

Poppy Café

Things finally seem to be returning to some form of normality at Poppy Café, with regular dates fixed for the return of Poppy Singing and Tilly the PAT dog.



You may like to add these activities and dates to your diary:

Poppy Singing will be held on the 4th Tuesday of the month, as shown below, subject to the local COVID situation. Steve Benson has kindly agreed to lead the activity, accompanied by pianist, Richard Peaver.

Tuesday 28th September

Tuesday 26th October

Tuesday 23rd November

Tilly the PAT dog is coming back! Liz Mann will accompany Tilly to Poppy Café at 11 o'clock on the following date:

Tuesday 14th September

Tuesday 12th October

Tuesday 2nd November

Music is Magic

Tuesday 5th October

Angela Dugdale and her Choir will visit and entertain us at 11.00am

Singing Café

We are hoping to sing together again at the end of September



Tilly the PAT Dog will be back with us on the 1st Tuesday of each month

WATCH THIS SPACE for news of a Cinema Reminiscence Session to be run by Angela Bishop (possibly in October).

POPPY PM

Poppy PM opens from 2.00-3.30 on the 2nd and 4th Thursdays:

9th and 23rd September

14th and 28th October

11th and 25th November

For more details please contact Bizz on Tel 01263 713198

HOME VISITING

Poppy Home Visiting is offered for family members or carers who look after those with dementia in their own homes. Risk assessed, planned, co-ordinated visits are provided by trained volunteers to suit the needs of the clients and their families.

For more details please contact Eleanor on Tel 01263 710617

contact@holtdementiasupport.org.uk

Poppy Friends



Helen's initiative for carers, ex-carers and volunteers from Poppy Café to meet and chat, share experiences, support each other, provide friendship and a listening ear, takes place on the last Friday of the month from 1.00 - 2.00pm at The Treehouse Café in Charles Road, Holt, NR25 6DA. If you would like to attend please contact Helen Banham on Tel. 01263 711870 / 07471904023 or email: helenbanham@gmail.com

Duncan Baker's Marathon

On Sunday 3rd October our local MP, Duncan Baker, will be running 26 miles to raise £26,000 for 26 North Norfolk charities. Can you help him achieve this by sponsoring him?

We are lucky to have been selected as one of his chosen charities, so let's cheer Duncan on and encourage friends and families to sponsor him too. We wish you well Duncan!

Information 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 Lee or one of 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