

Memory Lane Café

**Autumn 2019
Newsletter**

*Memory Lane Cafe Calderdale
Registered Charity 1178595*

Welcome to our newsletter.

We are a local community group providing support for people affected by dementia, other memory problems, and isolation. We have regular cafes in Sowerby Bridge (St Paul's Church) and in Halifax (Maurice Jagger Centre). We offer a varied programme of games, crafts, information, support, cakes and conversation. We are all volunteers and our cafe team run craft sessions, play games, serve refreshments, provide information, support & chat.

Next cafe dates are:--

Sowerby Bridge (1.30-4pm)

October 12th and 26th

November 9th and 23rd

December 7th and 21st

Halifax (2-4 pm)

October 2nd and 16th

November 6th and 20th

December 4th and 18th

For more information please call our Cafe Coordinator (June) on **01422 706373** or **07920 549131** or email:- june@memorylanecafe.org

SILVER SUNDAY



Sunday 6th October was "Silver Sunday" (a day for celebrating older people) so Memory Lane got together with Our Place and other organisations to hold a day of activities at Higgins Close. Age UK, Bluebird Care, NHS Falls team, Staying Well team, and West Yorkshire Fire Service were there with information, support and advice. The Deputy Mayor of Calderdale, Angie Gallagher, visited to open the proceedings and we were all entertained by Ukelele Henry and Tony Austin (who also ran his musical bingo)

SEPTEMBER BOAT TRIP

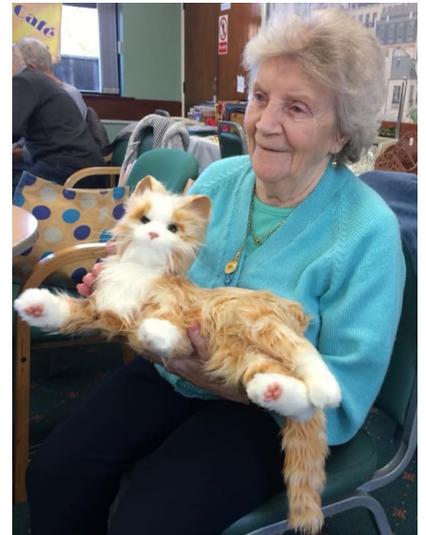


On 17th September we set off on the first of what should have been two days out on the water with Anchor Trust narrowboats at Mirfield. The sun shone, Tony Austin sang, and we all enjoyed a Kings Coffee House buffet lunch as we cruised the waterways.

"NARROWBOAT" TRIP TO BOUNDARY MILLS

We were all geared-up for another narrowboat day out in October when it had to be cancelled two days before because the river was flowing too fast for safety (we have certainly had plenty of rain recently!). Undeterred, June quickly rearranged the day into a minibus trip to Boundary Mills at Colne instead. A scenic ride over the moors, lunch and some serious shopping made a great day. Maybe we'll do it again?

THERAPEUTIC CATS



Since July, we have brought a robotic therapeutic cat to every cafe. Several of our members have since acquired their own cats. Rotary Club of Sowerby Bridge came along to our Halifax cafe at the beginning of October to present a cat to Sylvia. There's a fundraiser for more cats at a concert with The Landlubbers at The Hollins in Sowerby Bridge at 7.30pm Friday 18th October. **Tickets are £5 – please call June to book (01422 706373 or 07920 549131)**

CHRISTMAS FAIR

Christmas is just around the corner so we have teamed up with Our Place at Higgins Close to hold a Christmas Fair on Saturday November 30th from 10am to 3pm. There'll be a range of stalls, raffle, tombola, refreshments and, of course, Father Christmas.

A SHED FOR MEN IN SOWERBY BRIDGE

Over the past few years, the idea of "Men In Sheds" has seen scores of Sheds open up and down the country. The idea is to create a place where men (and women!) can get together to share their experiences, use and develop their skills, make or mend things, brew tea, make new friends and chat. Sowerby Bridge is about to have its very own Shed in Asquith Mills (near Sowerby Bridge Glass). The premises became available at the beginning of October and furniture, tools and equipment are all urgently needed to get the Shed working. If you want to know more about the Shed, if you'd like to help or to get involved in any way then please **contact John on 01422 835054 or 07912 346007 or you can email Countrystores1@hotmail.co.uk**

SEATED EXERCISES

We're delighted to tell you that we're starting regular seated exercise-to-music classes to be run by Katie from Katie's Gym at every Sowerby Bridge cafe – the first session will be on Saturday October 26th.

DONATIONS

We never cease to be impressed by the continuing generosity of Calderdale folk. Whilst we receive lots of donations from all kinds of places, there are two recent ones we'd like to mention here. Warley St John's Church have donated all their Harvest Festival foodstuffs together with a very generous cheque which they brought along to present to us at our Sowerby Bridge cafe(below)



The cakes, biscuits, coffee and tea will certainly keep us going for a good few cafes and the cheque will buy us more for the future.

Boulderclough Ladies Group recently gave us a cheque in memory of Betty Honor who died earlier this year. Betty was always interested in arts and crafts so we'll use this donation to buy more craft materials.

Thank-you to all donors & Friends of Memory Lane Cafe.

2019 MUSICAL FINALE

We'll be rounding the year off with live music at the final cafes of 2019. Tony Austin will be at Halifax on Wednesday 18th whilst Jed & Maggie will be at Sowerby Bridge on Saturday 21st. Bring your singing voices and your dancing shoes!

BOOK NOW FOR OUR CHRISTMAS PARTY

Our 2019 Christmas Party for members will be held on Friday 13th December at St Columba's Church Hall, Highroad Well. The party runs from 11.30am to 4pm with entertainment and games through the day. We're doing a buffet lunch this year (rather than a sit-down meal) and the cost is £5 each. A minibus will run from/to Halifax (fare £2 each way). **June is now taking bookings (01422 706373 or 07920 549131)**

BLACKPOOL LIGHTS

We're off to Blackpool on a coach trip on Thursday 14th November. Depart Halifax 2pm & Sowerby Bridge 2.20pm, tour the lights and have a meal on the way home. £10 p.p. incl. meal. **Call June to book (01422 706373 or 07920 549131)**

WE STILL NEED VOLUNTEER DRIVERS!

For some of our members, transport can be a real challenge to get to our cafes. We need volunteer drivers (either using own car – for which a mileage allowance is available - or driving a minibus). This will make our cafes accessible to all.

Training and support is available so, to find out more, call June (Volunteer Manager) on **01422 706373 or 07920 549131.**