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Welcome to our special Coronavirus edition of our newsletter.

First and foremost, I must reiterate what a shock it was to all of us to hear about Jim's death in April. I know your Trustees just could not believe that we would never see him around the table again at meetings. His cremation took place at Torquay Crematorium on 30th April and although none of us were able to attend because of the coronavirus lockdown, it was live videoed and we were able to watch it and be there in spirit, which I know was a comfort to his wife Dionne. I have relayed all your condolences to her and she is just overwhelmed by them.

Your Trustees have been working very hard in this pandemic crisis to gather and disseminate information and resources which may aid you all in both keeping in contact with your members and in making plans for the future. We are in close contact with both Devon County Council and NHS and have told them we are willing, on your behalf, to aid them in any way we can to offer the best services for people living with dementia and their carers throughout Devon. I have, as you know, already asked you all how you are keeping in contact with your members and you have responded, some of you using innovative ways in which to do this. More of this later in the newsletter.

We may well be asked to collect data from you by DCC and I know you will all respond in a similar way. Part of our funding stream from them already asks us to do this but you may well find this increases as plans crystallise. I know you will all be just as willing to respond. After all, we have a common aim – to make things better for those living with dementia and their carers.

What a wonderful thing it would be if we all came through this crisis by all dementia services working together, both statutory and voluntary!

June Wildman

Chairman



DMCC – The future?

With this crisis going on for the foreseeable future for our group of vulnerable adults, I am sure you are thinking not only about how to keep in contact with your members over a long term, not only making sure they are all safe and receive the services they are entitled to but also how you are going to manage when “normality” returns.

We would love to learn about your plans and any difficulties you think you may encounter.

We have heard already that some of you may be facing financial difficulties – can you please let us know? (Bullet points would be appreciated).



DMCC – Technology



You will see from our breakdown of replies about all the ways people are keeping in contact, that several of you are trying out new methods of teleconferencing. We would like to have comments from those Cafés who have used some form of technology about how you got on. Did it work? What were the difficulties? What was appreciated most? From the others, what is stopping you trying this method of communication?

We are developing new short teaching modules which will be on our website in the near future to help you get on to social media and to help your members to do so.

What percentage of your members use an iPad or equivalent?

Would it help your Memory Café to have one provided to encourage learning?



DMCC – New Trustees

We are pleased to introduce two new trustees to you:

Chris Palmer (Treasurer)

To provide some background, I grew up in Horrabridge and Tavistock.

I served in the Royal Navy for 11 years before leaving to move into banking and financial services. I returned to Tavistock in 2012 and at that time set up my Financial Planning Business.

I am now the Managing Director of Hansford Bell Financial Planning based in Tavistock. A large part of my business is providing advice and recommendations for clients in later life. This includes advice regarding provision of care fees, later life lending, estate and tax planning.

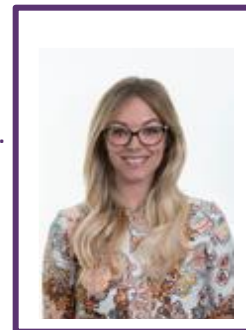
Since 2013 I have been involved with Tavistock Dementia Action Alliance of which I am now a Trustee and Treasurer. While I have not had any personal experience of dementia through family or close friends, I do regularly deal with clients that are directly or indirectly affected and of course this impacts on the advice I provide. To ensure I provide clients with the absolute best service I can, I have taken an active role with TDAA to help improve my knowledge and understanding. This has led to an increased awareness of the problems faced by those affected and in turn has driven my desire to help those in need where I can.



Emma Hayden (Trustee)

I was also brought up in Horrbridge enjoying the beautiful scenery of Dartmoor. I stayed local, completing my degree in Business Management at Plymouth University. After starting my career in the banking industry, a fantastic opportunity arose via Hansford Bell.

I have always been interested in finance and helping people so the role of Head of Commercial and Domestic Finance suited me perfectly. Through the help of the firm, I am now gaining my qualifications to become a Financial Life Planner and I am enjoying my studies for this.



Although, I have not been personally affected by Dementia, I was really grateful for the opportunity to become a part of the Memory Café. I think it's an amazing charity helping those in need, along with their carers and loved ones. I look forward to supporting the charity and being part of the team, who have been so very welcoming.



