



Maryhill Memories

Maryhill Parish Church

In 2016 The Social Care Council worked alongside 5 projects, one of which was Maryhill Parish Church. From those early days and time spent learning from each other Maryhill Memories began.

A café style fortnightly meeting and free to those who come along. For those who are socially isolated for one reason or another it is a chance for people to get out of the house and meet others. "We enjoy a cup of tea and a chat while reminiscing about the people and places which were dear to us"

Transport is provided for people to come.

Maryhill memories quickly became self-sufficient. For those considering doing something similar here are a few points to consider which CrossReach supported with to set up the project.

1. Environment audit by dementia specialist highlighting changes required for accessibility
2. Support to develop activity plan for group to ensure suitability for those with dementia
3. Resources to monitor and evaluate the project
4. Support with funding application

The 2017 blue book report included a quote from the café co-ordinator.

“It’s been very supportive and I’ve really valued having a sounding board and mentor who can give practical advice and point me in the direction of resources, training, etc. - things which I wouldn’t have found myself. Our project would have been much simpler if we hadn’t been a part of the project - I mean that in the sense that we wouldn’t have put so much thought into all aspects of the planning and would have just thrown ourselves in and somewhat hoped for the best. It probably would have all turned out alright in the end but we’ll reap the benefits of putting a lot more time and effort in just now to make sure we’re offering the best that we can”