



# Holt & District Dementia Support Group



## The Poppy Café

OPEN every Tuesday morning from 10.30 - 12.30pm, the drop-in café is held in the Meeting Room, St. Andrew's Church, Holt, NR25 6BB.

The Poppy Café aims to provide a warm welcome and relaxed atmosphere in the company of others, for those living with dementia and their carers.



Coffee, tea and delicious cakes and biscuits are served. A number of activities are available including games, art and craft, singing sessions and quizzes. Professional advisors regularly visit and publications are available from specialist agencies.

A **Pay & Display Car Park** is nearby at Gresham's Pre Prep School (to the right of the church drive). There are **wheelchairs** at the back of the church if required.

Contact details for the Holt & District Dementia Support Group:

Chair: Claire Roberts - 01263 713817 Contact e-mail: [holtmenthiagroup@outlook.com](mailto:holtmenthiagroup@outlook.com)

## The Home Visiting Service

This service offers respite for carers looking after someone living with dementia at home. Trained volunteers offer company, support and reassurance to the client, enabling carers to take time out for 2-3 hours. Visits are pre-arranged to suit the needs of clients and carers.

For further information please contact : Eleanor Sidgwick - 01263 710617  
Mobile No - 07876 185 345 e-mail : [emsidgwick@gmail.com](mailto:emsidgwick@gmail.com)  
or Bizz Horsley - 01263 713918 e-mail : [bizzh@tiscali.co.uk](mailto:bizzh@tiscali.co.uk)

## Keeping Active

The Meeting Room  
St Andrew's Church



EVERY 3rd THURSDAY of the month 10.30 am to 12.15 pm

The sessions provide seated exercises for all, led by a Trainer from Victory Sports of North Walsham, followed by further indoor and outdoor activities including Table Tennis. Refreshments are available. Contact e-mail: [holtmenthiagroup@outlook.com](mailto:holtmenthiagroup@outlook.com)

All the services provided by the Holt & District Dementia Support Group are free of charge, although donations are welcome.

For further information please visit the website: [www.holtmenthiasupport.org.uk](http://www.holtmenthiasupport.org.uk)