DMCC – SOME USEFUL LINKS

We have listed below some very helpful links giving hints and tips on how to stay well for people living with dementia throughout the Coronavirus outbreak.

- **'How to set up a Facebook page'** Here is a good link that is clear and easy to follow, should you need it. <https://youtu.be/MPMNsI5wY-4>
- Dementia U.K have various information leaflets and how Admiral Nurses can help. Info leaflets can be downloaded from: info@dementia-support.org.uk

or through Dementia UK website www.dementiauk.org

- Memory Matters, Plymouth are sending out a newsletter once a week each Friday. This gives info re activities and events that have happened in the last week. Contact hello@memorymatters.co.uk
- Ideal Project created a leaflet with five key messages about how people living with dementia can stay well during the coronavirus outbreak. This information will also be useful for family members and others supporting a person with dementia. produced by Exeter University as part of a larger project they are conducting on dementia. <http://www.idealproject.org.uk/covid/>
- Musical Guide helps to beat isolation blues

Music for Dementia have created an inspirational [Musical Guide](#) for making the most of music's powerful ability to connect people during COVID-19. This guide offers creative tips and activities to help everyone in isolation, using music as a unifying language. It is also backed by their ambassador, Lauren Laverne.



Developed for people living with dementia and their carers, the guide can be used by anyone to bring the uplifting benefit of music into the home, including:

- Watching live-streamed concerts and performances
- Making a playlist
- Watching a musical film
- Involving children in becoming musical detectives

To obtain a copy follow this link to:

<http://musicfordementia2020.com/info/musical-guide.pdf>

- Creative Mojo - 3 free downloadable free activity packs with more being added soon.

There are also individual and group activity packs that can be ordered. These contain all the materials to hold a wellbeing craft activity with an enjoyable theme.

Creative Mojo is a national company. Amber and Gaynor cover all of Mid Devon and up into West Somerset so if anyone wants to order they can contact direct: gaynor@creativemojo.co.uk or you can click on the map on the main website and find your nearest Mojo.

<https://www.creativemojo.com/free-social-isolation-activity-resources/>

If you have found any useful links that would be good to share please do email us at:
info@dmcc.org.uk

DMCC Quality Assurance Mark (QAM)

Not meeting during this crisis? Time on your hands? Why not take advantage and begin the process of attaining a QA mark?


All the information you need can be downloaded from our website and you can make a start on the process. It really is not that difficult and the advantages could be that you become recognised as having reached a certain standard of quality which is recognised by Devon County Council and your members.

We can still help you from a distance..... by email, phone or teleconferencing.

June

Funding is still available to any Memory Café in Devon who would like to take part. To find out more about this or to register your interest either contact: June Wildman (Chair and Trustee) at info@dmcc.org.uk

Or, Katie Chaplin at Teignbridge CVS at: office@teigncvcs.org.uk Katie will process your application and you will then be referred to your local branch of CVS who will also be able to offer you free help and advice to assist you in completing the process.



A Musical Guide for people with dementia and their carers during Covid-19

In these times of social distancing it's important that we try and incorporate music into the lives of people living with dementia and their carers to help us stay connected.

Music has huge benefits for people with dementia and those caring for them. It helps reduce agitation, depression and anxiety, alongside improving general health and wellbeing.

Detailed below is a Practical Musical Guide that offers ideas on how to keep the music going!

- 1 Have a musical conversation via a phone or video call** - Whether you're creating a playlist for someone with or without language, it's important to try and communicate with them about their music and whether they would like to make a playlist with you. Help them to be part of their musical soundtrack by involving them from the very beginning. If you are using a video call, they may not be able to answer you in sentences or with words, but they might nod, smile or shake their head. Perhaps hum a phrase or two from a song to help get your musical conversation started. Check out our easy to use [guides](#) and create a playlist today!
- 2 Go old school** - Look to see if your loved one has any favourite CDs, vinyl or old mix tapes and ask them which is their favourite - then see if there's a way of being able to play them on an existing stereo or copy into a digital library on your computer or device.
- 3 Listen to a radio show** - There are some amazing musical radio shows that bring the best of radio from past decades, made for people with dementia. Check out [BBC Memory Radio](#) and



Memory café matters project update

Our current filming schedule has been temporarily put on hold because of Coronavirus. Tom Gibbs (our film maker from Picturing Health), has been called away to make some essential films about the Coronavirus epidemic for the World Health Organisation for Third-World countries.

