

Memory Café At Home



Spring Edition

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Memory Café At Home



The Team

Welcome to Memory Café at Home

Welcome back to the Memory Café At Home,

As Spring is finally here, the leaves are growing back and the blossom is out again, we thought we would focus this edition on Spring. As usual, we have filled this magazine with articles written with our members and our team. Resonate Arts (page 10) have kindly suggested an activity to help us appreciate our surroundings while we are still at home more than usual. Do give it a try and let us know how it goes!

We hope you enjoy reading and we wish you all well,

From The Memory Team

Elizabeth Adi Vasi Rebecca & Mandy

Memory Café At Home

Dear Friends,

Welcome to our Spring edition! We talk a lot about flowers in this newsletter including our favourite ones. Mine are definitely bluebells! I grew up on a farm with a bluebell wood and used to love going there in the Spring when the whole wood was an amazing carpet of the most brilliant blue colour, and a wonderful perfume in the air. Now I live in London, its much harder to find a bluebell wood to enjoy. I recently made my partner cycle 22 miles up to Epping forest on our tandem to try to find bluebells but when we got there we only saw one single flower! Never mind, at least we got some good exercise in! Finally I got my wish last week when we found a wood in Sussex and had a picnic amongst the flowers. Very lovely and took me back to my childhood.



It certainly feels like it has been quite a long, hard winter but the vaccination program provided a real ray of hope! I am lucky enough to have had both of my vaccinations now and I do hope that you have been able to have both of yours too. We are offering free cab transport to and from vaccinations. If you would like to book this, please contact Amy Shallon on ashallon@aukc.org.uk or by phone on 07497 188 221.

I do hope you enjoy reading the rest of the newsletter, see you in the Summer!

Jess Millwood
CEO

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Age UK Kensington & Chelsea Party!

2020 was a hard year for everybody especially for those who lived alone as often the only social contact they received was over the phone or/and on the computer. However this year things are looking up, as more and more people are being vaccinated, it is safer to go outside and to meet people again. Therefore Age UK Kensington & Chelsea plan to take this opportunity to hold a Party for over 55s residents of Kensington & Chelsea Love Later Life | Spring 2021 Age UK Kensington & Chelsea—1 Thorpe Close, London W10 5XL—Phone: 020 8969 9105 Email: administration@aukc.org.uk

This Party is in celebration of all of our members, volunteers, partners and staff, as we wish to give everyone the opportunity to get together and get reacquainted with old friends and/or make new ones; to come together as a community to recognise the achievements that we have accomplished by working together; and move forwards towards the normalcy we had before the lockdowns. We plan to hold this party in July and will be following strict government guidelines to ensure everyone's health and safety therefore only those who have RSVPed, will be able to attend.

If you are interested then please contact our events team on event@aukc.org.uk or phone 020 8969 9105.



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Memory Team — Our Spring favourites



Elizabeth Clarke

"I love going for a walk in the woods during Spring and seeing a carpet of bluebells"



Rebecca Lee

"I love the start of spring when the first flowers are out, particularly the daffodils and crocuses"



Mandy Andrews

"This week end I will be filling my hanging baskets with lovely pink and purple trailing plants "



Adi Zeira

"I love how suddenly all the flowers start to bloom and everything is brighter and livelier and people seem happier."



Vasi Katsouri

Flowers have always existed in nature in many colours, shapes and scents. People have been using flowers and plants for decorating, in medicines and potions, for perfumes, food and to express what can't be said in words.

The cryptological way of communicating through the use of flower arrangements is called Floriography. Floriography, or the language of flowers, has been in existence for thousands of years and has been practiced in different cultures around the world.

The interest in the language of flowers was in the rise in the 19th century till the early 20th century in England and the USA. It was introduced in England in 1717, by Mary Wortley Montagu. In Victorian times learning the symbolism was popular and almost every household had guidebooks deciphering the language of flowers. The definition for each flower could change depending on the source of the dictionary. In Victorian times flowers were used to deliver messages that couldn't be uttered loudly. Flowers could be used to answer yes and no questions, if the flower was given over with the right hand, then the answer would be yes, whereas if it was given with the left hand then it would mean no.

Plants were also used to express aversive feeling such as deceit, bitterness, or disdain.

The flowers condition and how they were presented were also important, if the flowers were given upside down, then the idea of what they were expressing was the opposite of what the traditional meaning was. The way the ribbon was tied also was meaningful, if it was tied to the left then the symbolism was applied towards the giver whereas if it was tied to the right then the reference was to the recipient of the flowers.

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The colour of the flowers also has significance:

A red flower usually means passion, love and affection. It also symbolises courage, respect and desire.

Pink flowers have different meanings in different cultures. They usually represent grace, joy and innocent. In Thailand they represent trust. In china they represent good fortune and in Japan they represent good health. In western cultures they represent femininity and playfulness.

Yellow flowers mean joyfulness, happiness, friendship, humility and light heartiness.

White flowers in Western cultures usually mean purity, humility and innocent. In some Asian countries white flowers symbolise death and mourning.

*Information taken from the websites: www.almanac.com, www.Bloomandwild.com

Recommendation- A lovely fiction book that incorporates the idea of the language of flowers into its story line is, the **Language of flowers** by **Vanessa Diffenbaugh**.

The books tells the story of a young girl, Victoria Jones, a girl that struggles to get close to people and connects to people through flowers and their meanings. After she leaves the foster care system she has nowhere to go to and sleeps in the park where she creates a little garden of her own. One day a local florist discovers Victoria and her unique talent of helping others through choosing flowers for them. She hires Victoria to work for her and gives her a place to stay. Upon meeting a mysterious flower vendor, she starts questioning her life and confronts a dark secret from her past. Victoria needs to decide if she is willing to sacrifice everything to give herself a second chance of happiness.

If you would like to borrow this book and others, please contact the home library at **020 7341 0721**.

