



## 2018 Newsletter No. 4

### **Cupcakes for the Alheimers Society**

A big THANK YOU to everyone who brought cupcakes and cakes in for our fundraiser on 12<sup>th</sup> June. We're very pleased to announce that Memory Lane raised £150 for the Alheimers Society

### **Reminder about opening times**

Thank you to all of you who arrive early and wait in the lounge area while the volunteers get the room ready. Over the summer, we have quite a number of volunteers on holiday so we will be working super-hard to make sure the doors open at 11am. We appreciate your patience ... even if we do sometimes look a little stressed 😊

### **We Care Sessions**

Thanks to all of our carers for making our We Care sessions so successful. This is just a reminder that we will be taking a break for August and the sessions will start again in September. There is an information sheet available on the Welcome Desk – just ask Christine.

We are keen to plan sessions for the New Year and are very open to ideas about topics. If there is anything you are specifically interested in, please have a chat with Mel Griggs.

### **Legal Clinic**

Vicky Hosking will be visiting Memory Lane from Michael Smith & Co Solicitors on Tuesday 31<sup>st</sup> July at 11am. If you have any concerns or questions about any legal matter including wills, lasting power of attorney, she will be offering free and confidential advice. As Doug's daughter, she has a very good insight into elderly care issues and is very approachable so please have a chat with her if you have any worries.

### **Fish and Chips lunch – 11<sup>th</sup> September**

As Julie, our wonderful chef, will be on holiday this day, we have asked The Rosary Club to take over in the kitchen and we will be having a fish and chip lunch. The cost will be £4 – if you have any dietary requirements, please speak to Christine on the Welcome Desk the week before. Desserts will be provided free of charge on this day 😊

### **Birthday Party – 18<sup>th</sup> September**

Can you believe we've been open for a whole year now? It's time to celebrate so please join us for our birthday party. In the morning, we'll be playing snatch bingo (please bring in 3 small, wrapped gifts if you'd like to take part) and in the afternoon, we've got a sing song with two of our favourite singers from this year. Lunch will be a BBQ – the cost will be £4 each – and there will be plenty of birthday cake for all to enjoy.

## **Community Token Scheme with the East of England Co-op**

Memory Lane Cafe has been chosen to be part of their Community Token Scheme which is open to members and is their way of giving YOU a say in who to support in your local community. Every time you shop in one of the following Ipswich shops, you'll be given a token:

Garrick Way      Springfield      Whitehouse      Dales Road      Henley Road      Bramford

The more tokens in our box, the bigger the share of the £1000 we'll get. So next time you run out of bread or need to fill up the fridge, think of Memory Lane and make sure you pick up a token with your shopping. Thank you 😊

## **Lunch at The Rosary Club**

The team at the Rosary Club have asked us to let you know that you are very welcome to come along and have lunch at the club on other days, even as a non-member. On Thursdays they serve fish and chips for a very reasonable price so why not try it out?

Membership of the Rosary Club is also available – just ask Darren or Craig at the bar for more information.

## **Stonham Barns**

A reminder that we have a trip to Stonham Barns on Thursday 20<sup>th</sup> September. Once again, we have booked an accessible coach which Memory Lane will be subsidising. Tickets for this trip cost £5 and there are still a few seats available.

The coach will be leaving the Rosary Club at 11.30am and returning 4pm. There is a café there for you to buy lunch or you are welcome to bring your own packed lunch.

## **Spa Pavilion**

For those of you have booked tickets for the seaside special on Thursday 2<sup>nd</sup> August at the Spa Pavilion in Felixstowe, the coach will be leaving the Rosary Club at 11.30am and will leave Felixstowe at 5pm. Once again, you are welcome to buy lunch in Felixstowe or bring a packed lunch to enjoy on the prom.

## **Trustee Roles**

We thought you might like to know who the trustees of Memory Lane are and their various roles:

Tina Vickers – Chairperson and Activities Coordinator

Julie Young – Kitchen and Food Coordinator

Lyn Jolly – New Visitors and Support and First Aid

Christine Goodwin – Secretary and Welcome Desk

Melanie Griggs – Carers Contact

Kelly Hosking - Treasurer