, making Christmas decorations - Upstairs carer conversation.

Mount Kelly has kindly offered us free seats at their 2 p.m. matinee dress rehearsal of Les Misérables on Monday 30th November. If you would like to book, please let me know asap. There are evening performances, but you need to book via this link
https://www.ticketsource.com/mountkelly

Lovely volunteers/trustees Fran and Judy will be decorating a tree for us in the St Eustachius Christmas tree festival, which runs from 27th November to 6th December – they would love you all to visit and vote for their creation!!! And if anyone would like the tree afterwards, please let us know.

Here’s wishing Molly (Our first ever TMC member), Brian (brand new member), Mary M, and Philip, very best wishes for their October birthdays

Ooh and me … thank you everyone who contributed to my 70th birthday cake and pressies! You’re all so kind!

And finally … My pal recently walked into a lamppost. Luckily, she only sustained light injuries!

See you soon, take care in this stormy weather,

Love, *Heather xx*