



# Virtual Memory Café

**Welcome to our January 2022**

**Virtual Memory Café Newsletter Edition 20**



Please join the Solent Admiral Nurse team at our Virtual Memory café. Grab a cuppa, sit down and relax. Our Virtual Memory café will hopefully give you some advice and guidance, however most importantly we hope that it makes you smile and reminds you that you are not on your own.

**Please feel free to call us on 0300 1234 026**

**or email [snhs.admiralnursing@nhs.net](mailto:snhs.admiralnursing@nhs.net)**

Address: Admiral Nurses, East Community Independence Service,  
Bitterne Health Centre, Commercial Street, Southampton, SO18 6BT



**AdmiralNurses** Dementia UK  
Helping families face dementia

# Memory Café update

Well here we are in 2022, we finally managed to get the Cafes back up and running in the later part of 2021 but sadly had to cancel the Highfield Café in December.

I am pleased to say that the Highfield Café is back up and running again now and Caraway have decided to open twice monthly from February this year, on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month. There will be no Admiral Nurse present on the 1<sup>st</sup> Tuesday at Highfield as we do not have the staff currently to cover both Cafes, but we hope that we may be able to attend for 1 hour later in the year when we are expecting our new member of the Team.

The Bitterne Park Café plans to open again on 26<sup>th</sup> January (No Admiral Nurse).

The Cafes have grown from strength to strength over the past 6 months, proving that people need a place to come together and share support, stories, friendship and time. We will do our very best to keep the Cafes open but must ask of you all that we keep to the restrictions which keep us safe. These include wearing masks, unless drinking tea or exempted and keeping a 2 metre distance where possible.

Please let us know if there is anything you would like for us to cover at any of the Café's we attend, maybe something we have done previously or a topic you feel needs to be discussed. We are always open to ideas and glad of any suggestions.

**Hopefully I will see some of you soon!, Karyn xx**

# Thornhill Memory Cafe

Facilitated by Admiral Nursing

**For Carers of people with Dementia**

(you are welcome to bring the person you are caring for)

***Medwall Court***

***Tatwin Close, Thornhill, SO19 6JS***

***1st Tuesday of every Month,***

***2 till 4pm***



Join us for Tea/Coffee, Peer support, advice and signposting. Plus 1-1 support as needed

***Future Memory Café Dates:***

***Tuesday 1 February 2022***

***Tuesday 1 March 2022***

# Highfield Memory Cafe

Facilitated by The Caraway Trust

**Highfield Church**

**Highfield Lane, SO17 1RL**

**1st and 3<sup>rd</sup> Tuesday of every month, 2 till 4pm**

Join us for Tea and Cake, support, a listening ear and much more including 1-1 support from Admiral Nursing on the 3<sup>rd</sup> Tuesday.



**Future Memory Café Dates:**

***Tuesday 1st and 15 February 2022***

***Tuesday 1st and 15 March 2022***

# Caraway Cafe

For those with memory problems, their carers and households living with dementia.

When: 2nd and 4th Wednesday of each Month

Time: 3.00—4.30pm

Where: Ascension Church Café

Thorold Road, Southampton, SO18 1HZ

Tea, chat and activities.



Any enquiries please contact:

**Katherine Barbour, [caraway@caraway.uk.com](mailto:caraway@caraway.uk.com)**





A *belated Happy New Year to everyone*, a time to reflect on the challenges and achievements of the past year and also a time look forward.

Many famous singers *celebrate their birthday in January*, so make it a musical month. It's a pretty diverse list and there should be something for every taste:

**8 January – Elvis and David Bowie**

**10 January – Rod Stewart**

**19 January – Dolly Parton**

**27 January – Mozart**

**Burns night** is also celebrated on **25 January**, enjoy some traditional Scottish music.



**Chinese New Year** is on **1 February** this year, the Year of

the Tiger. I have many childhood memories from this time of year watching Lion dancing parades around the local streets of Singapore. The bright colours of the lanterns always spring to mind, beautiful reds and yellows with the drum beat pulsing through all those gathered to watch.



2022 is hopefully a year we can learn to live safely, but less restricted or isolated as many people have felt over the last couple of years.

We also have the **Queen's Platinum Jubilee** in June from the 2<sup>nd</sup> to the 5<sup>th</sup>. Already

there is much planning afoot for street parties. I remember fondly the street party I attended with my family at the silver jubilee in Portsmouth. Does your street have any plans? We would love to hear them, please

email us or drop us a line if you are planning anything.



