

# Virtual Memory Café



## Welcome to our December 2022

### Virtual Memory Café Newsletter Edition 25

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

## **A fond farewell**

As many of you may now be aware, I will be retiring on Wednesday 7<sup>th</sup> December. It has been a pleasure and an honour to try and support some of the many carers within the Southampton Community who do everything possible to support loved ones with a Diagnosis of Dementia.

The Memory Cafes have gone from strength to strength, together with The Caraway Trust, there is now access to a Memory Café somewhere in Southampton most weeks. The Admiral Nursing Service will continue to work with The Caraway Trust to provide time for 1-1 support within the Café environment as regularly as we are able.

There will also be a New Admiral Nurse starting later in December who I am sure many of you will get to meet over the coming months.

My last Café will be in Thornhill on the 6<sup>th</sup> December where the Southampton Ukulele band will be joining us for some festive cheer, I hope to see some of you there.

New Café starting in Lordswood at Kings Church on the 3rd Wednesday of the month from 2 till 4pm starting January 2023.

Wishing you all a peaceful and memory filled Christmas.

**Karyn xxx**



# Memory Cafés in Southampton

## Bitterne

When 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month

Time 2.30-4.30pm

Where Ascension Church Café , Thorold Road,  
SO18 1HZ

Contact - Kathrine Barbour: [caraway@caraway.uk.com](mailto:caraway@caraway.uk.com)

## Highfield

When 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month

Time 2-4pm

Where Highfield Church Centre, Highfield Lane,  
SO17 1RL

Contact [caraway@caraway.uk.com](mailto:caraway@caraway.uk.com) or  
07535 164 014

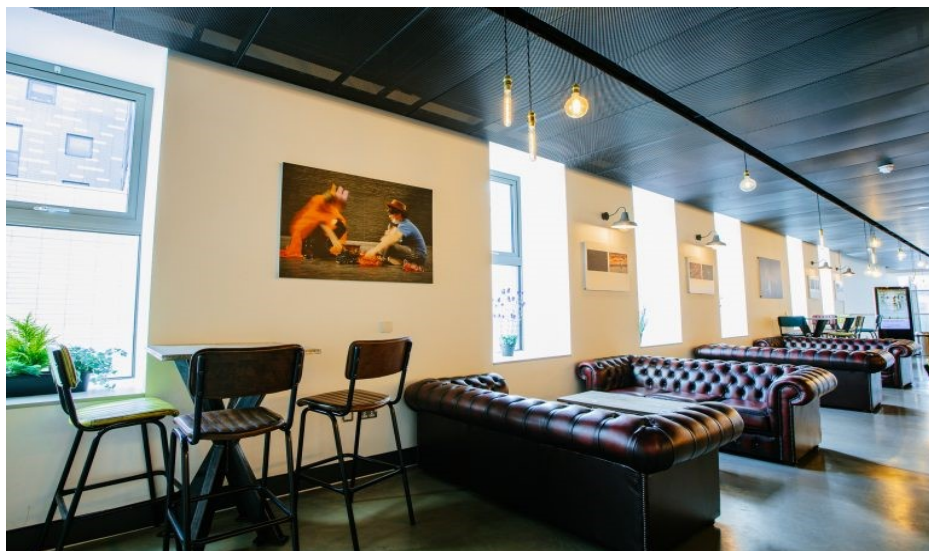
## **Shirley**

When 3<sup>rd</sup> Monday each month  
Time 2-4pm  
Where The Make & Brew Café,  
St James Road Methodist Church,  
SO15 5HE  
Contact Liz Woodman 07535 164 014 or  
[elizabethwoodman@uwclub.net](mailto:elizabethwoodman@uwclub.net)

## **Thornhill**

When 1st Tuesday each month  
Time 2-4pm  
Where Medwell Court  
Tatwin Close, Thornhill, Southampton,  
SO19 6JS





## **Mayflower Reminiscence Café**

For those of you living or caring for someone with Dementia

Join us on the first Friday of every month, 2-4pm at MAST  
Café, MAST Mayflower Studios

Begins on Friday 4 November 2022

Arts and crafts

Tea, coffee and cake

Share your stories and make new friends

**Free to attend. Book online or over the phone**

**Box Office; 02380 711811**

# Christmas Tips

The supermarket shelves are filling with mince pies and the weather is getting colder. It can only mean one thing – Christmas is coming!

The festive season can be the most magical time of the year, but it can also be challenging, especially for people affected by dementia.



Here are some of our top tips for getting ready for Christmas and helping the celebrations go as smoothly as possible.

1. Think about Food and Drink—if you are caring for someone with dementia, try to follow their normal likes and dislikes when you're catering at Christmas.
2. Avoid overstimulation—Christmas day can be noisy and busy, which could be overwhelming for a person with dementia. Try to reduce background noise, for example by turning off the TV while people are taking, to avoid the person becoming overstimulated.
3. Keep to routines—People with dementia often benefit from knowing what's going to happen next, so it can be helpful to keep to some of their normal routines, even if they're away from home for Christmas.


For more information visit [www.dementiauk.org/twelve-tips-for-Christmas](http://www.dementiauk.org/twelve-tips-for-Christmas)

# Christmas Quiz


1. The Beach Boys had a Christmas number 1 hit single in 1966 with which song?
2. Which English author wrote the book 'a Christmas carol'?
3. The Christmas film 'Miracle on 24<sup>th</sup> street' is based in which US city?
4. Which of Santa's reindeer shares his name with a small solar system body?
5. Which Christmas Carol includes the Lyric 'In heaven the bells are ringing'?
6. Which board game by Parker Brothers, where the buying and selling of properties takes place, is reported to have been the most popular Christmas gift of 1936?
7. On the 3<sup>rd</sup> Day of Christmas, what did my true love give to me?
8. What song was a UK number 1 Christmas hit for Cliff Richard in 1988?
9. In the Christmas song 'Jingle Bells', how many horses pulled the sleigh?
10. Who had a number 1 Christmas hit with 'I want to hold your hand' in 1963?


# 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 Southampton Island of 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)



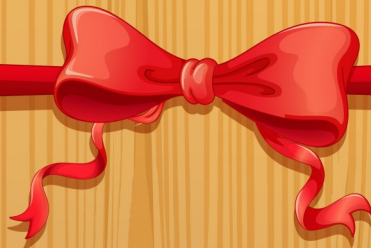


1. Good Vibrations 2. Charles Dickens, 3. New York City, 4.  
Comet, 5. Ding Dong Merrily on High, 6. Monopoly, 7. Three  
French Hens, 8. Mistletoe and Wine, 9. One, 10. The Beatles

### Answers to Christmas Quiz

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and would prefer by Email please let us  
know below:**

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



*Merry  
Christmas*