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Message from our Chairperson

Hi everyone

I can't believe it is January 2022! Outside in early January the sun is shining and the temperature 13 degree C.....

Perhaps this is a signal as to what the rest of this New Year will bring us. - more good news as to Covid retreating as a death threat hanging over our heads and no more new variants emerging that will scare us all once more into retreating into our houses.

Perhaps we can again have hope of meeting together face-to-face and learn to live with Covid as we all have with influenza.

Perhaps we can all have Memory Café meetings again so people living with dementia can have more of a social life and their carers talk to other carers again to reduce stress levels. Let us continue to hope.....

Happy New Year!

Kind regards

June Wildman



AGM and Convention Tuesday 16th November 2021

At our AGM on the 16th November we re-elected Rachel Johnson - one of our founding members as a Trustee and June Wildman our Chairperson for another year. She said that she is looking to retire at the next AGM and agreed to remain in post for the coming year.

Once again we combined our AGM with our Convention that took place over Zoom because of Covid restrictions. We introduced you all to our new interactive training videos (see details below). It is in two parts: the dementia awareness modules are tailored to the specific learning needs of volunteers in Memory Cafes and five additional modules address the specific learning needs of Memory Cafe Coordinators and others with associated responsibilities such as fundraising and publicity.

- a) **Volunteering in a Memory Cafe? Learn to be more dementia aware**
- b) **Coordinating or supporting a Memory Cafe? Learn how to do this effectively**

New Introducing DMCC's inter-active training videos



Memory Cafe Hub

At our AGM we launched the new set of inter-active training video and we hope they will prove very useful to you all when looking and training new volunteers or updating your existing ones. They may also help to give you new ideas about how to run your Café if you are looking to gain QA status too.

These new videos cover a variety of topics, all self-standing but able to be undergone in sequence or individually in your Café or at the individuals own home. They have all been compiled by a team of experts contracted by us, to our specifications.

Please let us know how they are received by your volunteers, snags and all, so that we can continue to improve them. We hope you find them valuable.

You can only access these only through our website, using the link to our Memory Cafe Hub.

<https://memorycafehub.org.uk/>

DMCC RE-OPENING FUND

Many of you replied to our offer of funding to help with the re-opening of your Memory Café. For those of you who did not reply at the time, there is still some funding available if you would like to return your form before the end of January 2022.

DMCC COVID QUESTIONNAIRE UPDATE NO 3 FOR JANUARY 2022

We have just sent out a questionnaire to you as the Joint Commissioner for Mental Health asked us to once again update the Covid Questionnaire we sent to you all last year. Your replies will help us all plan for the immediate and longer-term future and as and when COVID restrictions are lifted. We know it has been a difficult time for everyone and look forward to hearing from you.

DMCC Quality Assurance Mark



We have had a very good response from our Memory Cafes wanting to take part in our DMCC Quality Assurance Mark. But if you haven't yet signed up it is not too late as we have funding available for Memory Cafes interested in joining and are collating a new list of anyone who might be interested.

For those who need to renew their QA Katie has been writing out to the relevant Memory Cafes.

To find out more about this to: register your interest or update your QA, please contact: Jane at: info@dmcc.org.uk

Living with Dementia in Devon: A Carer's Guide

We are continuing to send out these leaflets, so please contact us if you would like further copies. The online link to the leaflet is also available on our DMCC website.





USEFUL LINKS

DCC - PLANS FOR A SAFER GET TOGETHERS

Dr Jenny Harries, Chief Executive of the UK Health Security Agency, was reported at the end of December, advising people to be careful about socialising. COVID-19 loves a crowd, so while there are things you can do to reduce the risk of catching or spreading coronavirus, that risk is never completely eliminated.

Tips for a safer get together:

- choosing an outdoor venue is preferable to an indoor event
- before getting together, take a COVID-19 lateral flow device (LFD) test, and only go if you're negative and have no symptoms of infection
- wear face coverings in crowded enclosed spaces, unless exempt
- if your event is indoors, the venue should have plans in place to reduce risk, such as good hand washing facilities and making sure the room is well ventilated
- don't go if you are showing symptoms of COVID-19; or test positive; or have been identified as a close contact of someone with Omicron and therefore need to be self-isolating
- and if you develop symptoms of coronavirus, or test positive for it, within two days following the event, you should inform NHS Test and Trace that you attended the event, to help with contact tracing



Memory Café - Local news

Honiton and Totnes Memory Cafés Zingalong

On December 15 we held a Christmas party "Zingalong" with our friends in Totnes. Christmas jumpers, lights and mince pies were the order of the day.

What a very special afternoon we spent virtually amongst friends again. Lots of Christmas songs, carols and Christmas bells.

We both are looking forward to our respective parties and wish all Memory cafes in Devon a very happy Christmas and a healthy and safe 2022,

Min Rennolds,
Honiton Memory Cafe.



The poem was written by Peter of Honiton Memory café (aged 95 years).

A combined singalong (Honiton and Totnes Memory Cafés)

A long time ago, I don't remember when
 We were faced with a situation
 That effected all of us at the Memory Cafes
 And which we viewed with consternation.

We were instructed to isolate, wear masks
 And to get injected,
 If we refused to follow these rules
 We would most likely be infected.

As a result we could not meet
 which to all of us was a blow,
 Especially for those who live alone,
 As they had nowhere else to go.

However we soon solved the problem,
 To get Honiton out of this mess,
 And so did other Memory Cafes
 Like you, our friends in Totnes.

We introduced phone communications,
 Which did not take very long,

We also decided to establish
 A regular Memory Cafe singalong.

Both Memory Cafes created their own
 And were fortunate to find
 A young lady with a wonderful voice
 A lady of a special kind.

Today we stage a combined singalong
 Between Totnes and Honiton on zoom,
 Meeting old and new faces,
 While sitting in our own room.

I think it is just as well however
 That Victoria mutes or voice,
 I am sure that our efforts
 Would not be every one's choice.

So fellow café members
 Sing away with every tune
 In the hope that our voices
 Will drive away Covid 19 for soon.

