

Memory Café Resource

Suggestions for Activities, Information and Equipment



Memory Café programme

Entertaining client group

Many Memory Café staff entertain their client group by playing simple games designed to stimulate the mind. Anagrams (Like Countdown) are popular.

- Equipment such as a whiteboard, marker pen, eraser will be needed if this suggestion is adopted.
- Popular also are simple quiz games, usually these are presented in the form of an A4 sheet.
- Simple, large piece, jigsaw puzzles are popular.

These are ideas and suggestions for a Memory Café programme

- Have a possible 2 / 3 month programme planned.
- Do not be too rigid with the programmes, be flexible and go with the flow. It should be enjoyable for cared for, carers and volunteers alike.
- Distribute the programme to all the volunteers for them to know what is going on. If the coordinator is unable to attend, the volunteers can carry on with the programme as normal.

Mix and match from the following suggestions

Suggested programme

- Memory Café open for 2 hours.
- 1st session meet and greet, tea / coffee / cake / biscuits. Chat to carers and cared for. Any problems refer the person to any information available, CPN or simply have a chat with them. Not all people arrive at the start.
- 2nd session Singing, word games, musical session, speakers (benefits, solicitors etc) Have an area away from the activities where carers who do not want to join in can just sit and have a chat.
- Set up a table(s) with games, books, painting books, memory box, large wooden piece jigsaws (60 pieces max) etc. laid out for the activities to take place for the full 2 hours.

Activities at the Memory Cafe

Ask carers what they would like to do at their café.

- Mind stimulating / development games, such as quizzes, anagram games (like Countdown). Word games on white board.
- Board games etc, set up on 1 or 2 tables, can continue for the full 2 hours.
- Memory tray (Kims Game)
- Jigsaw Puzzles, Letter Quiz
- Guest speakers..
- Music therapy - music, always popular, a co-ordinated sing a long will get most people

- joining in. Musical session rhythm, tambourines, triangles, castanets, bongos, drums.
- Bingo is enjoyed and usually you will find that the client group bring little prizes with them. Ensure that volunteers are available to help those who may not be able to keep up with play
- Seated exercise, (Take prior professional advice). Reflexology.
- Relaxation.
- Gentle exercise
- Animal therapy
- Bowling
- Seated exercise
- Neck and hand massage monthly - very popular.
- Nostalgia / memory box.
- Craft activities
- Photographs / Postcards
- Slide shows.
- Occasional lunches.
- Excursions. (Garden Centres etc)

Some of the benefits of playing games

Using quizzes, puzzles and activity based games to stimulate the memory & stay active is important with people who suffer from dementia because –

- It allows you as the carer to gain a better understanding of how well the person can remember things. This then allows you to adopt games and puzzles to match their ability.
- It stimulates the persons cognitive memory, giving them satisfaction, achievement and enjoyment.

Visit Dementia UK for ideas on how to play several games and puzzles: www.dementia.co.uk

Catalogue for all sorts of actives for Memory Cafes can be obtained from:

Winslow Resources www.winslowresources.com

Suggested activities Themed parties

Valentines Day.
Easter.
Halloween.

Christmas
Red Nose Day

Information that can be available at the Memory Cafe

Leaflet table

Provide Memory Café questionnaires to gather information to improve the Memory Café service provided.

Posters and flyers.

Invite speakers in to talk on specific subjects e.g. benefits, safety, financial and legal implications.

Suggested Equipment for Memory Cafés

- First aid box.
- Music centre to play CDs. Take account of your group regarding the choice of music.
- White board and markers.
- Flip chart.
- Large piece wooden jigsaw puzzles (maximum 60 Pieces) to encourage development.
- Memory box. Items from a bygone era.
- Memory cards of nostalgic scenes provoke discussion.
- Games, activities, reminiscence, exercise and sensory.
- Old photographs.
- Large wooden dominoes.
- Tablecloths and flower vases.
- Tea towels, rubber gloves, detergent etc

