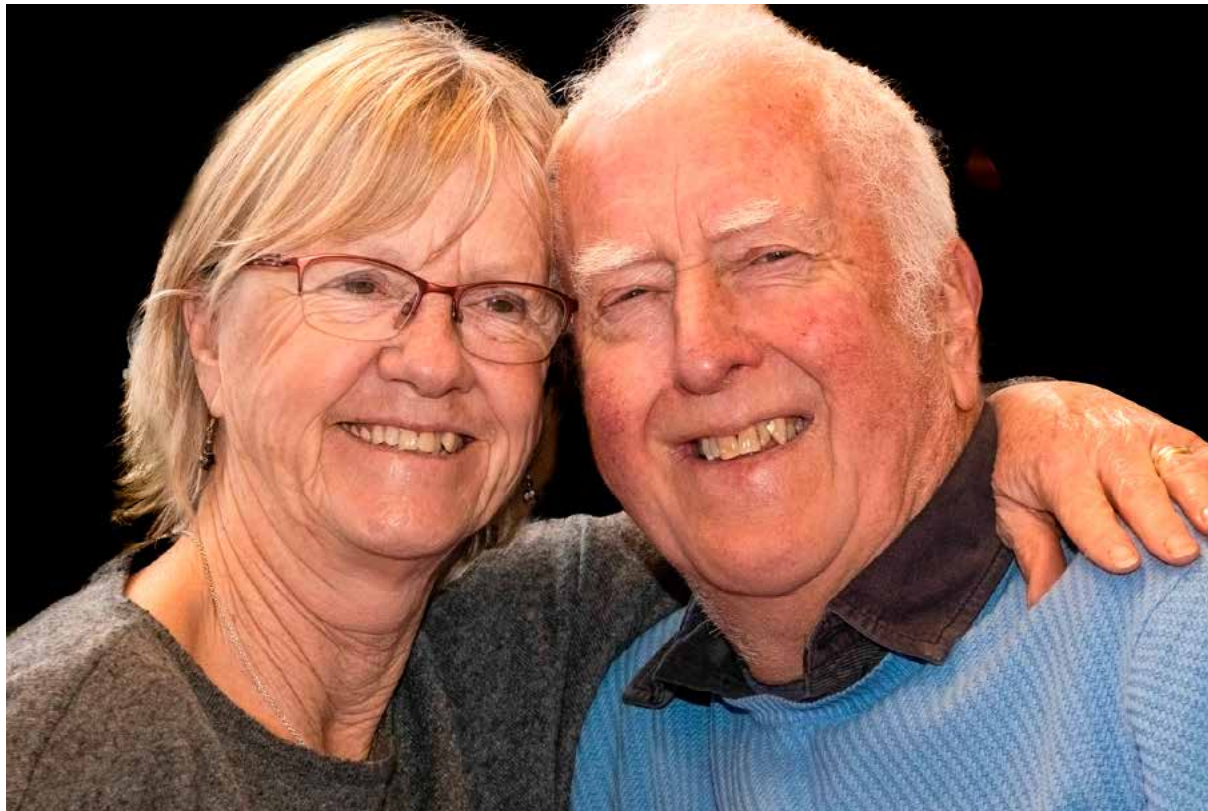


BUDDIES



DEMENTIA CAFE
— CHARITY —

Chris and Alan Dawkins



Alan sadly passed away with dementia on 26th March 2020

Buddies Dementia Café

Buddies Dementia Café is a volunteer led support group, meeting twice monthly, for those living with dementia and their carers.

The cafe was set up by friends to support Alan Dawkins and his wife Chris, at that time, there were not many opportunities for people living with dementia and their carers to meet up.

The group started in April 2017 ,originally meeting only once a month in the local Community Hub. Since its conception the group has grown in popularity, and moved to the village hall in September 2019. We currently have over 100 members with around 80 regularly attending.

We provide super live entertainment, refreshments, useful information and aids to carers and their loved ones, in a safe friendly atmosphere.

Buddies also provide free trips out to lunches, local attractions and venues. Parties are also held to celebrate special occasions such as Christmas and Buddies birthday.

Monthly newsletters are provided, delivering information, guidance and support. Outside agencies such as Carers First, NHS and Age UK are invited to give short presentations, giving valuable information.

Dementia friendly walks take place every month offering the members the opportunity to exercise and enjoy company in the fresh air.