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EXAMPLES OF MEANING OF SOME FLOWERS:



Red Rose – means I love you.



Daffodil-means regard, unequalled love.



Poppy- means consolation.



Sunflower- means haughtiness.



Blue bell- means humility, constancy.



Sweet pea- the flower of April. Means delicate pleasures.



Sweet basil - means good wishes.



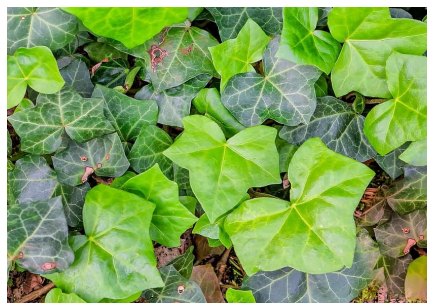
Lavender- means distrust.



Daisy – means innocence and hope.



Oak - means strength.



Ivy - means friendship, fidelity, and marriage.



Violet- means devotion, loyalty, faithfulness and modesty.

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10 ACTIVITIES TO DO IN THE SPRING.



1. The sky is blue, the weather is warmer, and the flowers and trees are awakening. Now is the perfect time to have a picnic in the nearest park or in your garden. Make a basket, fill your baskets with your favourite foods and a blanket and head out.
2. Go out for a walk in the park, when you get tired sit on a bench and enjoy the sun on your face and the sounds around you.
3. Plant herbs and flowers in the garden or in planters. Working in the garden stimulates the different senses and once the plants bloom you can enjoy the colours and the scents.
4. Decorate easter eggs or make easter decorations.
5. Make a fruit salad with your favourite fruits.
6. Create a playlist of all your favourite songs. You can do it on apps like Spotify, Amazon music or Apple Music or write them down on a paper.
7. Write a poem about spring.
8. Write a letter to someone you miss.
9. Put a bird feeder outside your window and watch the birds as they come and enjoy the feast.
10. Do some spring cleaning and get rid of all the things that you don't use or want.

Interviews



PREPARING FOR PASSOVER

Spring and the Jewish month of Nissan bring with them the Festival of Passover. Starting this year at sunset on 27 March and continuing until nightfall on 4 April the festival remembers Moses leading the Israelites out of slavery. This story

is retold every year through the Seder meal, a symbolic meal eaten on the first night of Passover.

At the Jewish Museum London we have many objects linked to the festival of Passover. These include a beautiful 18th century Haggadah. A Haggadah is a text that tells you the order of the Seder meal. This Haggadah is written in Hebrew, Yiddish and German. As Hebrew and Yiddish are read from right to left so are the pictures. You can have a closer look at these pictures on our website: [Haggadah - The Jewish Museum London](https://www.jewishmuseum.org.uk/haggadah)

The many pictures in this Haggadah show what you should eat at each point in the Seder meal. The different foods remind people of the different events in the Passover story. For example, bitter herbs are eaten to remember the bitterness of slavery. Charoset (a paste of nuts, apples, pears and wine) is eaten to remember the clay Jewish people used to make bricks when they were slaves in Egypt. This year celebrations may be a bit different to those shown in this Haggadah as many families will not be able to join together for a Seder meal. However, people around the world will continue to celebrate the messages of hope and freedom that this festival brings. From all of us at the Jewish Museum London we would like to wish you Chag Pesach Sameach- Happy Passover!

Another tradition which is occurring in April this year is Ramadan. Ramadan is a Muslim tradition where those that celebrate it do not eat in day light in the month of Ramadan. Below we spoke to one of our members who celebrates Ramadan to understand more about this tradition.

Tell me about Ramadan:

“There are so many things during Ramadan. During the day if you eat, you break your fast. When the sundown comes, and the Iman speaks, you can eat. When the sunrise comes again; not one drop of water. You fast to make you feel how people who can't find food and houses are suffering- there are a lot of hungry people in the world who can't eat.”

What is special about Ramadan? Why fast in this month?

“Like the prophet Muhammad, he fasted just in this month- this is the month for prayer not enjoyment.”

Do you find it difficult to fast during Ramadan?

“I don't find it difficult as I'm used to it.”



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Resonate Arts offers a range of arts projects, activities and creative befriending for people living with a dementia in Westminster and Kensington & Chelsea. Throughout the past year we have been offering sessions online across music, singing and art alongside phone calls with artists and a monthly news and activity letter.

If you enjoy chatting with others and are interested in regular phone conversations with a Creative Befriender, or would like to receive our monthly letter, do get in touch! No previous experience in the arts is needed.