**Happy 2022 – wishing you joy and much shared laughter!**

**Karyn xx**

# TOP 10 BOARD GAMES YOU CAN PLAY WITH PEOPLE WITH DEMENTIA

Board games are a bit of a topical subject, given that we have not long celebrated Christmas. Countless families will have been partaking in the fun and silliness of games after a few drinks! What about the benefits of playing board games with somebody who has dementia?

There is research available now, in favour of introducing board games. Of course, it is important to find the right games to play, factoring in the different stages of dementia.

According to a blog on the Eastleigh Care Homes website (<https://eastleighcarehomes.co.uk/blog/10-board-games-you-can-play-with-dementia-patients/>) here is a top 10 of games worth considering for you to play with your loved ones.

It is easy to assume that doing so, may be challenging and stressful to somebody with a dementia diagnosis, but one study has shown “a simple cognitive activity such as Bingo can be of great value to the daily management of Alzheimer’s patients”.

Visibly colourful and striking games are key for somebody with dementia. Familiarity is also important, so playing games that they can connect with from their past, will help them to engage.

Here is the list of games you can try.

- [Bingo](#)
- [Noughts and Crosses](#)
- [Snakes and Ladders](#)

[Call to Mind](#) - developed by an Occupational Therapist with guidance from Psychiatrists and others in the field, specifically for those with dementia. Call to Mind describes itself as a “specially designed board game that helps get to know and understand the thinking, like and dislikes of someone with dementia.” (quoted from Eastleigh Care Homes blog).

[20 questions](#) – this can be in the form of a card game, or you could ask the person with dementia to choose a subject, where they get to answer yes or no about the subject which helps to seal the memories.

- [Dominoes](#)
- [Draughts](#)
- [Card Games](#) - familiar card games according to current cognitive ability.

[Batik](#) – described as a game where each player has a set of colourful wooden pieces in various shapes. The playing area is formed from two sheets of Plexiglas. Players take turns dropping pieces into the gap until a piece cannot be wholly inserted.

[Uno](#) – a card game with brightly coloured and clear cards. The idea is to match colours and numbers.

If you are considering getting some board games, allow the person with dementia to have some input into their preferred game. They should be able to handle the pieces, so it may be necessary to buy larger scale versions of the games. Don't choose anything with time pressure, and nothing too physically challenging.

***Above all, have fun, and enjoy the connection made through play!!***

(other sources of information - <https://www.alzheimers.org.uk/dementia-together-magazine/dec-jan-2017-2018/fun-and-games>

<https://www.goldencarers.com/games-for-people-living-with-dementia/4779/>

# Resources

This is a quick guide to some of the support you can access at the moment. We have included some local organisations as well as national charities and support groups. Please let us know if there is anything that you would like us to include or if you know of a really useful resource that we have not included.

 **Caraway** As well as supporting our Memory café s and providing Anna Chaplains, the Caraway Trust also have some really useful resources to download aimed at supporting people at home during Covid19.  
[www.caraway.uk.com](http://www.caraway.uk.com)

 **CARERS IN SOUTHAMPTON** *Helping unpaid carers* Carers In Southampton help adult unpaid carers with signposting, carers cards, carers assessments and emergency planning. Tel: 02380 582387 [www.carersinsouthampton.co.uk](http://www.carersinsouthampton.co.uk)  
email: [enquiries@carersinsouthampton.co.uk](mailto:enquiries@carersinsouthampton.co.uk)

 **DEMENTIA CARERS COUNT** *Supporting Family Carers* Dementia Carers Count provide a one-day course for partners, family members and friends caring for someone with dementia to explore the topic of delirium in more detail. If you would like to attend this one-day courses in the future. Tel: 020 3096 7894 [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

 **DementiaUK** *Helping families face dementia* Dementia UK's website is a really useful resource for lots of practical advice on living well with dementia. Their Dementia Hotline that can be contacted if you need to speak to someone. Tel: 0800 888 6678  
[www.dementiauk.org](http://www.dementiauk.org)

 **Solent Mind** *For better mental health* Solent Mind is the local branch of the charity Mind and they also have some really good resources including a Coronavirus Well Being Hub and Well Being tool kits. Tel: 023 8202 7810 [www.solentmind.org.uk](http://www.solentmind.org.uk)

 **SO:Linked** *Supporting Southamptons People in Communities* SO:Linked offer practical advice, support and sign-posting with everything from food and medicine deliveries to support with your pets. Their friendly navigators can be contacted by phone or check out their website. Tel: 023 8021 6050 [www.solinked.org.uk](http://www.solinked.org.uk)

 **Young DementiaUK** Whilst it is aimed at those living with early onset dementia, those of us who are young at heart will probably find Young Dementia useful as well. They have lots of practical advice about living with dementia.  
[www.youngdementiauk.org](http://www.youngdementiauk.org)

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