



Kennington Memory Club

Living well with dementia
Registered Charity 1179830

Newsletter Autumn 2022 Issue 3

A warm welcome awaits from our organisers



Helen (Club Organiser), Kathryn (Deputy Organiser) & Julie (Care Assistant)



We Meet

Kennington Methodist Church,
194 Upper Rd
Kennington
Oxford, OX1 5LR

Mondays & Thursday



Carer's Comment

"Just a big 'Thank you' for all you do. My wife is so happy to come to the Club, and the time she is there gives me such a valuable breather."



Our Aims

We provide a safe and supportive meeting place for people with dementia, where individual strengths and abilities can flourish. Members will have the opportunity to exchange memories and opinions, take part in a choice of stimulating activities and enjoy a shared meal.



From our Chairman, Isobel Birse

Welcome to this edition of the newsletter from the new chairman. I would like to thank our previous chair, Gillian Cox for her inspirational leadership and tireless work to get the KMC established. We're pleased she is carrying on with other roles within the club.

Kennington Memory Club has weathered the pandemic. We are now flourishing and up to full strength again. We are still mindful of the risks of Covid to our members and ask all staff, volunteers, and members, to do a lateral flow test if they have any symptoms which might indicate Covid. This summer we faced a new challenge of the heat wave. We were forced to shut for health and safety reasons for one day.

We are committed to running the day centre sessions for those with a diagnosis of dementia and know how much benefit they give to those who attend. In addition their carers, get a few hours valuable respite.

Please do provide feedback and suggestions for future Newsletters to me by emailing chair@kenningtonmemoryclub.org.uk



Joining the Club

Waiting list operates for spaces at the club. Please do put Prospective Member's name on list early.

A taster session is offered to new members.

For more information please call our Organiser, Helen (07852 883496)



Becoming a "friend"

Friends of KMC are people who wish us well, and want to support our aims. Some of them are also volunteers at Club sessions or are active fundraisers for us.

The Friends of KMC are invited to make regular donations. For more information please

🦋 Volunteer Perspective

I'm volunteering at Kennington Memory Club because I enjoy spending time and helping club members, who are living with dementia. I particularly enjoy chatting with the members and listening to their stories when they recall tales from their past and reminisce about their rich experiences.

The group is like a small family who all get along with each other. One of the ways volunteers and staff spend time is encouraging the members in memory and word games. This helps them to energise and engage with everyone. These interactive activities contribute to the happy, fun atmosphere at the Club.

The other volunteers and staff are very welcoming and helped me to settle in quickly and to become a productive member of the team. It's a joy to spend time with everyone.



Kathleen collecting our hot lunches from MacIntyre

🦋 Can you help?

Volunteer opportunities:

- Regularly helping at KMC sessions,
- Occasional volunteering your specialist skills/talents at sessions
- Helping at fundraising events
- Assisting with grant applications, contacts, etc.

We arrange for all our regular volunteers to have a DBS check and we provide safeguarding and dementia awareness training.

🦋 Lunches

Delicious hot lunches are provided for members at KMC sessions. These are now cooked freshly each day by the staff and attendees at the MacIntyre Centre in Kennington. We are proud to announce this association between KMC and another charity operating in Kennington, who are providing a service for people with special needs.

🦋 Carers Support Group

We meet on a monthly basis alternating between Mondays and Thursdays and are always delighted to welcome new members. There is usually animated conversation, exchanging news and offering ideas for coping with day to day challenges.



Why we fundraise

We keep our fees as low as possible to be comparable with the charges for other day centres. We are very grateful for the donations and grants we receive, but there is still a shortfall between total income and essential costs such as staff salaries and the premises rental. This is where fundraising comes in to bridge that gap.

If you could help with please-contact our Fundraising Organiser, Chris, on 01865300345 or by email. jfauthor@aol.com.



Fundraising events

We held a Cream Tea and Sale. Our scone bakers and jam makers surpassed themselves!

Organiser Helen became sales-woman Helen for the day at a Car Boot Sale in August.

Congratulations to our wonderful fundraisers as the 2022 Summer Sale held in St Nicolas' Church, Abingdon, raised the magnificent sum of just over £800. A wide range of stalls and a tombola made for a vibrant atmosphere.

More events are being planned!



Thank You

Many thanks to all KMC Friends and other individuals for their donations over the last year. We have been able to claim Gift Aid on most of these gifts, making an even greater addition. Thank you to Ben Tonks, our local funeral director and Friend of KMC, for carrying the cost of printing this edition.

We would also like to thank the following companies and organisations:

- Tonks Brothers Funeral Directors
- Bagley Wood Productions
- St Nicolas Church, Abingdon
- Apple Café, Kennington
- JN Bank, who nominated Kennington Memory Club as their Charity of the month.



Contact Us

Call our organiser Helen:
07852 883 496

Email us :
kenningtonmc.info@gmail.com

Visit our website:
www.kenningtonmemoryclub.org.uk