

Link Councillor Report - Arundel Dementia initiative
Cllr Angela Standing, 3 February 2022

Although it is a while since I visited Eleveses many residents' benefit from this project. Some whose family members attend and those who attend for the companionship that the morning activities bring.

In January Eleveses guests enjoyed activities such as a World Music Workshop and gentle restorative yoga as well as playing 'Singo', bingo with song titles. It is always lovely to see local businesses supporting this initiative and in January Lulamae's café donated some delicious looking scones which were enjoyed by all.

Eleveses also launched their go green campaign last month by encouraging the use of reusable mugs for their sessions. Guests can buy a Lido mug at a reduced rate to help reduce the amount of disposable cups going to landfill and of course the cost of providing disposable cups.

Eleveses have over 30 guests using their own Lido mug at every session. They all have their names on so they can be washed and stored ready for the next session.

As a member of the Arundel Chamber of Commerce the Lido are keen to support the Town Council's initiative and Agenda 21.

See overleaf the January Eleveses Newsletter.

Eleveses runs every Monday at the Arundel Lido in the marquee that is known as the 'Community Hub' from 11-1 all refreshments are FREE.

ELEVENSES The Community Cuppa

Proudly supported by



January 2022

Dates for your
Diary:

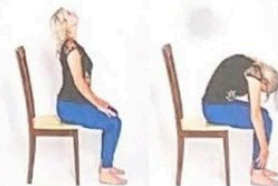
17th January

Valentine Crafts



24th January

Yoga activities
with Faye



31st January

'Singo' Bingo



Welcome to our January Elevenses Newsletter

Welcome back and we would like to wish you all a Happy New Year. We hope you have missed us as much as we have missed you, but hope you all enjoyed your Festive Break.

We always welcome your opinion and we want to make sure that the session delivers what you want. After completing our brain storm at our first session back, you have filled us with ideas that we will do our best to implement.

We shared the picture with our social media friends and have had a few great offers of kindness that you will see soon, but for now this is what you will be looking forward to for the rest of January:



Valentines crafts - after the success of making Christmas decorations, we thought you can help to decorate the marquee ready for our Valentines party and speed dating!

Elevenses Choir - Sharon will be along to discuss the opportunities of starting our very own choir.

Yoga with Faye - Faye kindly offered to deliver yoga style sessions including chair yoga, standing yoga, and some meditation.

'Singo' - This is Bingo but with song titles, Mandie has very kindly borrowed this from another group for us to borrow.

As always your refreshment requirements will be met by our lovely volunteers, if you don't have your own reusable mug yet, please bring £2.50 to your next session and help us reduce our waste .

Help us to keep you safe:

We do all we can during the session to maintain a 'safe' environment, this includes keeping the doors open to help circulate air and by offering table service for you. But we need your help too, please make sure if you are displaying any symptoms that you do not attend the session, if possible take a test and inform us if positive.