

Memory Lane Café

Summer 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.

August 10th and 24th

September 14th and 28th

October 12th and 26th

Halifax (2-4 pm)

August 7th and 21st

September 4th and 18th

October 2nd and 16th

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

SHOWBOAT ON T' CANAL



Memory Lane took to the water in July with a musical narrowboat trip from Sowerby Bridge to Hebden Bridge. Two boatloads of members and volunteers were joined by Tony Austin and his guitar. Tony sang on each boat (swapping over at a lock half way). Apart from joining in with Tony, our members enjoyed a cream tea as we cruised. Skippers were June and Martin (who also drove the minibus). Teresa took the photos as we travelled. The day finished with a pub meal and, finally, minibus home.

SUPPORTING OVERGATE



Several of our Memory Lane volunteers (June, Kate, Muriel, Pauline & Tammy) helped out at the Overgate Garden Party in May. Running the Teddy Tombola, we raised a total of £249 for Overgate funds.

INNER WHEEL GIFT

Earlier this year, June gave a talk to Halifax Inner Wheel members about Memory Lane. Jenny Harkness, their President, has now made a generous donation to us which enabled us to buy another set of boules for our Sowerby Bridge cafe. Jenny came along to the cafe to present the cheque and to see for herself just how popular boules is - see below!



OUR NEXT BOAT TRIP

Following the success of previous narrowboat trips, we're off on another cruise on September 17th. This time, we'll be cruising from Mirfield on the Safe Anchor Trust boats. It will be a day-long trip with transport leaving Halifax around 9.30 am, lunch on the boat as we cruise, and transport returning to Halifax around 5pm. There will be a charge of £5 per person for the boat trip (inc. lunch) plus £2 each way for the transport. Places are limited so, if you are interested, please let June know (**phone 01422 706373** or **talk to her a cafe**).

MAYOR'S MARKET STALL



A fearless team of volunteers and members braved the rain and wind to run the Mayor's market stall in Southgate, Halifax on a not-very flaming June Friday. We'd collected a lot of items to sell and, despite the weather, we still made over £200 which we'll be spending on cafe activities. The few things that we didn't manage to sell were taken by the Mind charity shop – so they will still generate funds for a local charity. A big thank you to everybody involved.

BLOOD PRESSURE



Volunteers from the Stroke Association came along to our Halifax cafe in May to talk with members about ways of reducing the risk of a stroke. They also offered free blood pressure tests – for which they had a queue of customers for most of the afternoon.

VOLUNTEERS' NIGHT



We have a great team at Memory Lane, many of whom volunteer with other groups. In recognition of all their efforts we held a joint night out in June with our volunteers and those from Dementia Friendly Sowerby Bridge at a local pub.



In conjunction with Our Place at Higgins Close, Bluebird Care, NHS Falls team, Staying Well team, and West Yorkshire Fire Service we are planning a day of activities on 6th October to mark "Silver Sunday" (celebrating older people). More details to follow in early September.

FILMING – TAKE ONE *Active Calderdale*

"Active Calderdale" is a Calderdale Council initiative to encourage people to take more exercise and get out and about. In June, our Sowerby Bridge cafe was visited by a film crew who recorded seated exercises with Izzy Brittain and dancing along to the music of Tony Austin. The film will help people to become more active in Calderdale.

FILMING – TAKE TWO *Looking Out For Our Neighbours*



"Looking Out For Our Neighbours" is encouraging people to be there for their neighbours. Memory Lane is full of people who support each other so, in May, our Halifax cafe was filmed as part of the campaign. Fran and Diane are now on the front page of the campaign publicity (see the picture!).

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, just call June (Volunteer Manager) on **01422 706373** or **07920 549131**.