



The Parish of Chelsfield

Memory Cafe Report - APCM 2022

The aim of the Memory Café is to provide a safe, friendly place where those living with dementia can have a relaxing social time together and their carers can relax in the company of those in a similar situation.

A typical afternoon sees us prepare a number of activities that can be undertaken. They include table quizzes, craft work, some 'sing-along' music and materials to support the day's theme.

Tea and cake is served in amazing quantities and a constant buzz of conversation fills the room.

The afternoon is closed with a short act of Worship; a hymn, a prayer and a few words from the Rector, which all present seem to enjoy.

2021 was, of course challenged by Covid. During the early part of the year we held no 'in person' Cafes, but we did have a couple of Zoom sessions; they were not particularly suitable for our members.

We resumed our Cafes in the Brass Crosby Room in July and were pleased to do so for the rest of the year.

It is always lovely to welcome people referred to us by Bromley Dementia Hub and Churches Together in Orpington, as well as from our own congregation.

Finally I would like to thank all the volunteers for their contribution to a challenging but successful year.

Jackie McCann
April 2022