

Newsletter

Keeping
in Touch



Midsummer 2021

Visit to Thorpland Hall Gardens

On the afternoon of June 8th, we were kindly invited to visit the gardens at Thorpland Hall, which is the home of one of our volunteers, Annabel.

Clients, carers and volunteers began by exploring the walled kitchen garden with its extensive areas of fruit, vegetables and colourful herbaceous



borders ... with not a weed in sight! We then ventured to admire the lake with its wildlife and sumptuous plants on the edge of the lake.

Ready to sit down and absorb the bliss of an idyllically sunny afternoon in the gardens, with the backdrop of the estate's very fine Tudor house, our hosts kindly provided everyone with delicious refreshments. Claire presented Annabel with a bouquet of flowers and thanked her and her husband Nigel for their kindness and generosity to all those from H&DDS who participated in the visit.



What a wonderful way to spend a summer afternoon. Thank you so much, Annabel!

AGM

The AGM was held on 17th May. The Chair and Treasurer presented their reports for the year, both of which were passed by those attending the

Holt & District
Dementia Support

meeting. David was re-elected as a Trustee and Treasurer and Liz Brett was elected as a Trustee and the new Administrator to replace Kate Gosden, who decided not to stand for re-election.

As a token of everyone's appreciation and for recognition of her contribution to H&DDS, Kate was presented with a bouquet of flowers by Claire.



In response, Kate thanked everyone for making her feel so welcome when she first joined the dementia support group. She said, *"It has been a pleasure being part of such a dedicated team of volunteers and that you are all brilliant at what you do I know H&DDS is in the most experienced and knowledgeable hands, so I'm sure it will grow over the years and will continue to be a life-line for many people who live with dementia".*

Perhaps at this point, and undoubtedly all those who are connected in any way to H&DDS would agree, our acknowledgement and thanks should go to Claire for her caring, professional approach and for the tremendous amount of work that she accomplishes for the Charity, together with that of the Trustees. **THANK YOU CLAIRE.**
As Steve commented, "We are very lucky to have her at the helm – long may she reign!"
Hear! Hear!

Home Visiting

We are very happy to welcome two new volunteers to our team of Home Visitors: Jo Winter and Lynn Massingham.

Since April there have been 10 new referrals for Home Visiting. The current team is hoping to be able to provide support for all of them but there is a real need for us to recruit at least 8 more volunteers to help with this vital service for our clients and carers, who live with dementia, and the ever-increasing number of requests we are receiving.

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Should you know of anyone who may be interested in volunteering for Home Visiting PLEASE ask them to make contact with Eleanor, on Tel. 01263 710617 or email: contact@holtdementiasupport.org.uk

Poppy Café

It's been so good to get outside for some activities in the courtyard as you'll see from these pictures. There have been some quite challenging outdoor games. Quoits have proved to be very popular and Eric and Paul are keen to show their skills and competitive spirit!



Please note: We are unable to use the Meeting Room on **July 27th**, so exceptionally **Poppy Café will meet at The Feathers Hotel** at the usual time of 10.30am.

Poppy PM - dates

Poppy PM offers a similar service to the Poppy Café and is open from 2.00 to 3.30 pm, on the 2nd and 4th Thursday of the month, in the Meeting Room. There is a welcoming, relaxed atmosphere, as you might expect, with tasty things to eat and drink. Do put the dates on your calendar and come and join us! We would love to see you.

July: Thursday 8th and Thursday 22nd

August: Thursday 12th and Thursday 26th

For further details, contact Bizz on 01263 713198.

Poppy Friends

Helen has started a new initiative whereby carers, ex-carers and volunteers from Poppy Café can meet to chat, share experiences, support each other, provide friendship and a listening ear. At present, the meetings are monthly and take place between

1.00 - 2.00pm at The Treehouse Café in Charles Road, NR25 6DA. The first meeting has just taken place and was very successful; the next will be on Friday 30th July at 1.00pm.

If you would like to attend in July, please contact Helen Banham on Tel. 01263 711870 or email helenbanham@gmail.com

Books about Dementia are available for all to borrow, provided they're 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 helpful booklet to use with children and young people.

FOR CARERS

Transport to Poppy Café and Poppy PM can be arranged with Holt Caring Society, Tel. 01263 711243

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.

The Glaven in Blakeney is open daily from Monday to Friday at 9:30am - 1:30pm for coffee, lunches and day care. Assisted bathing is on Mondays and by appointment throughout the week. To contact The Glaven, call Keith at on 01263 740762

Norfolk Admiral Nurses - Tel 01603 679693 The service is available to those who have a referral from their GP. Please contact your doctor if you wish to use this local service.

Norfolk County Council has some useful links on its website which you might find helpful. The following are included:

- Preventing and dealing with falls
- Carers Emergency Plan
- Support for Carers

You can search for these on

<https://www.norfolk.gov.uk/care-support-and-health>

The Alzheimer's Society publishes a wealth of information relating to dementia on its website and publishes a useful on-line magazine six times a year, entitled 'Dementia Together'. <https://www.alzheimers.org.uk/get-support/>

The Alzheimer's Society also hosts a forum entitled Dementia Talking Point which may be found at: <https://forum.alzheimers.org.uk/>

If you have experience of useful local services or informative websites, please let the co-ordinators know.

For Further information please visit our website:

www.holtdementiasupport.org.uk

Registered Charity Number: 1179793

Patron: The Rt. Hon. Sir Norman Lamb, DL