

# CALLINGTON MEMORY CAFE

England & Wales - Charity number 1181498

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-01-10

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 19 Werrington Drive  
Callington  
PL17 7TE

**Phone** 07753728697

**Email** [secretary@callington-memory-cafe.org](mailto:secretary@callington-memory-cafe.org)

**Website** [www.callington-memory-cafe.org](http://www.callington-memory-cafe.org)

## Activities

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**Objects:** TO RELIEVE THE NEEDS, AND TO PROMOTE AND PROTECT THE GOOD HEALTH OF PERSONS LIVING WITH DEMENTIA, AS WELL AS THEIR CARERS AND FAMILY, IN PARTICULAR BUT NOT EXCLUSIVELY, BY THE PROVISION AND DEVELOPMENT OF A MEMORY CAFE.

**Activities:** The Callington Memory Cafe exists to provide a welcoming venue for people living with dementia and their carers. We achieve this by meeting every two weeks for 2-3 hours in a suitable location presently the Callington Methodist Church Hall. We provide light refreshments. At every meeting we arrange an activity, from flower arranging to musical entertainers.

## Classification

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- **How:** Other Charitable Activities
- **What:** Disability
- **Who:** People With Disabilities

## Geography

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- Cornwall

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,885	£1,931	-	-
2024-03-31	£3,664	£2,676	-	-
2023-01-31	£7,432	£2,303	-	-
2022-03-31	£5,843	£1,996	-	-
2021-03-31	£5,135	£950	-	-

## Trustees

Name	Role	Appointed
<b>Keith Charles Harris</b>	Chair	2024-03-26
Christine Elizabeth Harris		2018-01-10
Elizabeth Myrtle Ware		2018-01-10
Jayne Louise Buckley		2024-03-26
John Manning Ware		2018-01-10
Robert Dennis Wade		2018-01-10

**CALLINGTON MEMORY CAFE**

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# Accounts

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Callington  
Memory  
Café

Charity N° 118 1498

## Report for the period 1st April 2024 until 31st March 2025

Our memory cafe continues to provide support and encouragement to those in our locality that are living with dementia.

From:  
Keith HARRIS  
Chair of Trustees

The trustees meet on a regular basis to discuss progress and consider activities and visits that could be added to our program.

We choose not to hold meetings during August as the availability of volunteers and members tends to be limited during this busy holiday period.

Each session starts with a welcome drink & biscuits. The Daily Sparkle providing an engaging series of articles and quizzes which gives our volunteers an opportunity to settle guests in and catch up with their carers.



8 Trelawney Rise  
Callington  
Cornwall  
PL17 7PT

Our program year started in September with Music from the ever popular Drums for Fun. Not only are members encouraged to play along with a wide variety of percussion instruments but they are also challenged to solve musical puzzles. Unfortunately two of our regular entertainers are no longer available, so the hunt is on for suitable replacements.



07855 820 226

Other activities include Love to Move sessions with our own qualified deliverer, Chris. This program originated in Japan but was modified for use the UK by a local lady. Promoted by British Gymnastics, it's an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia.



[chair@callington-memory-cafe.org](mailto:chair@callington-memory-cafe.org)

Also popular are our craft based session which have included hat making, flower arranging and Easter crafts.



<http://www.callington-memory-cafe.org>

We occasionally reminisce over board games such as Snakes & Ladders, Draughts, Connect 4, Beetle and the like. Conversations frequently turns to what part board games played in their lives.

This year we have had two 'outings' for a cream tea. There are some concerns over the coach company we have been using, but we believe we have a replacement lined up.

In February we were delighted to welcome a team from the Plymouth Marine Aquarium who brought along exhibits and engaged our members with tales of from the ocean.

Its good to see that we are getting a few new members, referred to us by the local health centre, although it appears that they are still reluctant to promote our activities by displaying a poster.

As ever we are looking for volunteers to help us on a fortnightly basis.

Keith HARRIS  
Chair of Trustees.

# Callington Memory Café Summarised Account

Period Apr 2024-Mar 25

	2025	2024		2025	2024
Balance:Bank/Cash		£4,992.00			
<b>Income</b>			<b>Expenditure</b>		
Donations	£2,389.00	£1,164.00	Venue	£456.00	£672.00
Grants		£2,500.00	Refresh	£117.00	£135.00
			Print/Stat	£214.00	£301.00
			Activities	£150.00	£351.00
			Entertainment	£719.00	£888.00
			Equip	£0.00	£32.00
			Donation RBL	£25.00	£18.00
			Outings	£357.00	£128.00
			Fees(DBS etc)	£0.00	£36.00
			Xmas	£255.00	£114.00
<b>Totals</b>	£2,389.00	£3,664.00		£2,293.00	£2,675.00
Balance:Bank/Cash	£5,088.00				

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# Accounts

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## Report for 1st February 2023 - 31 March 2024

Callington Memory Cafe provides a focal point for those living with dementia in and around the Callington area.

Meeting on alternate Saturdays a variety of activities are on offer. These include music, games, crafts and exercise.

There is no charge to attend our sessions, although donations are always welcome. On arrival members are welcomed and offered refreshments. Sparkle, a magazine designed for those living with Dementia, is available and provides a focal point for reminiscences as well as puzzles. Carers have time to discuss issues that are of concern and cafe volunteers can pass on details of upcoming courses or events that may be of interest.

