

## About Us

Holt & District Dementia Support (H&DDS) is a Charitable Incorporated Organisation (CIO) and registered with the Charity Commission. It was founded by local people to support those living with dementia, their families and carers and to increase local public awareness.

Our services are managed and run entirely by trained volunteers and are provided free of charge. We are reliant on voluntary donations, bequests and fund raising to cover our costs.

All services are covered by Public Liability Insurance.

Our Newsletter and website provide comprehensive information and links to other organisations.

## Volunteering

If you are interested in volunteering you would be most welcome to visit the Poppy Café or Poppy PM. We would love to meet you and have a chat about what is involved. All volunteers are provided with an induction programme, a Volunteers' Handbook and support from current volunteers.

Initial and on-going training in dementia awareness, communication skills, confidentiality and safeguarding of adults is provided free of charge.



*For further information on any of our services please do not hesitate to ring or email one of the contacts below:*

### Chair

Mrs. Claire Roberts  
Tel. 01263 713817  
email: cgroberts17@gmail.com

### Poppy Café

Administrator: Mrs. Kate Gosden  
email: holtmentiangroup@outlook.com

### Poppy Home Visiting

Mrs. Eleanor Sidgwick (Co-ordinator):  
Tel. 01263 710617  
email: emsidgwick@gmail.com

### Poppy PM

Mrs. Bizz Horsley (Co-ordinator):  
Tel. 01263 713198  
email: bizzh@tiscali.co.uk

### Treasurer

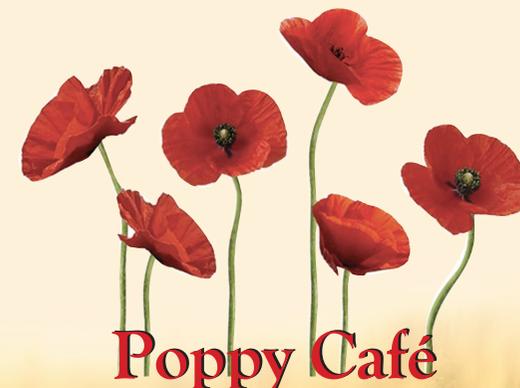
Mr. David Sidgwick  
email: david.sidgwick@btopenworld.com

Detailed information on all our services may be found on our website:

[www.holtdementiasupport.org.uk](http://www.holtdementiasupport.org.uk)

Charity Registration No. 1179793

# Holt & District Dementia Support



## Poppy Café

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## Poppy Home Visiting

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## Poppy PM



## Poppy Café

Open 10.30 am -12.30 pm every Tuesday  
at The Meeting Room,  
St. Andrew's, Holt, NR25 6BB

Every Tuesday morning, volunteers at the Drop-in Poppy Café will be pleased to welcome you and invite you to meet others.

We offer:

- Opportunities for support in a safe, friendly, relaxed environment.
- Social contact and friendship, allowing families and carers time to share ideas and information.
- A wide selection of activities, including a monthly session where we sing together for enjoyment and fun.
- Coffee, tea and cakes.
- Visits from health care professionals and other voluntary organisations.
- Information leaflets on available resources.

The choice is yours, as to what you would like to do and how long you would like to stay.

Carers are requested to remain throughout the visit.

Poppy Café is free of charge.

Parking is available in the car park, adjacent to the Meeting Room.

**For help with transport, call:**  
Holt Area Caring Society - Tel. 01263 711243



## Poppy Home Visiting

- Respite is offered for family members or carers who look after those with dementia, in their own homes.
- Our volunteers offer company, support and reassurance to the client, enabling carers to take time out.
- Risk assessed, planned, co-ordinated visits, are provided by trained volunteers.
- The visits vary in length of time, up to a maximum of 3 hours.
- Weekly, fortnightly or monthly visits are pre-arranged to suit both the needs of the clients and their families.

There is no charge for this service.

All our volunteers have undertaken Enhanced DBS screening and carry a photo-identity badge when on a home visit. It should be noted that they are not trained or authorised to provide personal care to the client although each volunteer has access to an emergency personal care provider, should one be required.

### Quotes from Clients and Carers:

*'Meet new friends and old friends over a cup of coffee and cake, reminiscing about old times - It is great fun and something to look forward to'*

*'I just love coming - I feel I belong here'*

*'I don't know how we would have managed to keep Mum at home for so long, if we hadn't had all the support that you gave us'*



## Poppy PM

Open 2.00 pm - 3.30 pm  
every second and fourth Thursday of the month  
at The Meeting Room,  
St. Andrew's, Holt, NR25 6BB

Poppy PM offers a similar service to the Poppy Café for those living with dementia and with a greater ratio of volunteers to clients providing an opportunity for carers to leave and have time to themselves. Clients are assessed to establish their suitability for enjoying this free service.



## Poppy Cinema

'Golden Oldie' films are shown locally, as matinees, several times a year. Poppy Cinema is open to those living with dementia, their carers, friends and supporters of our charity.

These films can bring back happy memories and help spark conversation. They provide a social get-together and aim to create an afternoon to be enjoyed by all.

Admission is free.

Further details of the Poppy Cinema may be found in our Newsletter, on our website, at Poppy Café and Poppy PM.