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The Memory Matters and Moments team feel it is important to keep you as updated as we can in the current situation with Covid-19 (Coronavirus) and our services.

LATEST UPDATE: 25/03/2020

Weekly Activity Sheet

Our Cornwall team have put together a list of activities for our Lottery Funded groups to take part in at home. We will be sending these out on a weekly basis and we will also be uploading a copy to the [Newsletter](#) page on our website. If you are a carer or if you are helping to take care of a loved one who has dementia, please feel free to use our worksheet. This weeks topic was Spring and next week we will be focusing on Money & Numbers.

Download your copy [here](#).

Join Our Digital Workshops



We are delighted to be able to bring our Memory Matters Workshops online. Because you can't get out, we are bringing the groups to you. Yesterday, we piloted our first EVER online workshop (read more [here](#)) and it was a great success.

Sophie, our Team Leader said, ***"Something new and novel is supposed to be good for all of us, so it felt very positive."***

"This is great fun! I've never done anything like this before" said one of our group members.

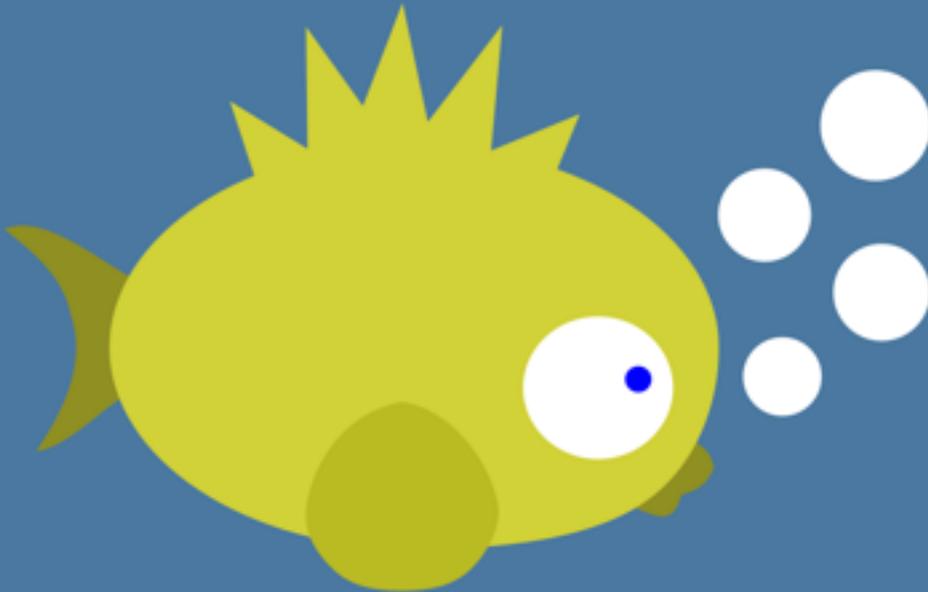
"I'm very social and don't like being isolated. I feel so much better now I can see you all" said another.

These workshops are available for people with mild to moderate dementia. If you're interested in joining one of our Wednesday morning sessions between 10.30am -11.30am, or if you know somebody that would benefit from getting involved, please register [here](#). However, spaces are limited so you'll have to be quick!

Shopping at Tesco

Tesco have recently announced the new measures they'll be taking in their stores. They have now introduced a store-wide restriction of 3 items per customer on every product line and they have removed all multi-buy promotions. Their delivery service is at full capacity for the next few weeks so they kindly ask those that are able to safely come to their stores, to do so, instead of shopping online. This means they will then be able to free up more slots for the vulnerable.

Read more [here](#).



JetPunk - World's Best Quizzes

Take an Online Quiz

Do you enjoy taking part in an online quiz, or do you know someone that does? If so, check out [JetPunk](#), they have thousands of quizzes for you to get your teeth into! Not only do they offer a wide variety of online quizzes, but they have recently teamed up with [Trees for the Future](#), whose mission is to help people in Africa plant forest gardens. These forest gardens not only absorb carbon dioxide, but they also provide valuable food and forest products to the local farmers who maintain them. JetPunk are committed to donating 5% of their revenue to planting trees and they thank everyone who uses their site for

making this possible.

Read more about the initiative [here](#).

Wellbeing and Self-Isolation

Please find attached a very useful document regarding your wellbeing during self-isolation. It includes lots of advice surrounding different subjects such as, creating a daily planner, keeping active, your mood and anxiety as well as keeping connected. It also focuses on the 'APPLE' technique to help tackle worries.

View the document [here](#).

Song of the Day

Our song of the day today is the feel good ***Peggy Sue*** by Buddy Holly; a popular choice with our team down in Cornwall. We hope you enjoy!

Click here to [listen](#).

Please Note: We publish our updates before the Government makes new announcements. Therefore, we will try our best to keep you informed on a daily basis.

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