



## Chair's 1st Annual Report 2014—2015

**Beginnings:** In early 2014, Broxtowe Borough Council committed itself to becoming a Dementia Friendly Community. Working with the Alzheimer's Society an informal group began to organise Dementia Friends Awareness sessions which gave basic information and asked for a commitment to action: 'We need more than this.' Was the response.

On 25 April 2014 five people met at Voluntary Action Broxtowe and agreed 'that we commit ourselves to setting up a Memory Café and work towards it'.

**Words into action:** A working party was formed, other Memory Cafes were visited and possible venues within Beeston were explored. The Alzheimer's Society provided advice and training for

10 September 2014 saw the opening of



*"A safe, friendly venue where folk with dementia and those who support them can meet." Cafe sessions include social activities, information and the opportunity to meet and get to know new people*

all volunteers and the working group. Numerous policies and procedures had to be written. With widespread support and publicity, the Memory Cafe opened last September at Middle Street Resource Centre

**Cafe sessions activities** are based on a theme: Holidays, Sport, Easter, etc. and have included outside speakers, table quizzes, singing songs, music and movement and gardening sessions. Two trained therapists offer individual massage. Guest and supporters come from across the Beeston/Chilwell/Wollaton/Stapleford conurbation. We have had an average attendance of 43 and have grown into a community. A total of 29 guests living in the community with dementia and 36 supporters have attended the Memory Cafe during our 1st year.

**Support:** We have been fortunate in receiving amazing financial support from Nottingham County Council, Nottingham West NHS Clinical Commissioning Group and The Park Garden Trail and practical support from Broxtowe Borough Council. And in having both a strong team of volunteers and a Committee which works with commitment and enthusiasm.

**Dementia Friends Awareness sessions and Dementia Champions:** Three members of the working party are Dementia Champions and have run Dementia Awareness sessions on eight occasions including one working with Broxtowe Borough Council. Around 200 people have become Dementia Friends as a result