

Tysoe Dementia Café - Report for Tysoe Parish Assembly 4th June 2024

The café continues to run every Friday morning between 10am and 12noon.

Attendance varies from week to week. Some weeks we can have as few as 10 and other weeks over 20.

There is a core group of regulars who attend every week and others who only come when they need some help or advice.

It is a very relaxed morning with lots of chatter and laughter. Although we have a selection of games and table activities available, most people just appreciate the opportunity to chat. For family carers sharing time and experiences with other carers is invaluable and builds friendships and a support network. We know many meet for coffee or lunch and continue friendships long after a family member has gone into care or died.

We do however, have a group who enjoy a game of bingo, our clients with dementia often play bingo with support from a volunteer, allowing the carers a couple of hours respite.

We have a team of six volunteers who help us run the café. They are, with one exception Tysoe residents. We couldn’t run the café without them and are grateful for their regular support.

We have in the last twelve months put on two training sessions which were open to volunteers from all our café’s. Last autumn we had a group provide a fun afternoon “Listening With Your Eyes” which was all about non verbal communication.

A few weeks ago we arranged a basic first aid course. We are also planning a further session specific to the dementia café environment which will include understanding the importance of, and using reminiscence.

We have had several fundraisers to support ourselves, a successful Cream Tea and Gentle Jazz in the garden last summer. To be repeated this year on the 7th July, and our now annual coffee morning and Christmas raffle.

Paul’s Jazz band have also played at several functions and also with Ta-Da at their Christmas special, these along with grants and donations not only help fund our café’s but allow us to help carers in a number of ways including social and respite care and transport costs.

We are fortunate in Shipston and Wellesboune to have support through the frailty nurses, which we understand Red Horse surgeries do not have; This two way communication enables the surgeries to refer newly diagnosed people to us, and for us to alert them if we have any concerns. Invaluable for preventing a crisis The nurses also try to drop in occasionally to maintain contact.

Heather & Paul Dowler