



Spring is in the Air!

So are birthdays, as you will see below.

It seems that it is also a time for raising funds for our own charity and for Dementia UK.

Poppy Café News



Birthday greetings to Frank, who celebrated his 80th in January; also more recently to Maureen and Jan. It's always good to have an excuse for a celebration and a special cake!



Best wishes to those of you over the last few weeks, who may have been unable to get to Poppy Café to celebrate your own 'special day', be it a birthday or special wedding anniversary.



H&DDS Services

POPPY CAFE - Every Tuesday and Friday morning (**except** in Poppy Lunch week) in the Meeting Room from 10.30am to 12.30pm

POPPY LUNCH - the 1st Thursday of the month in the Church Hall at 12.15pm. A donation of £7.50 is suggested for each meal.

POPPY FRIENDS - meeting for **Carers**: Tuesday 17th March in Loades Hall and Tuesday 21st April at The Cedars, 39 Cromer Road (next to BP garage).

POPPY HOME VISITING is for family members or carers who look after those with dementia in their own homes. Visits are provided by trained volunteers to suit the needs of the clients and their families.

GLAVEN CARING is a charity providing Day Care Services for elderly people in the community, based at the Glaven Centre in Blakeney. Transport is provided.
Tel. 01263 740762

www.glavencaring.co.uk

Dementia Adventure offers **free online training for home carers &** organises **Dementia Holidays**. Tel. 01245 237548
dementiaadventure.org

Gresham's Pay & Display Car Park is adjacent to the church. The cost is £1.30 an hour.

New Friends & Old

A Warm Welcome is offered to a number of newcomers to Poppy Café, including Christina Fraser with Tom and Laura, David and Rosemary Waite, David Wright, Pauline Hendry-Smith and Laura, Margaret McDonnell and Helen, Vivienne Baker with Erin and Sara, Alan and Christine Holmes. We are also pleased to welcome Frank Blundell as a fully-fledged Poppy volunteer.

Sadly, Edna White has died, also Deborah Harter, at the beginning of February. Deborah will be well remembered for her love of fashion and dressing for special occasions.



NB. It is somewhat confusing, but please remember that there is NOT a FRIDAY Poppy Café in the same week in which there is Poppy Lunch.



Home Visiting

It looks as though the Home Visiting volunteer is facing quite a challenge in this game of Scrabble with Elsie, obviously an experienced and competitive player!

Home Visiting activities are various and may include going out for a walk, going out for coffee, artwork, listening to music, cards, quizzes, jigsaws and games and of course having a chat.

Anyone wanting to know more about our Home Visiting service, please ring Eleanor Sidgwick on 01263 710617 or 07833 123528

Poppy Friends

Kayte Rowe, Occupational Therapist, spoke to the group in January about 'carer burden', highlighting current research being carried out by the Norfolk & Suffolk NHS Foundation Trust. Please see Helen if you might be interested in taking part.

Catherine Moorhouse, as always, succeeded in making carers feel more supported at our February meeting.

- Graham reported that Cromer hospital has a support service called '*Living with Loss*' which offers free counselling sessions by Simon Arthur.
- Avril and Christine spoke of '*The Fore Get Me Not Golf*' at Sheringham Golf Club, which encourages light physical activity, social interaction, and shared enjoyment. The sessions are carefully adapted to ensure participants feel comfortable and supported, even for those with no golfing experience. The focus is firmly on enjoyment, companionship, and wellbeing rather than competition.

Carers are also given the opportunity to connect with others who are in similar situations making the experience both meaningful and inclusive. Time in the clubhouse after each sessions allows participants and carers to relax, chat, and build friendships.

See forgetmenotgolf@sheringhamgolfclub.co.uk for further information or contact Wendy Seward on 07540 843326

A New Venue for Poppy Friends - From 21st April 2026, the monthly meetings for Poppy Friends will be held at David and Eleanor's house, The Cedars, 39 Cromer Road (a red brick house next door to the BP garage). It is a short walk from St Andrew's Meeting Room, along the path going from the Cromer Road to the church. Meetings will be at the same time and refreshments will of course be served. The room we shall use is at the back of the house so it will be easiest if you come in through the back door. Parking for 3-4 cars is possible at the back of the house.

