

# Newsletter



**Holt & District  
Dementia  
Support Group**



## JULY and AUGUST 2018

**Welcome to Summer!** As this is written during a period when Holt is in the throes of a 'heat-wave', it's good to reflect on the warmth and friendliness of the environment which St. Andrew's Meeting Room offers at the Poppy Café every Tuesday morning, with the added bonus of its cool, inviting courtyard where we can chat over coffee and participate in various activities.

**PLEASE NOTE:** Exceptionally, due to an Art Exhibition in the Meeting Room during the Holt Festival, the Poppy Café will be held at **'The Feathers Hotel' on Tuesday 24<sup>th</sup> July**, at the usual time of 10.30 – 12.30pm.

### 'Keeping Active' Sessions

**Thursday 12<sup>th</sup> July & Thursday 16<sup>th</sup> August**  
St Andrew's Meeting Room: 10.30 - 12.15pm

Emma, from 'Sheringham Splash', now leads the seated exercises which are offered once a month in the Meeting Room on a Thursday morning.

The sessions are great fun ... and good for us all!



We have two sessions of exercises with a short break in between, after which we play table tennis, quoits, magnetic darts or just sit and relax, and chat over a cup of tea or coffee and cake.

You can join in or watch, as you please. There is no charge although donations are welcomed.

Do come and join us this summer.

### Holt Tractor Run : Sunday 8th July

- leaves Holt Rugby Club at 10 o'clock
- drives through Holt between 1.00-1.30 pm.

All proceeds from the event, which will include a raffle, are kindly donated to help us fund our monthly exercise sessions. Any contributions for the raffle would be gratefully received at the Poppy Café.

### Poppy Café Events

Tuesday 3 <sup>rd</sup> July	Games / Chat / Activities
Tuesday 10 <sup>th</sup> July	Sally Martin - Age UK Norfolk Games / Chat / Activities
Tuesday 17 <sup>th</sup> July	Games / Chat / Activities
Tuesday 24 <sup>th</sup> July	<b>Exceptionally, please meet at The Feathers Hotel – Gresham Suite</b> for coffee and scones 10.30-12.30pm
Tuesday 31 <sup>st</sup> July	11.15 Singing Café with Pat Gibson & Fr Stephen
Tuesday 7 <sup>th</sup> August	Games / Chat / Activities
Tuesday 14 <sup>th</sup> August	Sally Martin - Age UK Norfolk
Tuesday 21 <sup>st</sup>	11.15 Singing Café with Pat Gibson & Fr Stephen
Tuesday 28 <sup>th</sup>	Games / Chat / Activities

A **'Carers' Notice Board** has been installed at the Holt Medical Practice, with a new topic each month.



**ST ANDREW'S FESTIVAL  
FRINGE LUNCHTIME CONCERTS  
MONDAY 23<sup>RD</sup> – FRIDAY 27<sup>TH</sup> JULY  
12.30-1.30PM DAILY**

PLEASE LOOK OUT FOR LEAFLETS  
AND DISPLAY BOARDS IN CHURCH  
WITH DETAILS OF THESE CONCERTS  
AND OTHER EVENTS.



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## JULY and AUGUST

**PARKING** There is a Pay and Display Car Park at Gresham's School, adjacent to the church. The charge is £1 an hour. Please note that you are required to enter your car's registration number on the ticket machine.

If you find the walk from the car park too much of a challenge please have a word with the co-ordinator and we will try to arrange for some assistance. Wheelchairs are available and may be found in the church porch.

**Transport** to and from the Poppy Café for those who require it can be arranged with Holt Caring Society: Tel. 01263 711243. A small donation (£4) is requested for this service.

**Message in a Bottle** - Packs are available in the cupboard for those who would like one.

### ICE Forms

Would all carers kindly check with the co-ordinators that they have completed an up-to-date ICE (*in case of emergency*) form.