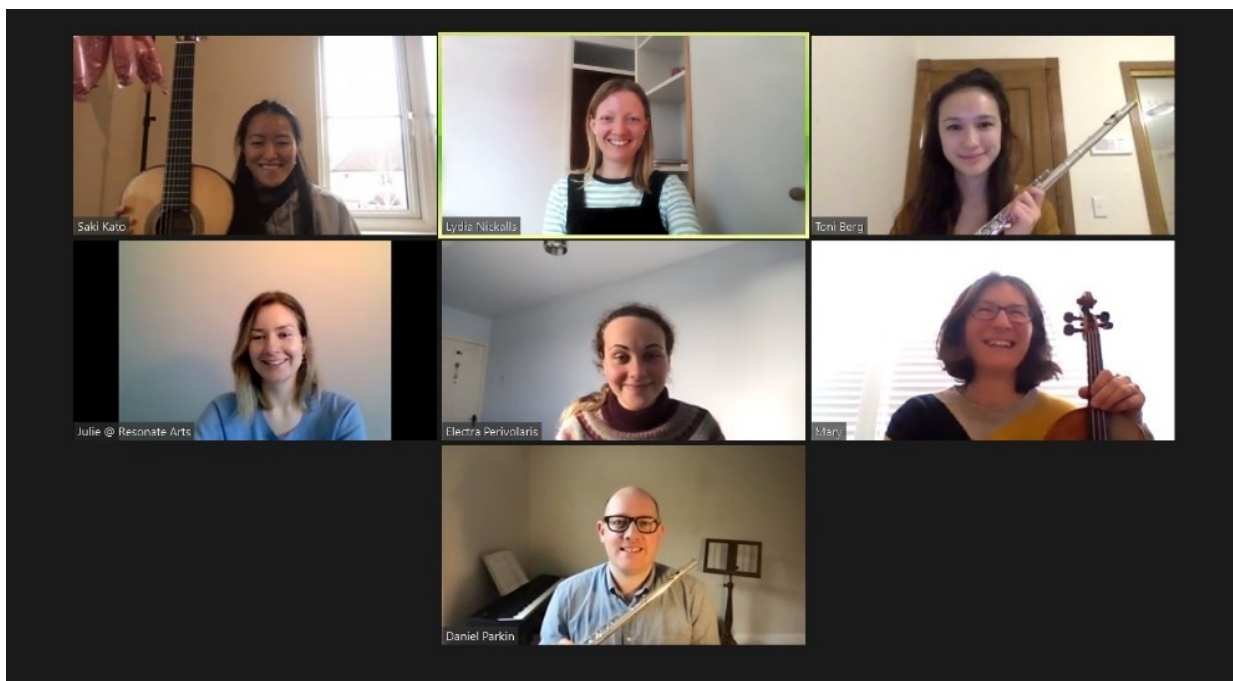
www.resonatearts.org

julie@resonatearts.org

0300 030 7212 | 07483 433 616

Music for Thought

We have recently finished a six-week music project in partnership with Wigmore Hall and the Royal Academy of Music. We loved exploring the theme of windows, which we chose because whilst we are all at home a lot more, we have time to explore our changing view!



Here is the lovely music team.

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We shared with each other what we could see and hear, describing colours, textures, buildings, animals and sounds. Together with our musician team we created music inspired by these things, and we gathered together some of these thoughts into the poem below, which we hope you enjoy reading.

Our windows

By the Music for Thought group

Sometimes we gaze out of the window and the views are just as they have always been...

The church so close it almost fills the pane

The garden, blooming through the glass lovingly decorated by my husband

The pillar of the BT tower looking down on the courtyard

The panoramic view over London to one side, the greens of the heath to the other

Shifting skies, filled with energy and light.

But occasionally we draw back the curtains to find something unexpected...

Locking eyes with a deer; a brief moment before it glides away,

A fledgling kestrel perched on the windowsill,

A flurry of snow, frosting the grey pavement to unfamiliar white.

A spring bulb, daffodil or lilac, poking through the previously bare soil,

A cat sitting imperiously, surprised to see me,

The green flash of a parakeet, exotic in the grey London sky,

A curious horse wondering if there's anybody home.

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It can be lovely to take a moment to acknowledge things that we have seen before many times, and perhaps view them in a different way. You might think about what you can see and hear through your windows...

What can you hear?

Are there birds chirruping away? Perhaps you can hear people talking, or there might be passing traffic.

What can you see?

Is the weather pleasant today, can you see any trees or flowers? Perhaps there are new plants blooming for spring.

What can you smell?

If your window is open, and especially if you have a garden, you might be able to smell freshly cut grass, rain, daffodils or tulips!

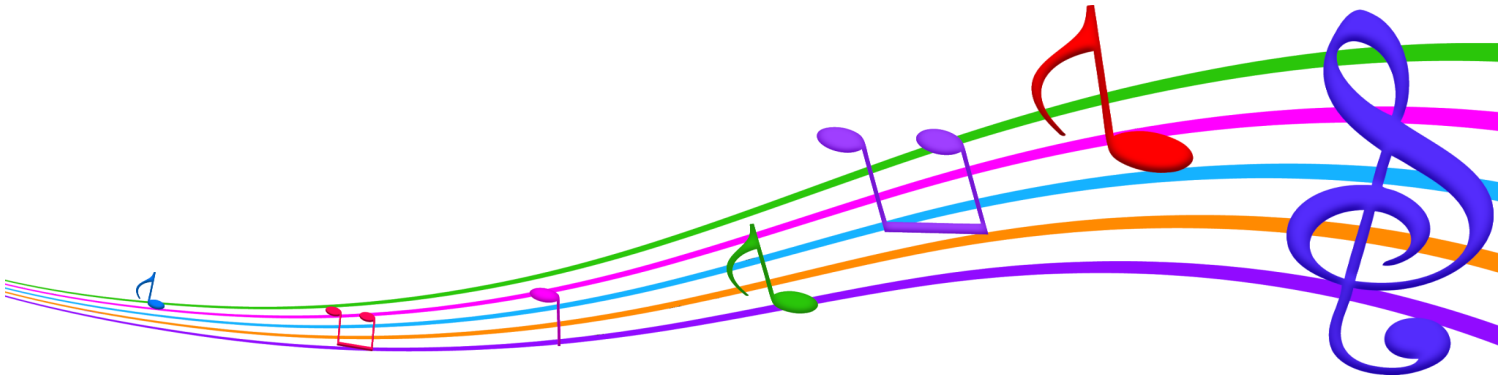
If you would like to give it a try, you could draw or sketch the view from your favourite window in your home.



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THE IMPORTANCE OF MUSIC

This article was written with one of our members to help encourage others to enjoy music.



Music is so important; it is something that we can enjoy throughout our whole lives. It is not only enjoyable on its own, but it can be social; we can meet new people going to music concerts or talk to those we already know about music.

In my own case, I now enjoy and understand classical music better and there is something very special in the brain in which this happens. Apart from being good for everybody it will help bring people together. This is why I really want to encourage this particularly in children, this will help them in their lives but also help them to get know other people.

I think learning a musical instrument or an introduction to listening to music at a young age should be encouraged. This will hopefully provide us with a hobby that will stay with us throughout our lives. It's amazing the changes we can go through throughout our lives but the love of music and the ability to play an instrument, if we do, never changes. Especially at a time like this, being able to listen to music gives us something to look forward to each day and enjoy.