In the meantime, we have created our own DMCC Vimeo account (similar to YouTube) to enable us to have ownership of the films created specifically for our Memory Cafés. We expect work to restart on the training films towards the end of the year or early 2021.



Memory Café News - Ways you have found to keep in contact

We all recognise the importance and the pleasure of keeping in touch with family and friends and know this can be difficult when a person has dementia. We asked for feedback from you about how you are keeping in touch with your members and thank you for replying to this. Here is a sample of a few outstanding ones that you sent us:-

- ‘We are sending out a ‘goodie’ pack and a letter each week to all those people who used to attend all our groups. I enclose poems, crosswords, suduko, maybe a cartoon, sometimes an item from Daily Sparkle, anything I find that may bring a smile to their face! I have had a lovely response from people calling, texting and sending thank you cards just saying it is nice to be in touch’.
- We are a relatively small group and I have been in contact by phone several times with our clients. Everyone seems okay but obviously missing going out as I think this is what helped everyone to cope’.
- ‘I have been remaining in contact with our Memory Café members via the old-fashioned medium of the telephone. I called our regular attenders around the date the Cafe would have usually been meeting to acknowledge that in more usual times we would have been gathering together. I used the phone call to check in with them and let them know we were thinking of them at this difficult time’.
- ‘We are making welfare calls to all of our service users via phone. For some I have followed up sending information (via email) to resources that might be useful in keeping people with dementia occupied eg BBC archive, YouTube films of singing. Live Music Now who run some of our musical cafés have uploaded some sessions aimed at Memory Cafés’.
- Messaged from Braunton Caen Rotary Memory Café

I thought I would share with you what we at Braunton Caen Rotary are doing for our Memory Café clients while we are not able to meet.

We have divided up between us, contact details for our clients so that we have about three or so each and we telephone them and their carers on a regular basis, about twice a month on average, and

they also have our telephone numbers to phone us if they wish to, as a face they have met and know from their visits to Memory Café and our chatting to them there. sent each person a Rainbow card with a personal message and photo of us inside. Some have put up the Rainbow card in their front window, we have noticed. The phone calls are proving important, for both carers and clients.

We have produced a newsletter and the first we have just delivered in time for VE Day and I attach a copy of the front page. [Knowle is a small settlement just outside Braunton.]

We are going to produce monthly newsletters. The next will contain some word searches , jokes etc as well as an article on our Village Fair which normally takes place at the end of May.

We are getting together a small 'Goodies bag' containing some little luxury soaps, hand sanitiser, a fruit, chocolate, pen, notebook and craft (chosen hopefully appropriately for the individual) and puzzle/activity book with some useful information details for the village and will be delivering this in a couple of weeks' time.

We expect to repeat that later in the year. We are being careful to pack everything and leave it for three days before delivering wearing gloves.

It would be very good to hear what others are doing so that we can include that within what we are doing. Some of the VE Day material from Tavistock has sparked ideas for reminiscence and a recipe which will probably find a place in future newsletters.

Geoffrey Triggs Braunton Caen Rotary



VE Day 75 celebrations at Tavistock Memory Café

On Friday 8th May, we were all supposed to be coming together to celebrate the seventy fifth anniversary of VE Day, and like us here at Tavistock Memory Café, I'm sure that you were all planning parties for your members, but due to Covid 19, all the plans had to be abandoned.

Since lockdown, we have been running a virtual Café by phoning everyone each week, and providing activities either on line or through the post, but we felt that we needed to do a bit more for VE Day; hence everyone was sent the activity packs, a wartime recipe to try, and a union flag to colour and display in their window as a gesture of solidarity (When doing some socially distanced visits, I have been able to admire some of the flags, proudly displayed). We also asked that everybody raise their glass or cuppa at 3pm on the 8th to toast not only those who made our freedom possible all that time ago, but also all our Memory Café friends

Having put that in place, we decided to go one step further and invite any members or volunteers to a zoom meeting in time for the toast. We had no idea how many would join in, but in the end there were

three carers, their cared for, and an ex carer, two of whom had never tried zoom before, plus seven volunteers. I must admit that I felt quite emotional at seeing everyone's faces after all this time.

