



## Christmas Newsletter 2018

At Memory Lane Café, we have lots of entertainment planned for November and December so we thought we'd tell you about it in advance 😊

### Memory Lane Christmas Gift Sale – Tuesday 13<sup>th</sup> November

We're having our own Christmas Gift Sale! Organised by Dianne and Maria, we'll be having a Christmas Raffle, Christmas Crafts, a cake sale and a bric-a-brac table. Please bring any donations in on Tuesday 6<sup>th</sup> November (apart from cakes which can be brought in on the day).

### The Rosary Christmas Fair – Saturday 24<sup>th</sup> November – 12-4pm

The Rosary Club are holding a Christmas Fair again and some of our volunteers will be there doing a bottle raffle and also selling Christmas crafts, to raise money for Memory Lane. If you have any donations of bottles or crafts, we'd be very grateful. Please bring them in by 21st November and do come along to support the event.

### Memory Lane Christmas Dinner – Tuesday 18<sup>th</sup> December

Our wonderful kitchen team – Julie, Lyn, Lesley, Heather and Jenny – have offered to cook us all a Christmas dinner again. We'll be having traditional roast turkey followed by Christmas pudding and the cost will be **£6 per head**. Please fill in the slip below and return it to us with payment **BY TUESDAY 4<sup>th</sup> DECEMBER**.

If you have a Christmas hat or jumper, please feel free to wear it for our Christmas dinner!

#### PLEASE NOTE

**Christmas Day – Tuesday 25<sup>th</sup> December**

**New Years Day – Tuesday 1<sup>st</sup> January**

Memory Lane will be **CLOSED** on both of these days

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**Return slip for Christmas dinner on Tuesday 18<sup>th</sup> December – RETURN BY 4<sup>th</sup> December**

**Name(s):** .....

**Number of dinners:** .....

**Dietary requirements: Vegetarian / dairy-free / gluten-free / other (please specify)**

**Amount paid: £** .....

**Date:** .....

### **Secret Santa – Tuesday 18th December**

Tina is organising a Secret Santa game for us to play on the last Tuesday before Christmas. Please bring in 2 secret small wrapped gifts. These don't need to be expensive, approximately £1.00 each or can be an unwanted gift or something unusual, whatever you have really.

The Pound Shop is a good place to buy these gifts. Tina will provide a black sack that the gifts can be hidden in until we play the game. It promises to be lots of fun!

### **Other News ...**

#### **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 January and sessions will start again in February. We are currently planning sessions for 2019 so if you have any ideas for topics which you think will be useful for carers, please let Mel Griggs know.

#### **Community Car Service**

At a recent talk about Meals on Wheels, Tess from Aspect Living Foundation mentioned a community car service that is available for you to book when you need a lift around town, to an appointment or to the shops. She has a team of 80 volunteer drivers and the cost is 45p a mile, which is much cheaper than a taxi. If you'd like more information about this service, contact 01473 749927.

#### **Form Filling**

If you find the prospect of filling in forms rather daunting, such as applications for Blue Badges, Attendance Allowance, council tax etc, Christine on the Welcome Desk will be very happy to help you. Having worked in the care sector for many years, she has a lot of experience, understands the confidential nature of these forms and can even visit you in your home if it's easier - just have a chat with Christine.

#### **Yoga for Memory Lane**

As a fundraiser for Memory Lane Café, Diana Malone, a local yoga teacher, will be holding a beginners yoga session open to all on Sunday 13<sup>th</sup> January at The Rosary Club from 11.30am – 12.45pm. The session is free although all donations will be given to Memory Lane. Please let your family members and friends know about this so they can come along, join in and support the café 😊

#### **Family Day Out - Save the Date – Sunday 28<sup>th</sup> April 2019**

Keep this date in your dairies! The Ipswich Round Table are organising a family day for Memory Lane Café visitors at Greshams Sports Club to give you and your family a chance to spend some weekend time together. There will be entertainers, fun for the children, an afternoon tea and much more. Full details including how to book will be given out in the New Year.