



July 2019 Newsletter

We Care Information Sessions for Carers

The We Care Information Sessions for Carers will continue on the first Tuesday of each month from 11.30am – 12.30pm at Memory Lane Café as follows:

6 th August	Understanding behaviours – <i>repeated topic</i>
3 rd September	NO SESSION – visiting theatre group at Memory Lane Cafe
1 st October	Nutrition – eating for well-being
5 th November	Medication and Dementia – <i>repeated topic</i>
3 rd December	Cuppa and Chat

These sessions will be open to all people within the local community who are caring for people who have recently been diagnosed with dementia. If you know anyone who may be interested in coming along, please pass this information on to them. There is no charge to attend any of these sessions.

While the We Care session is running, there will be activities to keep our other folks entertained and we will have volunteers on hand to keep an eye on your loved ones.

Next Legal Clinic

Vicky Hosking, Managing Partner at Smith & Co Solicitors, will be visiting Memory Lane on Tuesday 17th September offering short appointments to discuss any questions or concerns you may have regarding legal issues. These might include Wills, Lasting Power of Attorney arrangements, property issues or funding for care questions. Please let Tina or Christine on the Welcome Desk know if you'd like to speak to Vicky.

Memory Lane wheelchairs

At a recent committee meeting, it was decided that the money raised from the recent Family Fun Day at Greshams, organised by The Ipswich Round Table, will be used to purchase 2 light weight wheelchairs. These can be used at Memory Lane on Tuesdays, at any Memory Lane outings and will also be available to our folks if needed for occasional,

short-term usage such as holidays, outings and appointments. Just ask one of the committee if you'd like to borrow one.

Colne Valley trip

The recent Colne Valley trip organised by AXA was a great success. Money raised by Memory Lane was spent on the day on the following items:

Car park costs at the hotel

Taxis to the hotel for 2 groups of our visitors with no transport

Ice creams for everyone

The tip for the coach driver at the end of the day

Christmas Dinner date – 17th December 2019

Save the date as we'll be eating out in style this Christmas! The venue will be the Best Western Ipswich Hotel, Copdock and times & menu will be confirmed nearer the time. We'll be entertained by Elvis on the day 😊

Memory Lane Café will be subsidising the event so the cost for a 2 course meal plus mince pies will be £5 per person. We'll start collecting names, numbers and meal choices at the end of September.

Treasurer & Trustee changes

The Memory Lane Café Charity Committee is undergoing a reshuffle. Kelly Hosking will be taking over the role of Secretary and we would like to recruit a new Treasurer who will also act as a trustee.

If you know someone who has experience or an interest in joining our Board of Trustees, we are looking for someone to undertake the following:

- Oversee the financial affairs of the organisation and ensure they are legal, constitutional and within accepted accounting practice
- Ensure proper records are kept and that effective financial procedures are in place
- Monitor and report on the financial health of the organisation
- Oversee the production of necessary financial reports/returns, accounts and audits

Please speak to Kelly Hosking or Tina Vickers if you would like more information about this role or would like to nominate someone for the committee to consider.