



We are Two-Years Old! Landmark achievements of our second year in operation were:

- ✓ Continuing group Cognitive Stimulation Therapy (CST) support service to Doughty's Hospital: ongoing in 2013
- ✓ Continuing group CST at the Martineau Hall 'Fridays with the Forget-Me-Nots': ongoing 2013
- ✓ Grant awarded by Norwich Consolidated Charities
- ✓ Establishing group CST programme at Dell Rose Court, Norse Care: ongoing 2013
- ✓ Publication of a poetry collection, some written & some favourites selected by participants & volunteers
- ✓ Establishing group CST in Norwich Prison / Elderly Lifers Unit: ongoing
- ✓ Milestone birthday party for member of the FMNs
- ✓ Spreading the word about CST through 3 CST training days to date all led by UCL trainer Dr Gemma Ridell & attracting a wide mix of health & social participants
- ✓ Joint Communication workshop with Social Responsibility Group
- ✓ Further recruitment of volunteers via word of mouth contacts
- ✓ Final edit of our policy documents: available at AGM

Plans for the future:

- Consolidate our skills & supervision basis for all volunteers
- Maintain our successful relationships with existing organisations
- Fund-raising & grant-seeking programme to continue

Thank you to everyone for your support!