We can access music now by listening to the radio, some Television programmes or a CD player if we have one. In the future, going to music concerts is also a great way to hear new music or genres we have not listened to before.

Poems

SPRING, THE SWEET SPRING

By *Thomas Nashe*

Spring, the sweet spring, is the year's
pleasant king,
Then blooms each thing, then maids dance
in a ring,
Cold doth not sting, the pretty birds do sing:
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses
gay,
Lambs frisk and play, the shepherds pipe all
day,

And we hear aye birds tune this merry lay:
Cuckoo, jug-jug, pu-we, to-witta-woo!

The fields breathe sweet, the daisies kiss
our feet,
Young lovers meet, old wives a-sunning sit,
In every street these tunes our ears do
greet:

Cuckoo, jug-jug, pu-we, to witta-woo!

Spring, the sweet spring!



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AND NOW IT'S SPRING

© *Lhtheaker*

Published: April 2018

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!



Article **A Game for Home**

When we were children games were a large part of our day to day life. With games like trivia we expanded our knowledge, with games like monopoly we learned finances and strategy, with memory games we worked on our memory skills. Games also had an element of physical activity like playing catch, jumping rope and hopscotch. Games taught us how to interact with others, how to lose, help develop our social skills and give us hours of laughter and fun.

During the pandemic both young and old were no longer able to meet together with friends and family, go out to activities in the community and do things together. We lost some of our social skills and stimulation that we get from being in touch with people and taking part in activities.

As a team during the pandemic, we were continuously looking for new ways to bring some of the stimulation, fun, socialising, experiences and laughter back to our clients that we shared previously to the pandemic. We came up with the idea of the activity pack that were sent out to clients with things to do and read as well as this newsletter, we also wanted to reduce the effect that isolation had on our clients both physically and mentally, so we created 3 games.

The games are designed to be suitable for the different stages of dementia. These are some guidelines on how to play the games, use your imagination and find other ways to play the games if you want and make adaptations according to who is playing the game. The idea of the games is to have fun, provide stimulation and give an opportunity to create a memory and experience with your loved ones.

The first game is called 4 of a kind. The game is based on a famous Israeli game by the name of Reviout. In this game you have 21 series, each series contains 4 cards, each series has its own colour. The objective of the game is to have as many series as possible.

When the game is played with other people, they ask each other if they have a card from one of the series, if they have the card they give it to the other person, if the other person doesn't have the card they draw a card from the pile in the middle. The winner of this version of the game is the one that has the most series at the end of the game.

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When playing this version of the game those who are playing it work on their verbal skills, observation, and planning skills.

A person can also play on their own by creating the series according to the colour of the card. The cards can also be used just as conversation starters as well as a prompts for reminiscing. They are divided into different categories like music, places in London, food etc. When using the cards as a conversation starter or as a prompt for reminiscing you are working on a person's verbal skills as well as getting to know the person. The cards can also be used to make up stories or poems by choosing 3-4 cards and using them as a base for the story or poem.

The second game is a memory game, it is made of pictures and words and can be played as a regular memory game with the cards facing down and matching either two pictures, two words or a picture and a word.

Another way of using the cards is by matching between the cards face up, either a word and a picture, two pictures or two words.

The cards can also be used as a reminiscing and conversation starter tool, there is a picture of a phone where you can ask some questions about having a phone when they were younger or what are the differences between having a phone today and when they were younger. There is a picture of a T.V. where you can share experiences about how TV's have change, what programs they liked and what they like to watch now etc.

There is also a picture of a letter which can use that as a conversation starter as well as an activity of writing a letter to someone and sending it to that person. A picture of a newspapers can also be used to talk about what they like reading and what newspaper they like, you can also make a newspaper together, draw pictures and write short articles and poems, interview family members and when it's ready, give it to family members to read.

When people struggle with word finding the game can be used as a communication tool, there is a picture of a cup of tea, another of biscuits, of a bed or a watch. If the person can't find the word, you can lay the pictures in front of them and they can point at what they would like.

The third game is still in development. The game is made of a central board and two stacks of cards. The first stack of cards contains conversation starters and questions giv-

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ing the players an opportunity to learn something about each other and the second involves getting the person to move their body for fun and to encourage movement. The game engages people's verbal skills and supports easy communication giving people a chance to connect, get to know each other more and find out what they like and dislike.

If you would like to receive any of the games please get in touch and we will happily deliver the game to you. Please bear in mind that each game is hand made and takes time to make them for you.

Please call Adi at 074 6919 8504

Or email azeira@aukc.org.uk.

YOGURT CAKE

We are very thankful to our valued member Lourdes, who is a keen baker and was happy to share another lovely recipe she makes.

Ingredients:

- 200 grams of sugar
- 250 grams of flour
- 100 grams of oat
- 2/3 cup of olive oil
- 4 eggs
- 150 grams of yogurt
- 1 teaspoon of baking powder
- 1 teaspoon of vanilla essence.

Directions:

1. Pre heat oven to 180C.
2. Beat together the eggs, the sugar and the vanilla essence until light and fluffy.
3. Add the olive oil and the yogurt till fully combined.
4. Add the oats and the flour to the mixture.
5. Put everything into a greased tin.
6. Bake for 20 minutes.

