

Meeting: Dementia Friendly Congleton Group

Date: 15.03.2022 **Time:** 13:30 pm **Location:** Congleton Town Hall – Bridestone Suite

In attendance: Cathy Dean, Diane Ritherdon, Leah Clouston, Catherine Sale, Debbie Coxen, Glen Williams, Mike Drew, David Morrison, Helen Williams, Claire Sheard.

Item	Agenda Item / discussion	Action / comment
1	<p><u>Welcome and Introduction.</u></p> <p>Diane Ritherdon chaired the meeting, a round-robin of introductions was carried out. It was great to welcome everyone back into the room.</p>	
2.	<p><u>Apologies</u></p> <p>Susan & Peter Munro, Gail Gittings, Gill Brickwood, Sharon Joyson, Margaret Butcher.</p>	
3.	<p><u>Minutes of the last meeting</u></p> <p>Due to covid, this was the first meeting chaired in person since October, Chair reports had been sent in the interim</p>	
4.	<p><u>Swap Shop Project</u></p> <p>The Swap Shop project has been working well from Congleton Library and introduced at the Forget Me Not Club, which generated interest.</p> <p>Diane thanked the Knitt & Natter club from the Old Saw Mill for the supply of twiddle muffs, if anyone knows of a good home for some please let Diane know.</p>	<p>ALL</p>

	<p>restart the Memory Cafés. Helen will inform the group as plans are confirmed for a spring carers course being held in either Congleton or Middlewich.</p> <p>Forget Me Not Group – 31 attended the last meeting; they have managed to continue to run since September. They may trail a café format as opposed to an activity led meeting.</p> <p>26th March Forget Me Not Club is holding a fundraiser for Ukraine; all are very welcome to attend. 2-4 pm.</p> <p>Social Prescribers – Great to know activities are starting up again, please keep them informed. They are giving out leaflets where they can and signposting to services, working with GPs to raise awareness of help for carers.</p> <p>Time Out Group - This group offers those living with dementia the opportunity to have time out from home and equally giving their carer's time out too. The group will be starting again weekly on a Thursday from the end of March and will provide the same enjoyable experience as before. The group will meet at Bromley Farm Community Centre 10am – 3 pm and is a regular booked service costing just £20 per week and includes a delicious hot lunch. (Leaflet attached with the minutes).</p> <p>Congleton Library – The library is back to full capacity; Jenni will send an update with regards to events and groups running. Currently working on a new group titled 'Drop the Needle' which will bring your own music to play – more details to follow. May is Local & Community History month, so they are planning events.</p> <p>Bear Grills Café – 1st & 3rd Thursday of the month, not well attended since Covid but Diane is still committed as it appears in the leaflet. A mix of traditional board games can be played, very welcoming at the Café.</p>	
7.	<p>Cheshire East Strategy Group</p> <p>There are currently 50+ pages of strategy, Diane suggested a condensed 'idiots guide' reduced to 7 pages which cover the dementia journey from diagnosis to living with dementia, things to expect, things you won't expect and what will happen.</p>	

8.	<p>A.O.B</p> <p>Community Health and Wellbeing Fayre take place on the 29th March, Diane asked for volunteers to help with the stand. Put together with Bromley Farm, Congleton Lions etc.</p> <p>Parkinson's Café is reopening at Astbury Mere Care Home.</p> <p>Singing for the Brain groups are restarting in Elworth Thursdays - 13:15 - 14:45 (Church Hall, School Lane, Elworth, Sandbach, CW11 3HU) and Macclesfield 14:00 - 16:00 Tuesdays (Methodist Church, Westminster Road, Macclesfield, SK10 1BX).</p> <p>Diane expressed concern at the new ambassador's role replacing the Champion's role via Alzheimer's Society. She will contact existing Champions to find out their plans.</p> <p>Date and Time for next meeting TBC (4th or 11th May)</p>	
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