Fundraising for Dementia

Purely by chance, our charity and Dementia UK have been chosen to benefit from funds raised through three different sources. These generous people are facing challenges that would horrify the majority of us!



On 26th April, one of our supporters is bravely running in the London Marathon. In the link which tells her story:

[Clare Christmas is fundraising for Holt & District Dementia Support](#) she writes, 'I've chosen to raise money for Holt & District Dementia Support as Dementia is something that has impacted my family. I've seen first hand the impact it has on not only the person suffering but also the friends & family of the sufferer ...'

We wish you well Clare!

Our own Phyl and Alan have been raising money for Dementia UK by walking 1km a day during the month of February. Although February is almost over, Phyl is hoping that their 'Just Giving page' may remain open, in which case she would be grateful if you'd like to share the following details with friends and supporters who may be interested:

https://www.justgiving.com/page/p-styles-4?utm_source=CL&utm_medium=DT

Lastly, we have generously been given a quilt to raffle as a means of fundraising for our charity. Tickets will be available soon to distribute for sale amongst friends and family. As you can see from the photograph detailing part of the quilt, which sadly does not do it justice, it is a beautiful article. Other prizes include a Garden Goodies Basket and Large Chocolate Easter Egg. The Draw will take place on 7th April.



New Dementia Group in Sheringham - A monthly dementia group for clients and carers, called The Bridge, has been started at St. Andrews Methodist Church, Cromer Road, Sheringham, NR26 8SA, on Mondays from 10.30am - 12.30pm. For more details please see:

www.sheringhammethodist.org.uk



Music & Meditation at St. Mary's Church, Kelling, on Wednesday 1st April

Poppy Café co-ordinator Pete Walters and regular pianist Richard Peaver, will be performing a cross-genre song recital on 1st April, featuring 'Fools and Spring Romance'. Starting time is 3.00pm and it will finish at approx 3.30 - 3.40pm. Entry is free with a voluntary retiring collection which will go towards new kitchen and toilet facilities at the church. There is ample parking, so do try to go along for your own enjoyment and to support the monthly recitals.

Services offered by North Norfolk District Council

North Norfolk's team of Community Connectors is available to help fill in application forms such as blue badge applications and attendance allowance, in addition to referring into the housing adaptation team, social prescribers and financial inclusion etc.

[Call us on 01263 513811](tel:01263513811) or email: community.connector@north-norfolk.gov.uk

The Forget Me Not Grant is a county-wide initiative funded by contributions from all district councils within Norfolk. A grant of up to £500 can be awarded to pay for minor adaptations or equipment to promote the safety and independence of people living with dementia or symptoms of dementia.

For further assistance or guidance [Call us on 01263 513811](tel:01263513811) or fill in our [contact us form](#)

Falls Prevention Monitor

We have a **Sensor Mat falls monitor** available for carers to borrow. The monitor will alert you to the person getting up unaided, whether from a bed or a chair: it is suitable for use with both. Please contact Claire Roberts to arrange: Mobile No. 07760 462693



NB Carers are reminded how important it is to register as carers at their local medical centre and to arrange for the person living with dementia to have a regular annual review

Social Prescribers are non-clinical staff who are available to provide help and advice at the following Medical Practices. Please telephone ahead to book an appointment.

HOLT Medical Practice

Tel. 01263 712461

Claire Hawkes

SHERINGHAM Medical Practice

Tel. 01263 822066

Trudie Needham

A few contacts which you may find useful

Avocet Continence Clinic The clinic is run from Aylsham. Carers can self-refer by phoning 01603 216021

Carers Voice is an independent charity representing Carers in Norfolk and Waveney. It has co-produced a Carers Identity Passport to ensure that Carers are recognised and can get the help and support they require when seeking healthcare advice or attending appointments. Brochures and details are available from Helen Banham as to how to acquire a badge and lanyard. There is also a digital version available that you can save on your mobile phone.