Coconut Jam Bars

Servings 20 cm square pan

Ingredients:

- 210 grams (1 1/2 cups) all-purpose flour
- 20 grams (2 tbsp). grated coconut
- 50 grams (1/4 cup) sugar
- 125 grams cold butter cut into cubes
- Pinch of salt
- 1 tsp. vanilla extract
- 2-3 tbsp. cold milk
- 1-2 tbsp. shredded coconut for topping



For the filling:

- 200-300 grams (4-5 heaping tablespoons) strawberry or any jam you prefer.
- Sugar powder for serving

Instructions

1. Preheat oven to 175c degrees and grease the pan.
2. In a food processor with a steel blade put flour, coconut, sugar, butter, salt and vanilla and blend until crumbly.
3. Add milk and continue processing just until large crumbs of dough form.
4. Transfer about 2/3 amount of dough into the pan and press down to create a base.
5. Spread over the jam in a thin layer.
6. Sprinkle over the remaining crumbs evenly and spread a little more coconut.
7. Bake for about 25-35 minutes or until golden brown.
8. Cool completely at room temperature or in the refrigerator.
9. Cut into cubes and sprinkle some sugar powder.

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Recipe Notes:

- You can use any jam you like.
- Keep the jam bars in a sealed container at room temperature for up to 3-4 days. If you want to keep it for a longer time it can be frozen for up to two weeks.
- You can omit the coconut or put nuts instead.
- You can use water instead of milk.
- You can use 100 grams of coconut oil instead of butter.

Recipe taken from: <https://www.lilcookie.com/>

PANCAKES

For 10-12 pancakes

Ingredients:

- 2 eggs
- 2 tablespoons of sugar
- 260 ml milk
- 50 grams of melted butter
- 1 teaspoon of vanilla extract
- 210 grams of all-purpose flour (1 cups)
- 1 ½ teaspoon of baking powder



½

Directions:

1. In a big bowl whisk the eggs.
2. Add the milk, the sugar and the melted butter and whisk it together with the milk.
3. Add the flour and baking powder and mix. It is important not to mix too much as the

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pancakes will come out hard.

4. Put a little oil or butter, when the oil or butter is warm and put 2 spoons of the mix and fry for 2-3 minutes until golden on each side.

Serve with your favourite toppings.

Recipe notes:

- To make it non-dairy use any non-dairy milk instead of regular milk and use coconut oil instead of butter.
- You can add some orange zest or cinnamon to the batter.
- The batter is supposed to be thick, however if it is too thick add some more milk.

Recipe taken from the website www.krutit.co.il

ENJOY BAKING!

Spring Flowers

D	L	L	S	A	C	S	C	A	L	I	L	S	R
A	A	R	H	R	P	Y	Y	A	W	J	A	I	S
I	S	A	O	I	N	L	S	I	O	I	O	S	D
S	E	C	L	P	L	O	R	N	I	D	R	Y	L
Y	U	U	Y	I	O	I	Q	D	A	H	L	I	A
S	T	H	L	A	S	U	T	R	T	P	O	Y	H
L	M	S	Y	I	I	H	T	N	I	C	A	Y	H
F	E	R	L	L	F	O	R	S	Y	T	H	I	A
I	R	T	S	D	R	A	D	N	E	V	A	L	M
W	Y	S	T	E	R	I	A	L	F	S	L	E	N
M	C	R	E	P	E	M	E	R	T	L	E	P	Y
I	L	M	A	I	L	L	I	W	T	E	E	W	S
O	I	T	E	C	A	R	N	A	T	I	O	N	S
S	S	A	C	C	D	A	F	F	O	D	I	L	S

JONQUILS
SWEET WILLIAM
CROCUS
WYSTERIA
DAHLIA
TULIPS
CARNATIONS
DAFFODILS
CREPE MERTLE
FORSYTHIA
HYACINTH
LILAC
LAVENDAR
PANSY
LILLY
DAISYS
IRIS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1732/>

Wordsearch

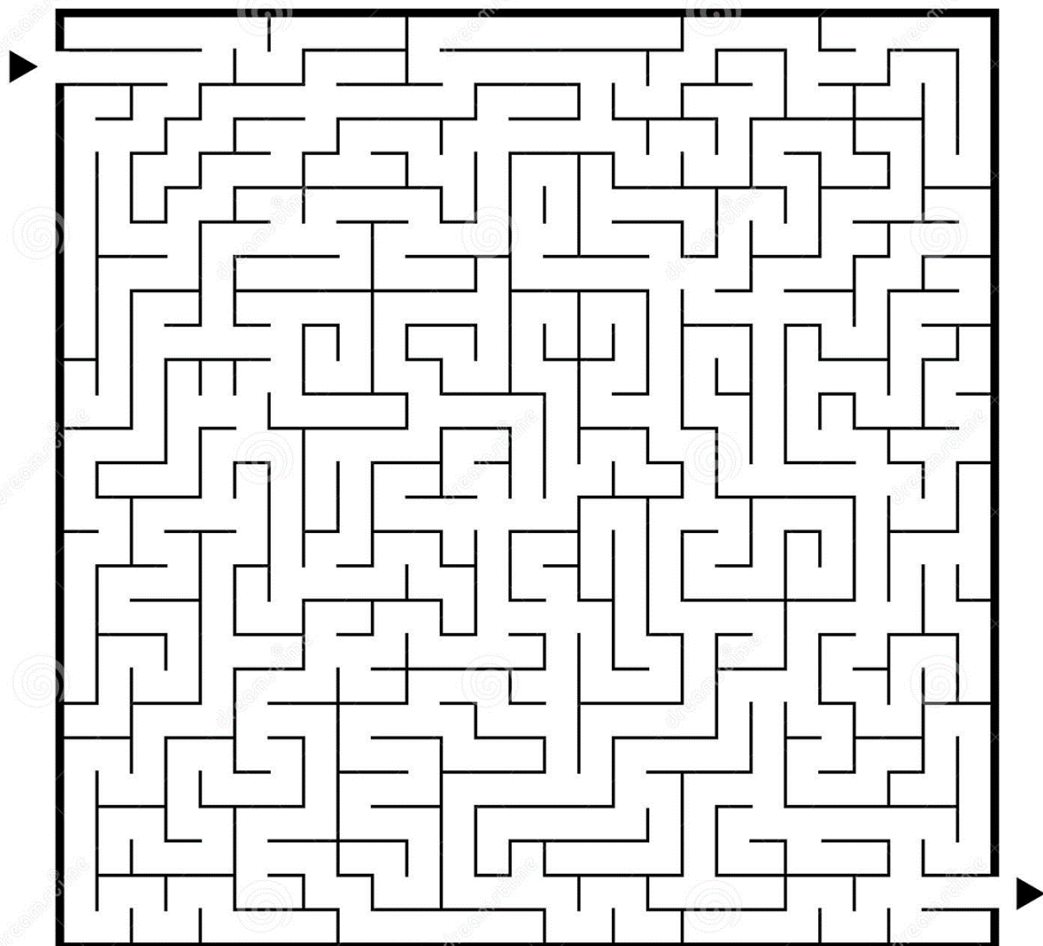
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7	8			4			
		5			3		7
			2				4
8						5	
9				1	4		
		3					6
			1			9	
6		7	5	9		1	

