

The essence of **HayDay** is to provide a safe and supportive atmosphere where people who have a dementia, or an associated condition, and their carers, can enjoy socialising in a café setting, chat over a cup of tea and have the opportunity to have some fun. Join us for afternoon tea at Cusop and light lunch at Clyro village halls. We often have a theme to evoke memories and an opportunity to join in with some good old songs.

We are independent, run by volunteers since 2013 and rely on donations.

In 2016 we entered the Powys Association of Voluntary Organisations Awards and are proud winners of the Outstanding Contribution of a Group Award, thanks to everyone who has worked so hard, with such enthusiasm and dedication, to make HayDay the unique place it now is.



HayDay

<http://haydaycusop.wix.com/hayday>

Email: haydaycusop@gmail.com

Visitors are always made very welcome— just come along to Cusop or Clyro Village Hall or

call Sue Hodgetts on

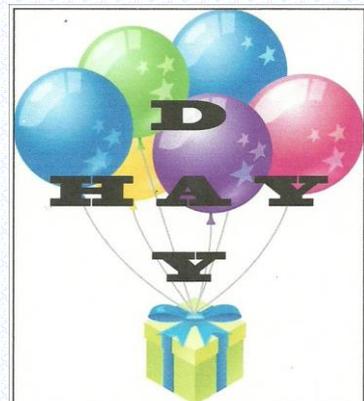
01497 822523

HayDay Café volunteers are Dementia Friendly which means we love empowering people with a dementia to have high aspirations, confidence and knowing they can contribute.



We work closely with Dementia Matters in Powys
www.dementiamatterspowys.org.uk

HayDay Café Programme July-Dec 2018



HayDay Cafés, for people with a dementia and those who take care of them, take place on the **1st Monday** of the month at **Cusop Village Hall HR3 5RW 2.30-4pm** and the **last Wednesday** at **Clyro Village Hall, HR3 5SR 12.30-3pm**.

1st Monday 2.30pm at Cusop Village Hall



Last Wednesday 12.30pm at Clyro Village Hall

12 July 2018 - Visit to Trewern for afternoon tea
2-3.30pm

2 July 2018 - Schooldays Then and Now with children from Hay School
A lovely session shared with local children to bring back memories of childhood.

6 August 2018 – Summertime
Join with friends for a summer theme with ice cream and sing song with Roger.

3 September 2018 – Harvest
A fun session with harvest produce followed by a sing-song with favourite songs.

1 October 2018 – Music with Cornelia
Cornelia will get everyone involved with musical instruments and familiar songs for all to join in

5 November 2018 – Bonfire Night theme. Re-creating memories of Bonfires and Fireworks with friends.

3 December 2018 – Christmas Party Tea with festive sing-song and Christmas treats.

17 July 2018 – 11am. Coffee morning at Talgarth Mill in the Bakers Table Café.

25 July 2018 – “A Day at the Races ”
We have an Ascot theme with a fun Day at the Races, decorating hats, watching a race and enjoying afternoon tea.

29 August 2018 – Summertime fun in the “South Pacific”. Join us for a fun themed afternoon with a sing-song.

26 September 2018– Bread-making with the Talgarth Millers. An active sensory session involving kneading dough and creating poetry.

31 October 2018– Craft Session activity followed by a sing-song.

28 November 2018 – Christmas Celebrations with festive sing-song and Christmas memories.

No meeting in December