Further details may also be found on <https://www.carersvoice.org/passport-info/>

Community Drop-In at Holt Library - 2nd Tuesday of the month, every 3 months, from 10.30am - 12 noon. The next session will be on 10th March. Healthwatch Norfolk representatives will attend with advice and information from Norfolk Community Law Service, Glaven Caring and the Alzheimer's Society. Refreshments are provided and there is no need to book. (Useful for carers to be able to drop in while Poppy Café is being held.)

Norfolk Assistive Technology has been recommended by one of our carers, for footprint trackers. The service can help you find the right device, show you how to use it and supply it to you. [Find out how our Assistive Technology service can help you.](#)

Norfolk Swift Response still offers the 24-hr service of helping people who have fallen but are not seriously injured. Depending on demand for the service, the response time may be affected, and you may be advised to call 999. Tel 0344 800 8020 and then select Option 1

Sheringham Salvation Army, Cremer Street - their parish nurse offers a Carer support group on Thursday mornings from 10.00 -11.00. At the same time there is a warm space café where clients could safely be left; plus a community drop in, where advice and support for many other matters is offered.

North Norfolk Community Transport have an Access car scheme so wheelchair accessible transport can be booked across N. Norfolk for a small fee. They offer Dial-a-ride community bus excursions for shopping etc., also minibus hire including a driver.

Contact 01692 500840 Jane Bishop

Steve Banks Forever Fitness is offering exercise sessions for older adults at Holt Community Hub in Charles Road, also in Sheringham and Cromer. There is no need to book. Each session costs £6.00.

Tel 07493 624851 or <https://foreverfitnessuk.com/classes/>

Later Life Care is a small family firm which trains its carers carefully. They offer a flexible service and seem reasonably priced. They are based in Waterbank House, Sheringham 01263 649375.

Do you know of, or are you able to recommend any other useful organisations? If so would you please pass these details on so that they can be shared with others via our website or in the newsletter. Thank you.

Please email them to Sue at: poppynewsletter@btinternet.com

This **Newsletter** is available to download online from our website,
as well as 'Dates for Your Diary'.

Both documents may be found in the **Staying in Touch** menu at the top of each page.

For further general information please visit our website: www.holtdementiasupport.org.uk

Dates for Your Diary ~ March and April 2026

Poppy Café opens every Tuesday and Friday at 10.30am until 12.30pm
(except for the Friday in the week of Poppy Lunch)
in the Meeting Room, St Andrew's Church, Holt, NR25 6BB

Tuesday 3rd March	Visit of Liz Mann and her PAT dog
THURSDAY 5th March	Poppy Lunch (NB No Poppy Café on Friday 6th)
Tuesday 10th March	Music with Karen Neill - Piano
Friday 13th March	Activities, Games & Chat
Tuesday 17th March	Activities, Games & Chat + Poppy Friends (see below)
Friday 20th March	Activities, Games & Chat
Tuesday 24th March	Singing Café with Richard & Steve
Friday 27th March	Activities, Games & Chat
Tuesday 31st March	Activities, Games & Chat
THURSDAY 2nd April	Poppy Lunch (NB No Poppy Café on Friday 3rd)
Tuesday 7th April	RAFFLE DRAW + Visit of Liz Mann and her PAT dog
Friday 10th April	Activities, Games & Chat
Tuesday 14th April	Music with Karen Neill - Piano
Friday 17th April	Activities, Games & Chat
Tuesday 21st April	Activities, Games & Chat + Poppy Friends (see below)
Friday 24th April	Activities, Games & Chat
Tuesday 28th April	Singing Café with Richard & Steve

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**Poppy Lunch at 12.15pm** in the Church Hall

Thursday 5th March  
Thursday 2nd April  
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Poppy Friends' Meetings are held on the 3rd Tuesday of the month. They are primarily for Carers, whilst those for whom they are caring attend Poppy Café.

Tuesday 17th March **10.30 - 12.30pm in Loades Hall, at Holt Methodist Church**

Tuesday 21st April **10.30 - 12.30pm at The Cedars, 39 Cromer Road (next to the petrol station)**