

## DENHAM MEMORY CAFÉ

Denham Parish Council started the Memory Café for Dementia sufferers and their carers in the latter part 2021.

People arrive around 11am greeted and are given tea or coffee and biscuits, and made to feel very welcome, we chat with them as to how their week has been.

We have the Sunshine Singers attend, a song book is given out so they can choose what they would like to sing, play a musical instrument if they wish, and dance. This goes on for about 45 minutes as any longer than this and their attention starts to wane.



At the last session we had a lady come and give a session on Chair Yoga for 30-40 mins which everybody participated in and really enjoyed. Hopefully, this will become a regular item and can be something that they can take home and do together outside of the café.



They have lunch consisting of sandwiches and cakes and more tea and coffee! We have a professional lady who specialises in Dementia and she attends each session and chats and will give advice, there is a separate room to the side of the hall where they can have confidential conversations.



Numbers vary at each session as depending on how bad the Dementia is, depends on how they feel that particular morning. We have had carers come back and say that whilst they don't normally remember things day to day, they do remember coming to the café and when are they going back. Which is a great delight to hear.

Currently we have people coming from Denham, Harefield and Iver and are now going to open up to Gerrards Cross and Chalfont st Peter.

We have volunteers who come and help with setting up the tables and chairs, and making refreshments and organising the lunch plates and it is a really lovely atmosphere.

