

Publicity: Publicity events have included stalls at Beeston Carnival in 2014 and 2015; Awareness raising events at Sainsbury and Tescos; participating in the University of Nottingham Community Day, Alzheimer's society Walk for Life and the Park Garden Trail. We have appeared on local TV and radio. Our leaflets have been distributed widely in local stores, churches and doctors' surgeries.

Links and Profile raising: We have developed a strong link with the Sensory Strolls for people living with dementia and their supporters, organised by Attenborough Nature Reserve. We provided and served refreshments at the 1st anniversary of the Beeston Park

Run.

Our First Anniversary: We celebrated our First Anniversary with a party. The Mayor Councillor Susan Bag-

shaw cut the birthday cake and spoke on dementia., food was provided by members and local shops.



The afternoon included musical entertainment, a quiz, a raffle with so many prizes that nearly everyone went home with one! We ended as we usually do, by singing songs.

Our 2nd year begins.....

To meet **growing demand and offer a wider range of activities**, we now open the Memory Café twice a month on both 2nd & 4th Thursdays.

Those on **2nd Thursdays** will continue with our tried and tested programme pattern..

Those on **4th Thursdays** will be led by a range of professionals and focus on enabling our guests and supporters to participate in music, movement, exercise and other leisure pursuits.

A Carers' Support group has been established to run concurrently with the Memory Café. A second room has been set aside to provide information for carers; here they can meet together if they wish, with occasional visits from relevant experts.

Charitable status: We are applying for charitable status as our income for 2015/16 will exceed £5,000.

Comments from our half year questionnaire:

The best things about the Cafe are:

- meeting people dealing with similar situations, the people, all the events.
- lovely to be with others who understand, the kindness of everyone, so friendly and welcoming
- friendship, information, interesting topics from speakers

What would you like to change:

- nothing; we may need a larger room
- we cannot deal with spoken words; more visual activity eg slide show, musical performances

What other activities would you like us to introduce?

- more crafts; gentle exercise; trips to places of interest

Closing remarks: We have had a very successful first year but we face many challenges as we meet fortnightly. It is estimated that more than 9,000 people in Nottinghamshire have dementia. We need to reach more people and find more volunteers. With the support of the local community and local authorities, we are glad to play our part in building a Dementia Friendly community.

Janet Patrick, Chair, Beeston Dementia Friends