Sudoku

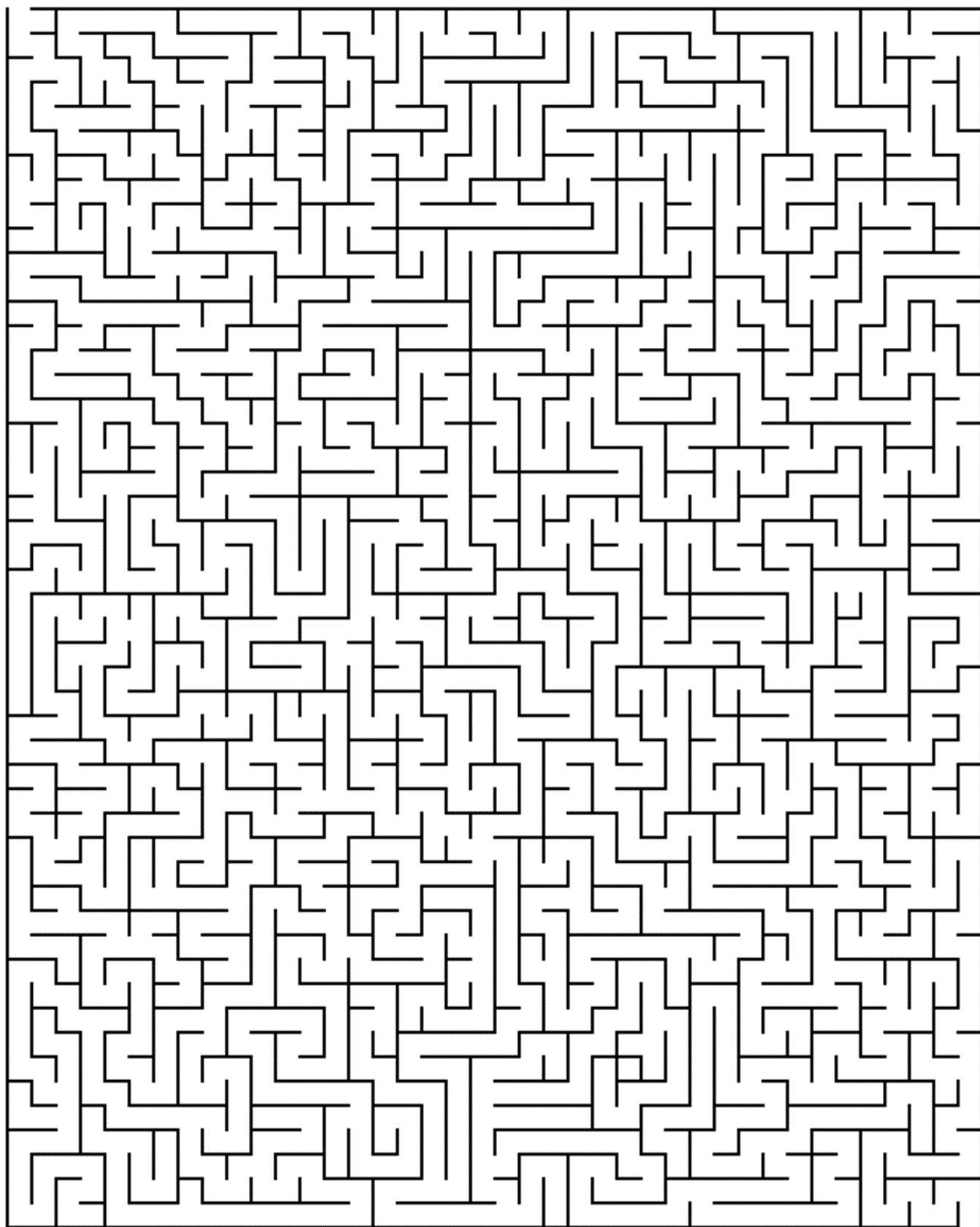
Maze

Starting at the arrow on the left and aiming for the arrow on the right, can you work out how to get through the maze?