Our group is an absolute lifeline for not only those living with dementia but their carers too. Our volunteers are welcoming and supportive and the atmosphere is lively, positive and full of laughter with a real sense of community.

Carers gain so much from their interaction with each other giving them the chance to share experiences with other carers who are facing similar challenges.

Over the years we have received many awards including runner up in West Lindsey Community Award, winners of the BBC Radio Lincolnshire Make a Difference Award, Carers Quality Award, Finalists in the Lincolnshire Care Awards and winners of the Lincolnshire County Council Community Group of the Year. All showing our continued commitment to helping and supporting people living with dementia and their carers.

Buddies Dementia Café is a registered charity no. 1184074

Trustees



From left to right: Top Row: Lulu Wood, Maureen Sullivan and June Gauke.
Bottom Row: Maggie Norris and Lorraine McGeoghan

Committee Members



From left to right: Lulu Wood, June Gauke, Maureen Sullivan, Maggie Norris, Ruth Noon, Lillian Dolling, Lorraine McGeoghan and Jo Gaworth

Photographers



Our talented photographers provide the photos which are posted regularly on our Facebook page. They attend every meeting and capture the wonderful atmosphere at Buddies. We have their photos printed, compile albums for members to look through at meetings, and also present copies to our members as keepsakes.

Buddies Dementia Café



Volunteers

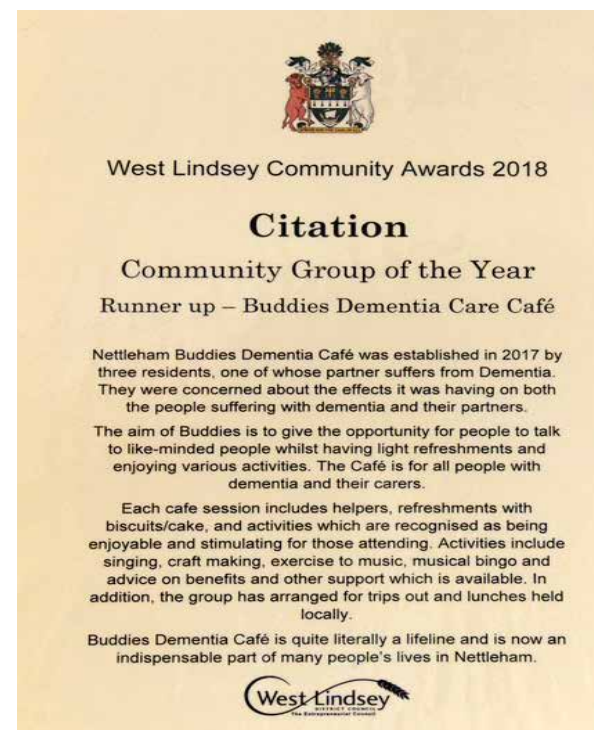


We are very fortunate to have a loyal and amazing team of Volunteers, some of whom have been with Buddies since it started. Serving refreshments, chatting with members, joining in the singing and dancing - and at Buddies parties they love to dress up to add a bit more fun to the occasion.

