

## 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.

Callington Memory Café Income & Expenditure					
Period 01 Feb 23 to 31 Mar 2024					
Charity registration number 1181498					
<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>		£7,668.19			£2,676.28
<b>Less expenditure</b>		£2,676.28			
	Balance C/Fwd	£4,991.91			