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⬇ start here



Maze

end here ⬆

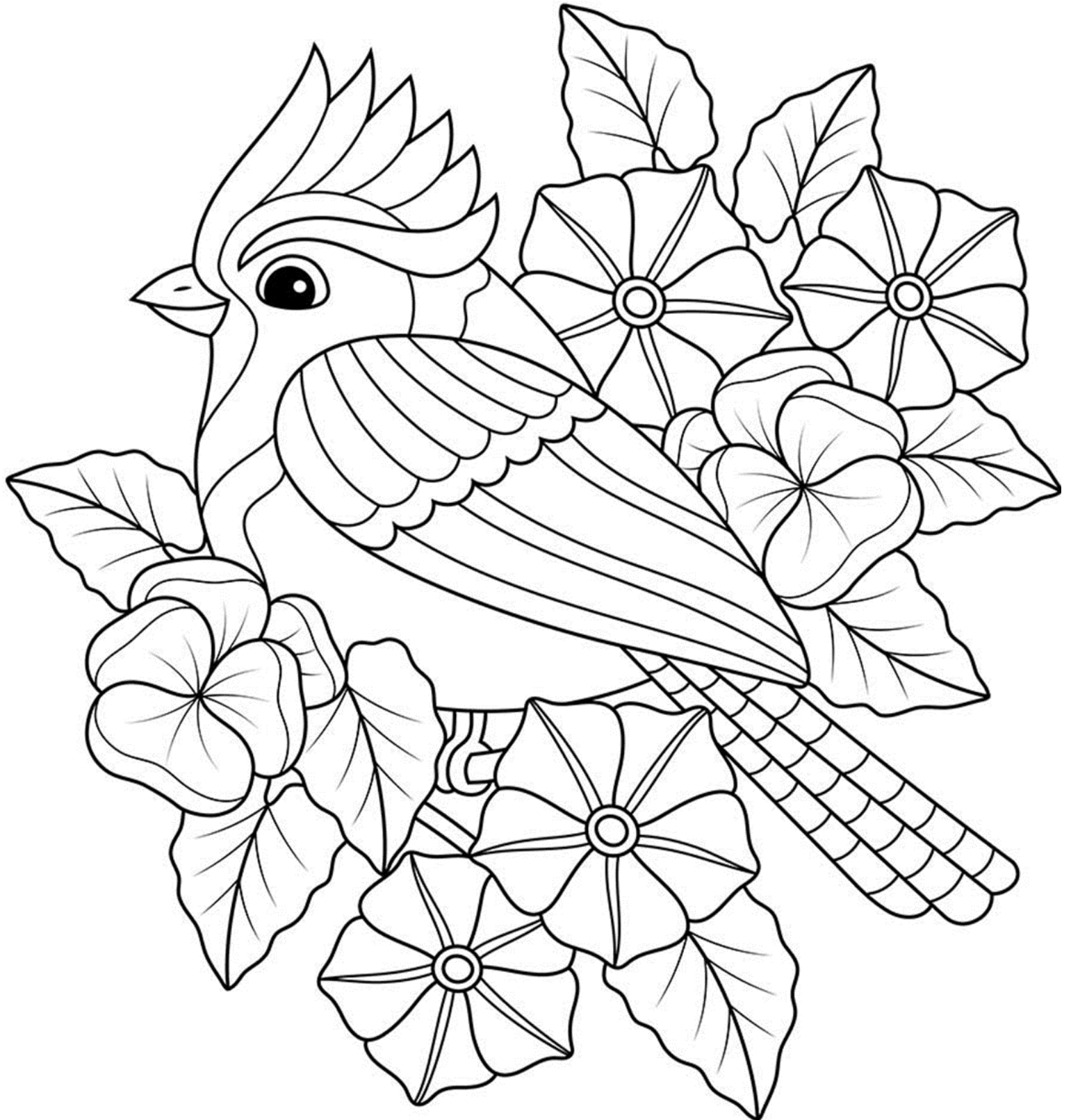


Spring Word Scramble

WBNIAOR _____
BLLAMURE _____
WFLORE _____
PLITU _____
NERGE _____
MLOBO _____
PLRIA _____
LFBTUTREY _____
NIAR _____
DREGNA _____
EBE _____
YMA _____
GNRIPS _____
HSSNIEUN _____
YBNUN _____
CAMHR _____
EDES _____







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Important Information

Home library

For those who love books...

The home library are providing a service where they will deliver books to your door.

They will call before to get to know your preferences. If you would like more information or to simply start the service call the Home Library at their direct number is 020 7341 0721.

Useful Contacts

Arts

Art by Post- Southbank Centre

Art by Post brings free poetry and visual arts activities to the people who are most isolated by the current social distancing measure. Refer someone you know here:

<https://www.southbankcentre.co.uk/about/get-involved/arts-wellbeing/art-by-post>

Arts 4 Dementia

Website: <https://arts4dementia.org.uk/>

Carers

Careblazers

Support and advice for carers

Website: <https://www.careblazers.com/>

Carers UK

Website: <https://www.carersuk.org/>

Carers Trust

Website: <https://carers.org/>

[about-us/about-carerstrust](https://dementiacarers.org.uk/about-us/about-carerstrust)

Dementia Carers Count

Website: <https://dementiacarers.org.uk/get-support/>

Charities Information and Advice

Age UK Kensington and Chelsea

Phone: 020 8969 9105

Email: administration@aukc.org.uk

Website: <https://www.ageuk.org.uk/kensingtonandchelsea/>

Alzheimer's Society

Phone: 033 3150 3456

Website: <https://www.alzheimers.org.uk/>

Dementia UK

Phone: 0800 888 6678

Website: <https://www.dementiauk.org>

Young Dementia (part of Dementia UK)

Phone: 0800 888 6678

Website <https://www.youngdementiauk.org/>

Independent Age

Phone: 0800 319 6789

Website: <https://www.independentage.org/>

Community

Al-Manaar Muslim Cultural Heritage Centre Website: <https://almanaar.org.uk/almanaar-thekitchen/>

Memory Café At Home

BAN

Black and Minority Ethnic Advice Network
Contains listing of all advice and information agencies across London

Website: [https://
www.bmeadvicenetwork.org.uk/ban-
members/](https://www.bmeadvicenetwork.org.uk/ban-members/)

Jewish Care

Advice and support for Jewish residents.

Phone: 020 8922 2222

Email: helpline@jcare.org

Website: [https:// www.jewishcare.org/](https://www.jewishcare.org/)

London Irish Centre

Phone: 0207 916 2222

Email: info@londonirishcentre.org

Website: [https://www.londonirishcentre.org/](https://www.londonirishcentre.org/Pages/Category/care)

Pages/ Category/care

Re-engage (Formerly Contact the Elderly)

Re-engage exists to support people who are over-75, live alone

Phone: 0800 716 543 or 020 7240 0630

Email: info@reengage.org.uk

Website: <https://www.reengage.org.uk/>

Opening Doors London

Information and Advice for 50 plus LGBT+ people. Run a weekly telephone befriending service. Opening Doors are currently taking referrals for those who would like a telephone friend, so if you are interested please get in touch by emailing befriending@openingdoorslondon.org.uk or calling

020 7239 0400.