February started with a session from our very own Chris who is a qualified 'Love to Move' deliverer. Love to Move is based on a cognitive enhancement program developed in Japan. The British Gymnastics Foundation has adapted the program to suit British culture. It involves seated exercises to music and has been proven to improve both the physical and emotional wellbeing of older people and those living with mild to advanced dementia. This has proved so popular with our members that Chris now offer weekly Love to Move sessions for the local community. It has also been offered to local care homes.

In March we hosted 'Drums for Fun', Cornwall's Percussion Experience Workshop company. They combine Sensory: Therapeutic and Energetic participatory rhythm sessions designed to promote and improve Mental Health, Self-Esteem and Well-Being.

Music is particularly popular, with local musicians including the amazing 'Wicked Lollypops', Johny Inder and 'Gold Coast' being regulars.

In July, Rach brought along clay for our members to explore shapes. A messy but therapeutic session that produced some interesting shapes and lots of discussion.

Numbers in August were reduced, presumably due to family vacations. Availability of volunteers was also greatly reduced. A playing card bingo session was organised.

September saw the return of Gold Coast and Drums for Fun. A very musical month!

October saw the return of 'Corn Dollies' from our very own Chris. A simple, repetitive and very creative activity using straw to make love tokens. This generated lots of discussion about old crafts. There was also a season involving Snakes & Ladders, Frustration and other board games.

Crafts featured in November, with members producing art work that would feature on our calendar.

At our Christmas party we welcomed Pillaton and St. Mellion hand bell ringers whose festive dings attracted a jolly gent in Red who distributed presents. This was also a sad occasion as we bade farewell to Sue & Andy, volunteers and Trustee who are moving out of the country. Their support and enthusiasm will be missed. We wish them well in their new home.

For Chinese New Year we welcomed Becky Chen who entertained us with music and stories from her homeland. Her fabulous silk dress promoted much discussion, as did the tongue drum used to accompany her songs.

<b>Callington Memory Café Income &amp; Expenditure</b>				
<b>Period 01 Feb 23 to 31 Mar 2024</b>				
<b>Charity registration number 1181498</b>				
<b>Income</b>			<b>Expenditure</b>	
	Balance C/Fwd	£4,003.77	Venue	£672.00
	Donations	£1,164.42	Refresh	£134.68
	Grants	£2,500.00	Print/Stat	£301.52
			Activities	£350.94
			Entertainment	£888.50
			Equip	£32.49
			Donation RBL	£18.00
			Outings	£128.00
			Fees(DBS etc)	£36.00
			Xmas	£114.15
<b>Totals</b>		<b>£7,668.19</b>		<b>£2,676.28</b>
<b>Less expenditure</b>		<b>£2,676.28</b>		
	Balance C/Fwd	<b>£4,991.91</b>		

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## CALLINGTON MEMORTY CAFÉ ANNUAL REPORT 2023

We continue meeting every two weeks on a Saturday from 2pm-4pm. Despite reduction in donations by our patrons we have been kept financially viable by a substantial grant.

We provide various types of activities to engage people living with dementia. This varies from arts and crafts to musical entertainers.

We also provide light refreshment during the time we meet. Presently we have approximately 14 clients.

## Callington Memory Café Income & Expenditure

Period Jan - Dec 2023

### Income

Balance C/Fwd	£3,847.24
Donations	£1,084.60
Grants	£2,500.00

### Expenditure

Venue Hire	£576.00
Refreshments	£102.44
Printing inc publicity	£261.56
Activity materials	£329.95
Professional fees	£864.50
Equipment	£13.94
Xmas	£100.15
Miscellaneous	£54.00

**Totals** £7,431.84

**£2,302.54**

**Less expenditure** £2,302.54

Balance C/Fwd £5,129.30

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# Accounts

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## CALLINGTON MEMORTY CAFÉ ANNUAL REPORT 2022

Since the end of covid restrictions we have continued meeting every two weeks on a Saturday from 2pm-4pm. We provide various types of activities to engage people living with dementia. This varies from arts and crafts to musical entertainers.

We also provide light refreshment during the time we meet. Presently we have approximately 14 clients.

## Callington Memory Café Income & Expenditure

Period Jan - Dec 2022

### Income

Balance C/Fwd	£4,184.73
Donations	£1,158.73
Grants	£500.00

### Expenditure

Venue Hire	£600.00
Refreshments	£259.92
Printing inc "Sparkle" mag.	£122.35
Activity materials	£469.36
Professional fees	£252.80
Equipment	£187.84
Xmas Gifts	£103.95

**Totals** £5,843.46

**£1,996.22**

**Less expenditure** £1,996.22

Balance C/Fwd £3,847.24

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# Accounts

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# Callington Memory Café Income & Expenditure

Period Jan - Dec 2020

## Income

Balance C/Fwd £5,325.88

Donations £520.72

Grants

## Totals

£5,846.60

## Less expenditure

£1,924.78

Balance C/Fwd £3,921.82

## Expenditure

Venue Hire £126.00

Refreshments £93.81

Printing inc "Sparkle" magazine £177.32

Activity materials £41.41

Professional fees £1,232.80

Travel £0.00

Equipment £0.00

Xmas Gifts £253.44

Outing £0.00

£1,924.78