At 3pm we raised our glasses/cups, then courtesy of the technology of Graham our Chair of Trustees, we were able to watch some Pathe news clips from VE day seventy five years ago; what celebrations they had! How did they get up those lampposts, and how many fell off?

There followed a lot of catching up on how everyone filled their days, discussion on the extra hair we were all sporting and even some guided 'tours' of peoples rooms and gardens as they walked around with their iPads and phones. It really was an uplifting experience for us all, and got us talking about setting up a zoom carers support group; with a little bit of tech support, this seems totally feasible, and people could pop in and out as it suited them. This may well become a regular part of the services our Memory Café offers as we go forward, because it will take some time to regain confidence in group meetings.



Meanwhile, from our Memory Café to all of yours across Devon, we send our fondest thoughts, and as Dame Vera would say 'We'll meet again'

Very best wishes, Heather Rayne – Co-ordinator, Tavistock Memory Café.

N.B. If you are interested, we found a nice National Trust war-time cake recipe that was one of Winston Churchill's favorites (that we have tried and tasted!) at the end of our newsletter

Memory Café Notice Board

If you are sorting out cupboards ready for reopening you might have some unwanted activity items that could be used by other Memory Cafés you would either like to give away or sell please email this to Jane (our Administrator) at: info@dmcc.org.uk Feel free to include a photo (if people are involved, don't forget to get their permission).

Message from our Chairman

We do hope you have found this newsletter useful, if you have any suggestions or articles that you would like to share with other Memory Cafés, do send us an email to:

info@dmcc.org.uk

Do stay safe and keep in contact or the latest message tells us to "stay alert, control the virus, save lives". We will all get through this and look forward to our Memory Cafés starting up once again.

Best wishes June Chairman DMC

We have been sent this Pam Ayers poem from North Devon.

*Ailments large and ailments small,
Good health is not beyond my reach,
If I inject myself with bleach.*

*Radiant, I'll prance along,
Every trace of limescale gone,
With disinfectant as my friend,
Like him,*

I'm clean around the bend



Churchill's fruit cake recipe

<https://www.nationaltrust.org.uk/recipes/churchills-fruit-cake>

This cake was one of Winston Churchill's favourites. It originates from Churchill's long-standing cook, Georgina Landemare who catered for Winston during the war at Downing Street and then at his family home, Chartwell in Kent. We've created our version of the fruit cake, inspired by Mrs Landemare's original recipe which Churchill would have enjoyed.

Top tips

If you don't have any glacé cherries in your cupboard, use dried apricots or mixed nuts instead. Black treacle is used to add a rich darkness and flavour to the cake, but it is not essential to the recipe as without it, the cake will simply have a lighter finish – with the same delicious taste.

Preparation time 20 minutes (prep. time). Cooking time 1.5-2 hours (cooking time). Serves 12
Preheat oven to 150 degrees and line and grease a 9" springform cake tin.

Ingredients

225g butter
170g dark brown sugar
285g self-raising flour
280g dried mixed fruit
2 cups strong black tea
5 eggs
110g halved glacé cherries
1 tsp mixed spice
1 tbs black treacle (optional)



Method

Soak the dried fruit in tea, preferably overnight.
Cream together the butter and sugar in a mixing bowl, until almost white. Remember to scrape the sides of the bowl and continue to cream together.
Gradually beat the eggs into the mixture, remember to add a little flour to stop the mixture from splitting or curdling.
Fold in the flour and add the mixed spice to the mixture.
Add the mixed fruit and the glacé cherries and continue to fold together.
Continue to fold and stir, whilst adding in the black treacle.
Preheat oven to 150 degrees and line and grease a cake tin.
Once completely mixed together, scrape the mixture into the cake tin and leave to bake for 2 hours.
Check that the cake is cooked throughout before leaving to cool on a wire rack.
Finish with a light dusting of caster sugar