Website: [https://
www.openingdoorslondon.org.uk](https://www.openingdoorslondon.org.uk)

RBKC Council Covid-19 Hub

Email: C19Hub@rkbkc.gov.uk

Phone: 02073614326

RBKC Council Adult Social Services

If you or someone else need care and support Phone number: 020 7361 3013 Monday to Friday 8:30 to 5:00

Counselling

Community Living Well Counselling for RBKC residents

Tel: 020 3317 4200 Self-referral form

Cruse Bereavement Care

Phone: 0808 808 1677

Website <https://www.cruse.org.uk/>

Third Age Counselling

Phone: 07913 610 734

Email: enquiries@thirdagecounselling.com

Website: [https://thirdagecounselling.com/
locations/](https://thirdagecounselling.com/locations/)

Samaritans

Phone: 116 123

Website: [https://www.samaritans.org/how-
we-can-help/contact-samaritan/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Silver Line a helpline for older people

Phone: 08004708090

Website: <https://>

Memory Café At Home

www.thesilverline.org.uk/

Museums

House of Memories

Website: <https://houseofmemories.co.uk/>

V&A

Website: <https://www.vam.ac.uk/collections?type=featured>

Science museum

Website: <https://collection.sciencemuseumgroup.org.uk/search>

Time Out

Magazine museum tour links

Website: <https://www.timeout.com/travel/virtual-museum-tours>

Music

BBC Music Memories

Website: <https://musicmemories.bbcrewind.co.uk/>

Play List for Life

Website: <https://www.playlistforlife.org.uk/what-is-a-playlist/>

Radio Reminisce

Website: <https://radioreminisce.com>

Music for Dementia

Website: <https://musicfordementia.org.uk>

M4D Radio

Website: <https://m4dradio.com/>

BFI Player

Musicals Free online musicals and also rentals Website: <https://player.bfi.org.uk/free/collection/musicals>

Nutrition

Alzheimer's Society

The Alzheimer's Society has partnered with Lewis Hornby to develop Jelly Drops which are a bite-sized, sugar-free sweets containing 95 per cent water and added electrolytes. To find out more click on the link: https://www.alzheimers.org.uk/blog/jelly-drops-sweets-tackle-dehydration-dementia?utm_medium=email&utm_source=dotdigital&utm_campaign=57EL,8EVL,2DTI4N,X94Y,1

Pets

The Cinnamon Trust

Companion animals and older people
Phone: 01736 757 900

Website: <https://cinnamon.org.uk/home/>

Reading

The Daily Sparkle

A magazine for reminiscence

Website: <https://www.dailysparkle.co.uk/individuals/>

Resources for Activities on line shops

For a range of games, jigsaws, puzzles,

Memory Café At Home

crafts, sensory products

Alzheimer's Society Shop

Website: <https://shop.alzheimers.org.uk/daily-living-aids/Reminiscence-reflection>

The Sporting Memories Foundation

Website: <https://www.sportingmemoriesnetwork.com/>

AlzProducts

Website: <https://www.alzproducts.co.uk/>

Activities to Share

Website: <https://activitiestoshare.co.uk/>

Relish

Website: <https://relish-life.com/>

Free to download Resources

Creating a Life Story

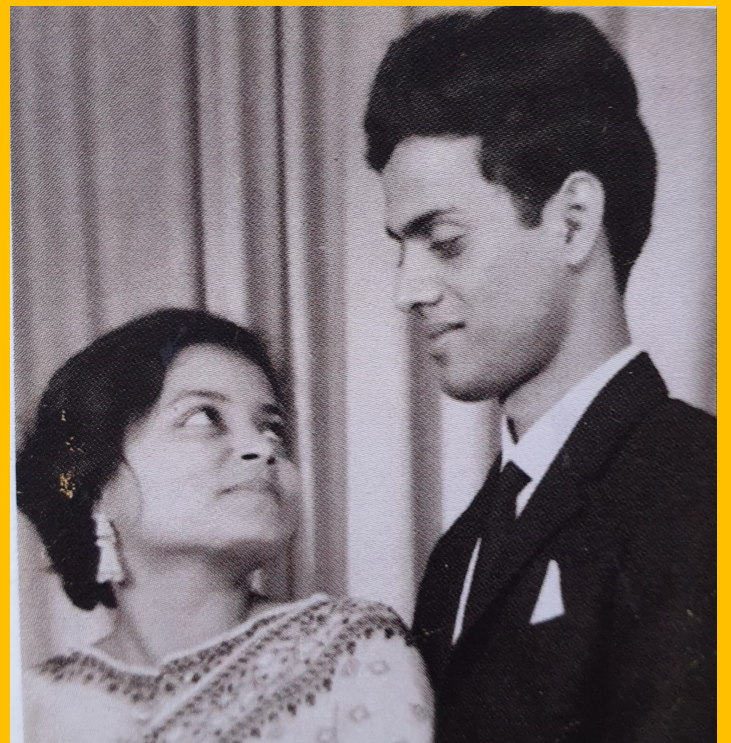
A free resource from Dementia UK

Website: <https://www.dementiauk.org/get-support/maintaining-health-in-dementia/creating-a-life-story/?fbclid=IwAR3lsfPvmyHRYU8WM6xMUHQt5wg4uaX07H1JA3JWeaYnFBZG9ZlewW1w6no>

Nestle Reminiscence Pack

Website: https://www.nestle.co.uk/en-gb/aboutus/history/reminiscence-pack?fbclid=IwAR0myndrITdq_gBguZKIUR2IWQhIT64HWVzVH3I8HDIXada-zm6ZlpHqWRA

Sport



Two lovely photos of members of Age UK.