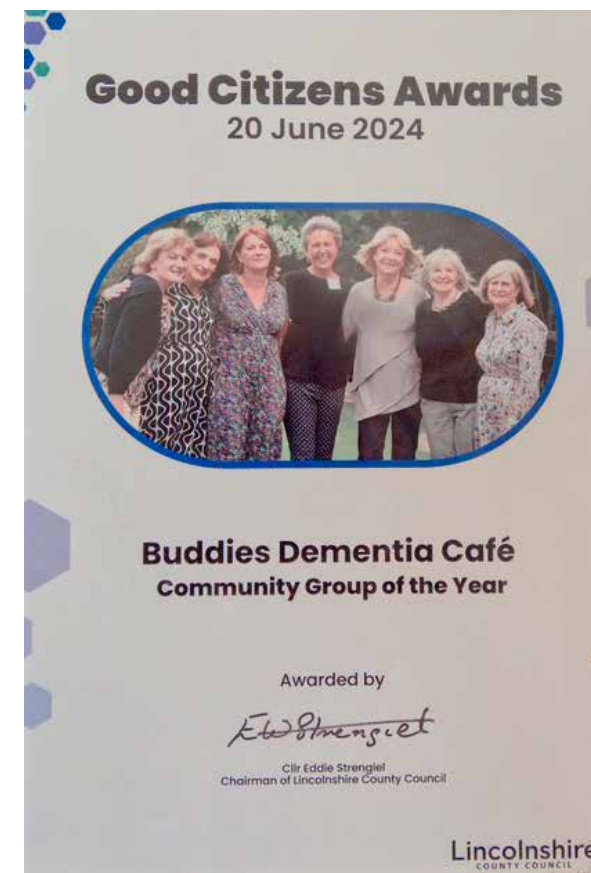
Awards



Awards



Awards



A Very Special Card



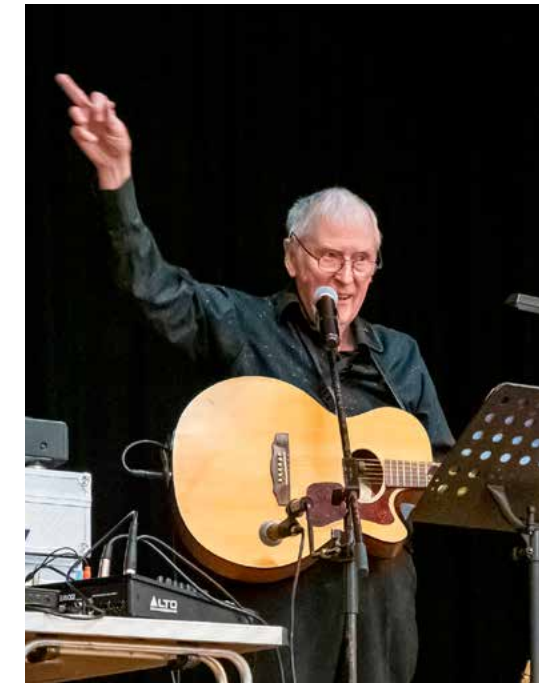
We were delighted to receive a card from Their Majesties on the occasion of their Coronation



We were deeply touched by your most kind and thoughtful message following our Coronation. We are enormously grateful to everyone who took part in the celebrations, and particularly appreciate that you so generously took the time to write to us on this very special occasion.

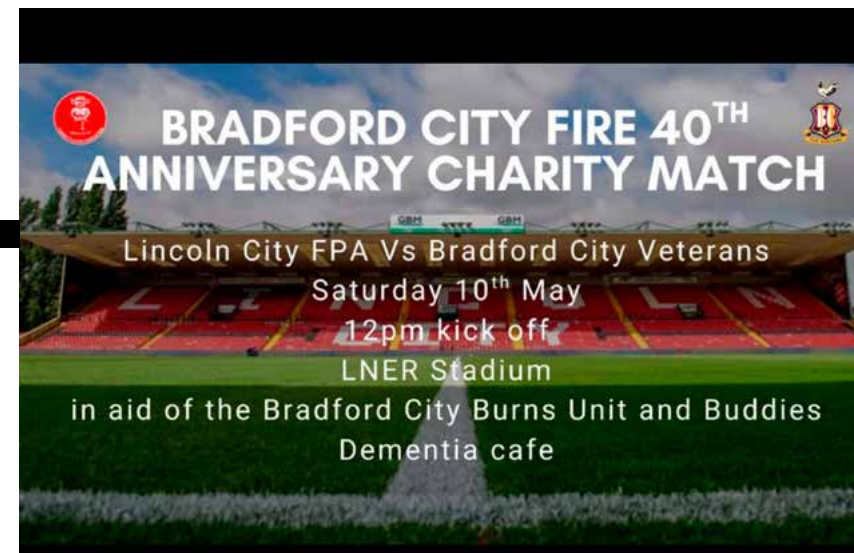
Charles R Camilla R

Entertainers



We arrange live entertainment for every meeting and we are lucky to have found an extremely talented group of performers.

Sponsors



Some of the incredible people who have raised funds for Buddies over the years - their generous donations enable us to provide comfort, companionship and support our members.

Raffle Prizes



Some donations are in the form of raffle prizes. We have received some wonderful gifts and fabulous hampers - much appreciated by the lucky ticket holders!

Raffle Prizes



Visiting Dignitaries



We welcome visitors from various organisations, to see what we do and to spread the Buddies message to the wider community.

Unusual Visitors



Buddy the Owl from the Wildline Wildlife Sanctuary and Pumpkin the therapy dog whose charity raises money for disabled animals.

