



## **HemingfordHub News Release** **MemoryLaneFriendshipGroup**

The newly-formed Hemingford Hub is moving towards creating a 'dementia friendly' village. The Memory Lane and Friendship group is a singing and reminiscing initiative for Hemingford's residents suffering from dementia, the elderly or anyone who would simply like to get out of their house for a little company once a month.

The group will start each session with some communal singing of popular songs from the 1940s, 50s and 60s followed by a refreshment break.

Afterwards participants will enjoy some relaxed, social reminiscing together.

DATE: Thursday, 3 October (thereafter 1st Thurs of each month) TIME: 10am – 12pm

PLACE: The Reading Room, High Street, Hemingford Grey

COST: £1 including refreshments (carers go free)

Memory Lane's founders, Esther and Steve Harrod, are delighted with support for this group. It promoted the launch on the Hemingford Community Facebook page and immediate offers of help were forthcoming with room hire and raffle prizes.

The initiative is being set up by the Harrods who have experience with running similar groups in St Ives and a residential care home.

Esther said, "We are looking forward to welcoming some of our more vulnerable residents to enjoy a morning's singing ... and jigging around if the mood takes them. It's really rewarding to see how some people with dementia spark back into life with the help of familiar tunes from their youth and reminiscences from an earlier age."

For more information please contact Riva Elliott, Hemingford Hub on 01480 494142 or [rivaelliott@me.com](mailto:rivaelliott@me.com)



## **HemingfordHub News Release** **GoodNeighbourScheme**

A new initiative to build a stronger community in the Hemingfords has hit its befriending scheme target after just a few days.

Hemingford Hub's Good Neighbour scheme had hoped to attract 20 helpers by the end of the year, but 16 signed up at the launch meeting in Hemingford Grey's Reading Room, and another nine have offered to help since.

"The response from both villages has been tremendous," said chairman Edward Byam-Cook. "We had around 40 people attend including many parish councillors from both villages."

The befriending scheme aims to offer support in Hemingford Grey and Hemingford Abbots to a wide range of people from the lonely, elderly, infirm, struggling parents, those recovering from illness and people with disabilities. "Councils don't have the money or the staff to meet local needs," Byam-Cook said. "Loneliness has dramatic consequences on health. Hemingford Hub is reviving the days when communities looked after each other."

He added: "Mother Teresa who once said: 'The biggest disease today is not leprosy or cancer or tuberculosis, but rather the feeling of being unwanted, uncared for and deserted.' We want to do something about that."

The Hub identifies people who might benefit from some company and arranges for befrienders to visit them regularly.

The initiative has already inspired Esther and Steve Harrod in Hemingford Grey to set up Memory Lane, a singing and reminiscing group, to help those suffering from dementia. "We've done this before and it's proved very successful," Esther Harrod said. "It also offers some respite for carers." They will be running the sessions on the first Thursday of the month at the Reading Room in Hemingford Grey's High Street, starting on 3 October from 10am to 12 noon.

Hemingford Hub has been given a grant from Cambridgeshire County Council's Innovate and Cultivate fund to help with costs, and both Hemingford Grey and Hemingford Abbots parish councils have offered their support in principle.

The Hub is publicising its services throughout the two villages and hopes to find more people to visit.

For more information, please contact Riva Elliott, Hemingford Hub on 01480 494142 or [rivaelliott@me.com](mailto:rivaelliott@me.com)