### Talking Point - Alzheimer's Society Forum

Those of you who are interested in using internet forums may find some of the threads on the following link helpful:  
<https://forum.alzheimers.org.uk/>

### You may also find these websites of interest:

<https://www.medicalalertadvice.com/articles/brain-games-to-fight-dementia/> Keeping your mind sharp can not only be extremely helpful, but it can be fun too. Give it a try!

<https://www.nhs.uk/conditions/dementia/about/>

**Books about Dementia** are available for you to borrow, provided they are signed out and in, using the red exercise book in the cupboard. Titles include 'Where Memory Goes' by Sally Magnusson and 'Somebody I used to know' by Wendy Mitchell. 'The Milk's In the Oven' is a booklet about dementia, a helpful publication for children and young people. NB no longer in print it may also be downloaded from the Mental Health Organisation.

### IMPORTANT Information

People with dementia are at greater risk of falling. Norfolk County Council presents information on their website about [preventing and dealing with falls](#), including a short film from the Royal Society for the Prevention of Accidents.

**Norfolk Trading Standards** are warning residents about telephone cold calls claiming to be from CAB or Citizens Advice regarding debts. Please remember Citizens Advice do **not** cold call regarding debt issues. If you or someone you know receives a call like this report it to the CA's consumer helpline on **03454 04 05 06**.

This information came from [Norfolk Trading Standards](#)

**Keep an eye out for rogue trader and scam alerts** in your area via the Norfolk County Council website:

[www.norfolk.gov.uk/business/tradingstandards/scams/consumer-alerts](http://www.norfolk.gov.uk/business/tradingstandards/scams/consumer-alerts)

**Please can you help?** Helen Banham is putting together a folder of information with details of trustworthy, dementia-aware people who will come to your home to do small jobs or services at reasonable prices. These can be jobs around the house and garden, financial help, form filling, internet help, cleaning, help with shopping, cooking, hairdressing, podiatry - in fact anything you have found useful. If you can recommend anyone please send Helen the details by emailing: [helenbanham@gmail.com](mailto:helenbanham@gmail.com) or drop them into the Poppy cafe. Thank you.

**Norfolk Admiral Nurses - Tel 01603 679693.** The service is currently available to those with dementia who have a referral from their GP. Please seek your GP's advice if you wish to benefit from this local service.

**Admiral Nursing** direct dementia helpline: Tel: 0800 888 6678 for advice & information daily between 9.00-5.00pm; Wed & Thurs evenings 6.00-9.00, or email: [direct@dementiauk.org](mailto:direct@dementiauk.org)

**The Glaven Centre in Blakeney** provides day care as well as personal services for older people. For more information contact: Maureen Buckey, Tel 01263 740762 or 740103.

**Age UK Norfolk** offers free, confidential advice Tel. 0300 500 1217 weekdays from 10.00- 4.00pm.

**Carers Matter Norfolk** offers advice to individuals by telephone internet or face to face contact. Telephone 0800 083 1148. The website is: [www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)  
NB Carers Matter Norfolk has superseded the Norfolk Carers' Helpline

**The Dementia Support and Advice Service** - a supportive advisory service offered by the Alzheimer's Society. Staff can offer tailored information and advice over the phone and make a referral for a Dementia Support Worker to visit individuals, if appropriate. Leaflets are available at the Poppy Centre. Contact Julie Allen for this service: 01603 763556

**Ben's workforce** - basic repair and maintenance work undertaken for older people. Please ring: 01263 826854.

**Further details of these and other organisations may be found on our website.** *The links are listed on the Carers' page. If you have experience of useful local services or informative websites, please let the co-ordinators know.*

**The Co-ordinators welcome your suggestions and comments** about the support group. Please do not hesitate to contact one of the co-ordinators with any ideas as to how we can improve the activities or support we offer.

**For more details about our group please visit:**  
[www.holtdementiasupport.org.uk](http://www.holtdementiasupport.org.uk)