

Item for local newsletters, December edition



**Kennington
Memory
Club**

Living well with dementia

Day Centre News

SCAN ME



December's Monthly News Blog

Christmas is coming! I don't know about the geese getting fat, but thoughts have begun to turn to plans for festive occasions and get-togethers, present buying, card writing, carol singing, cake baking, and when to put up the Christmas tree. For some of those with dementia, memories of Christmases past may be very hazy about the family traditions that have grown up over the years, but the one aspect of the season which is often still remembered and enjoyed is the singing of Christmas carols.

Why do our brains have such a good capacity to retain the tunes and words of familiar songs and carols when other memories have taken flight? We don't know, but we do realise that this is the case, and singing is so appreciated by most of us, including those with dementia. There will be plenty of carols sung at Kennington Memory Club in the run up to Christmas, to get our members into the mood and help them to enjoy the season as fully as possible.

To find out about applying for a place at Kennington Memory Club for someone with dementia, contact the Club Organiser, Helen, on 07852 883496 or email memoryclub1@outlook.com. Alternatively, you can visit the Club website by scanning the QR code above or going to kenningtonmemoryclub.org.uk.