

# Newsletter



**Holt & District  
Dementia  
Support**



## NOVEMBER - DECEMBER 2018

### Holt & District Dementia Support - CIO

The Chair and Treasurer are happy to announce the exciting news that on 4th September Holt & District Dementia Support was officially entered on the Register of Charities, as a Charitable Incorporated Organisation.

The Trustees are planning to relaunch H&D DS, as a Registered Charity, during early 2019.

The leaflets and handbooks are in the process of being updated and will be distributed shortly.

### THE POPPY CAFÉ

The Co-ordinators and volunteers are pleased to welcome our recent new clients and carers to the Poppy Café and to the Home Visiting service.

Since the summer, when numbers were fairly sparse, there has been a steady increase in those coming to the Poppy Café and as a consequence our activities have been extended.

A recent activity, enthusiastically led by Sue Layfield, which has proved to be popular with clients, carers and volunteers alike, has been to produce a wreath of beautiful paper poppies.

The wreath will be dedicated to 60 named local men, who lost their lives in WW1, at a short Act of Remembrance in St. Andrew's Church on 6th November. Gresham's Choir will accompany those attending from the Poppy Café and lead the singing.

**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.

### The Poppy Vintage Film Club

**Wednesday 5th December**

"MEET ME IN ST. LOUIS"

2.00pm at HOLT COMMUNITY CENTRE

starring Judy Garland & Margaret O'Brien

Free Admission. Donations accepted

### Poppy Café Events

- |                             |   |
|-----------------------------|---|
| <b>Tuesday 6th November</b> | 11.00 Visit from members of Gresham's School choir with an Act of Remembrance |
| <b>13th November</b>        | Games / Chat / Activities<br>Sally Martin - Age UK Norfolk                    |
| <b>20th November</b>        | Games / Chat / Activities   |
| <b>27th November</b>        | 11.15 Singing Café with Pat Gibson & Fr Stephen                               |
| <b>4th December</b>         | Games / Chat / Activities   |
| <b>11th December</b>        | Games / Chat / Activities   |
| <b>18th December</b>        | 11.15 Singing Café with Pat Gibson & Fr Stephen                               |

*The Poppy Café will be open again after Christmas and the New Year, on Tuesday 8th January.*

### HOME VISITING VOLUNTEERS NEEDED

Unfortunately the **Home Visiting team** is currently unable to meet the needs of its clients, due to a lack of volunteers. If you know of anyone who might wish to volunteer as a Home Visitor, **please** ask them to contact the team's Co-ordinator, Eleanor Sidgwick.

Contact details: Tel. 01263 710617

or email: [emsidgwick@gmail.com](mailto:emsidgwick@gmail.com)

### 'DEMENTIA AWARENESS' TRAINING - for Volunteers

**Monday 19th November from 2.00 - 5.00pm** at The Meeting Room, St. Andrew's, Holt. The session will include a video of 'Barbara's Story', produced by Guy's and St. Thomas' Hospital.

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**Home Instead Senior Care** is a company that provides quality care for people in their own homes; and now has an office in Holt. Leaflets are available at the Poppy Café. Contact: Rebecca Trezise, Tel 01263 650983

**Music Memories** is a BBC website where you can make playlists of your favourite pieces of classical and popular music, as well as listen to television theme tunes from archive programmes. The website is aimed at people with dementia as a way of helping them reconnect with their memories through music. You can also help the BBC identify what the nation's favourite music memories are by taking part in a survey on the website.

<https://musicmemories.bbcrewind.co.uk/>

**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 useful: <https://forum.alzheimers.org.uk/>

### 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 **0345 4040506**. 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)

**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.

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

**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.**

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