Special Occasions



We love to celebrate! Member's birthdays, notable Wedding Anniversaries, Christmas and national events.

Health Walks



After the first meeting each month, there is an opportunity to join Ann, David and Denise who lead a sensory stroll around the village.

Outside Events & Trips



We organise days out for our members and have enjoyed trips to Bransby, Horses, Woodside Wildlife Park, the Walled Garden at Baumber, the Bomber Command Centre, Fish & Chip lunches at the Elite Restaurant, Pennells Garden Centre and the Lincoln Rugby Club for Afternoon Tea.

Outside Events & Trips



Memorial Bench



In 2024 a bench was placed on Brookfield Avenue, Nettleham to commemorate those lost to dementia. Members who had lost loved ones were invited to attend a short blessing ceremony and then adjourn to the Village Hall for refreshments and to share memories.

Promoting Buddies



Attending events to promote our group is vital to our charity. Our website, Facebook page and regular articles in various local publications such as Nettleham Matters, help to spread the message that we are here to help and support carers and those living with dementia.

Providing Information & Help



At each meeting, we set up a display table and current events notice board. Supplies of information leaflets, helpful aids, hidden disability lanyards, smart watches and items such as colouring books donated by the Masons are made available to our members.

Providing Information & Help



In addition, we arrange special presentations from outside Buddies on topics of interest and even a visit from the NHS to offer vaccinations for anyone who had not yet received theirs.

What Our Members Say



I just wanted to say what an absolutely fantastic organisation you have created. It is such a happy place where friends are easily made and it is so wonderful to see everyone enjoying themselves. There is so much useful information given by your guest visitors and the offer of flu and covid vaccinations was a great initiative. The outside events, like the fish and chip event, are so well organised and supported and again enjoyed by all.

So. I just wanted to say thank you for all that you do, I am sad to be leaving it all behind, but I wish you all continued success and may Buddies be around for many more years to come.

Carole Roberts carer for Olwyn Miller. March 2025

Thanks to everyone for a superb day, as always you do such a great job and the people suffering from dementia benefit so much from being there.

Joan Carter, partner and carer for Eric. April 2025



What Our Members Say

Happy birthday Buddies you are a fabulous group of people who make such a difference to many lives. Elvis got my Mum all of a dither when he sang to her. It's a wonderful memory for us to see her so happy, thank you.

Carol Curtis, whose Mum passed away with dementia. April 2024



Lovely morning, Thank you to everyone great to see lots of smiles, conversation and laughter.

You make my Mother's day every time she attends.

Dirk Lee brings his mum who has dementia, at our Afternoon Tea event. November 2024.

It's always a happy time at Buddies. Thank you to everyone who makes this happen.

Iris Mallen carer for her husband, Ron, who has dementia. August 2024.



What Our Members Say

Beautiful photos and treasured memories of many happy times. John would have loved it. Thank you Buddies.

Sandra Butler who lost her husband John to dementia. At the blessing and dedication ceremony for our Buddies Memorial Bench. August 2024.



A massive thank you to everyone who organises the Buddies sessions and outings. You do a brilliant job.

Chris Foster brings his mum who has dementia. November 2024.



What a brilliant morning seeing everyone singing, laughing and talking better than any doctor's medicine. Well done.

Peter Hewitt brings his wife Angela who has dementia. October 2023.

I always think of Buddies whenever I am in Nettleham and would like to thank you again for the tremendous work you do. I will never forget those happy visits. You will never truly know the difference each and every one of you makes to brighten people's lives at a difficult time.

Julie Newman who lost her husband, who had dementia, to cancer in February 2025



That is a lovely photo of mum and dad.

Pauline Baker.

Absolutely fantastic what you all do.

My parents love coming. It especially does my Mum good, as a full time carer, the break and the chance to meet other people is a massive bonus.

Rob Stalnton, May 2025.



Happy Faces



BUDDIES



DEMENTIA CAFE

Nettleham Village Hall, Brookfield Ave. Nettleham LN2 2SS

CAFE - First & Third Thursday
of each month 10am to 12 noon
with entertainment and various activities

For all people living with dementia and their carers. Do come along
and enjoy some light refreshments, company and entertainment.

£1 donation would be appreciated



Buddies Dementia Cafe
Nettleham

For more information contact:

www.buddiesdementiacafe.co.uk



Registered Charity No. 1184074

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