

Keeping Brain Fit At Home

Our Groups: Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.

This week our topic is: **MEMORY MATTERS' 10TH BIRTHDAY**



HAPPY 10 BIRTHDAY



www.memorymatterssw.co.uk

A word from Kate and Laura:

On the 15th June 2010, Memory Matters was born. Launched from Laura's kitchen table and registered to Kate's tiny box room; too small to fit both directors in at any one time. We mastered home working long before this new normal, whilst juggling our pre-school children and holding down part-time nursing work to make ends meet. It wasn't particularly easy and there were many challenges, but we were driven then, and remain driven on now to carry out our mission to see a world where people living with dementia are empowered and thriving in their communities.

Looking back, there is so much for us to be proud of. Our workshops, day clubs and projects have supported many people living with dementia over the years and have been a place where friendships has blossomed. Our beneficiaries are part of the family and we want it to always feel that way. We are so proud of our amazing team and we are so grateful for each and every one of them, past and present. It is this group of individuals that have always put our beneficiaries first and foremost.

This team have been willing to give so much of themselves and have held on and steered through the bumpy times and kept the ship sailing. Happy Birthday Memory Matters and thank you to an awesome team and to all the supporters, beneficiaries and friends that have been with us along the way - here's to another 10 years of smiles.

Magic Moments by Perry Como is always a firm favourite with our groups when choosing a song to sing at the beginning of our sessions.

Here at Memory Matters we have enjoyed looking back over the past ten years and would like to share some of our “magic moments” with you:

Clarinda has fond memories of those Memory Matters fundraising garden parties, and Summer Fetes. The sun shone. Families young and old, friends, volunteers and staff gathered together full of warmth, support and excitement for the future of Memory Matters.

Karen used to love celebrating special days in the calendar with her groups, St Piran’s Day & pasty making was always a big hit, “I was ready to come and see you at 7am!” said one enthusiastic gentleman.

Lynn enjoyed going into St Petroc’s church in Bodmin to see all the decorated Christmas trees with some of our beneficiaries from the Bodmin group.

Sophie has happy memories of working in Lostwithiel when Charles and Camilla made a surprise visit to the town. We all went out and watched, it was not busy and they came and spoke

An excerpt from At Set of Sun by Ella Wheeler Wilcox

If we sit down at set of sun,
And count the things that we have done,
And, counting, find
One self-denying act, one word
That eased the heart of him who heard,
One glance, most kind,
That fell like sunshine where it went –
Then we may count the day well spent.



Often it is the simple things we do that can brighten someone else's day.
For example, paying a compliment, offering to run an errand and taking time to listen.

- In what ways did you help your family and friends when you were growing up?
- What sort of things can people do to brighten your day at the moment?
- Describe yourself using three words!
- If you were a castaway on the radio programme "Desert Island Discs" what would you choose to take with you as your one luxury item?

Life during lockdown in 2020 has given people an opportunity to reflect and consider the things that are important to them.

- Which of the following simple pleasures do you enjoy?
 - Listening to music you like
 - Having a cup of tea or coffee
 - Reading a good book
 - Watching the sunrise or sunset
 - Enjoying your favourite chocolate
 - Talking with a good friend
 - Enjoying nature
- Can you add some more of your own simple pleasures to our list?

We had planned to celebrate our 10th Birthday with you in person, but have had to put those plans on hold for now! However, you can still help us celebrate from afar!

- If you were choosing a birthday cake, what type of cake would it be?

CHOCOLATE

VICTORIA SANDWICH

COFFEE AND WALNUT

- Tell us about some special parties that you have attended in the past.
- Which party games did you enjoy playing at children's parties?
We liked Musical Chairs, Hunt the Thimble and Sardines!

What did the baby sardine say when he saw a submarine?
Look, Mum - a tin of people!

Photo Archive: Rogues Gallery

