



## Newsletter October 2019

### New Treasurer

We're pleased to announce that Janice Bush has joined the Memory Lane Café committee as our new Treasurer. Janice is a qualified accountant who has worked at Scrutton Bland for 40 years so we feel confident the business and charity aspects of our café will be in very good hands. Janice currently works 4 days a week so although she will take part in committee meetings, we may not see her often on Tuesdays. However, she's planning to come along and say in the next few weeks 😊

### Next Committee meeting

The next Committee meeting will be on **Wednesday 6<sup>th</sup> November**. If you have any ideas, questions or concerns you'd like raised please have a chat to Mel Griggs, trustee, who will add it to the agenda.

### New Wi-Fi code

If you bring your mobile phone to Memory Lane with you, please note that the Wi-Fi code at the Meeting Place has changed to: **FVdA9FVYDJG4**

### Christmas Table Top Sale

Dianne and Maria will be organising our annual Christmas table top sale on 12<sup>th</sup> November to give you the chance to get ahead with your Christmas shopping this year. If you have unwanted gifts or items you'd like to donate, please bring them in on Tuesday 5<sup>th</sup> November – thank you 😊

### The New Wolsey Theatre Panto

We're organising a trip to see the dementia friendly version of Aladdin on Wednesday 11<sup>th</sup> December at 10.30am – all tickets are sold but we do have a waiting list. Please let Tina know if you'd like to be added.

### Christmas dinner – Tuesday 17<sup>th</sup> December 2019

We're doing Christmas in style this year at the Ipswich Hotel at Copdock – please ask Christine on the Welcome desk if you haven't had your information letter yet. If you have any questions or concerns about transport to the venue, please let us know as we'd like to sort out lift-shares and taxis where necessary.

### Scout Post Box

We will be having a scout post box this year for local deliveries of Christmas cards – more details to follow!

## **Memory Lane will be closed on Tuesday 24<sup>th</sup> December and open on Tuesday 31<sup>st</sup> December 2019**

Here's some dates for your diaries – **Memory Lane will be closed on Tuesday 24<sup>th</sup> December** (Christmas Eve) but **we will be open on Tuesday 31<sup>st</sup> December** (New Year's Eve). Some of our wonderful volunteers have offered to help so it's a buffet-style lunch that day – bring along any mince pies, sweets, Christmas cake that you may have left-over and we'll help you finish it off!

## **Swimming at Fore Street – every Thursday 3-3.50pm - £3.75 for two people**

Just a reminder that there is a weekly, dementia-friendly swimming session at Fore Street every Thursday from 3-3.50pm. The cost is £3.75 for two swimmers and it's open to all.

## **Co-op Token Scheme**

Memory Lane has been chosen by the East of England Co-op to be part of their token scheme, starting from 16<sup>th</sup> September 2019 for 3 months. Please let friends and family know that the following shops are taking part: Garrick Way, Bramford Lane, Ulster Avenue, Dales Road, Fircroft Road & Bramford stores

## **Knitting Update**

Mel Griggs, our knitting co-ordinator, wanted everyone to know that over **1500** squares have recently been knitted which have resulted in **105** twiddle blankets that are now waiting to be delivered to Ipswich hospital for patients living with dementia. A huge thank you to all of you who have been so busy with the knitting needles!

## **Volunteer wanted for organising trips**

We've heard that our folks would love to go on more day trips with Memory Lane so we're looking for a volunteer who would like to get involved in planning more events for us. If you are interested or you know anyone who might just have the skills we're looking for, please have a word with any of the trustees – Tina, Kelly, Julie, Lyn or Mel.

## **Nutrition talk**

At the recent We Care Information session regarding nutrition for well-being, Penny Hunking (dietitian) suggested that great value, easy-to-prepare meals can be purchased online from [www.parsleybox.com](http://www.parsleybox.com)

We have a catalogue on the Welcome desk so feel free to have a look through.

## **Wheelchair available**

We recently purchased a wheelchair for use by our Memory Lane folks. If you'd like to borrow it for any reason, either at the café on a Tuesday, for a trip, hospital visit or for a holiday, please just ask Christine on the Welcome desk and we can organise this for you. It's free of charge too 😊