

Holt Lights brighten up the town, the festive season approaches and each one of our Poppy services draws more of you to enjoy the activities, refreshments and friendly atmosphere of our welcoming Poppy Café and Poppy PM, as shown in some of Lee's photographs. A huge welcome to all of you and of course to our old friends! We are also very happy to announce the membership of two new volunteers, Alan and Jane.



"A very warm welcome to you all!"

Poppy Friends is an informal support group for both carers and ex-carers to meet and chat, share experiences, support each other, provide friendship and a listening ear. Meetings take place at The Treehouse Café in Charles Road, Holt, NR25 6DA, on the last Friday of the month from 1.00 - 2.00pm. Please let Helen know if you would like to attend - 01263 711870.

The Home Visiting team is sad to share the news of the loss of Leslie Gaskins who, with his wife Sheila, ran the village shop in Wood Dalling for over 30 years prior to his retirement.

John Newman and his wife Anne also recently died, just one week apart. Our sincere condolences are extended to the families of these three dear people whom many of us, volunteers and H&DDS attendees alike, got to know and befriend.

The Samphires sing Carols & Father Christmas Visits Poppy Café on 21st December



'This Is Me' Leaflets, which are available for you on the Welcome Desk, provide the most useful source of detailed, personal information for anyone finding themselves requiring hospitalisation or in need of professional care in the home. They are produced by the Alzheimer's Society. Everyone using the services of H&DDS is encouraged to complete one and keep it at home in an accessible place, in case it is needed.

Lateral Flow Tests - A message for all Volunteers - As Covid rates are still high in the area, volunteers are requested to do a lateral flow test before they attend Poppy Café, Poppy PM or make a Home Visit. Please be aware that, although most of us are getting our booster vaccinations which protect us from serious illness, it does not prevent us from carrying the virus and infecting others. That is why it is important to do an LFT.

Dates for Your Diary

Poppy Café - Every Tuesday from 10.30 am - 12.30 pm

November 23rd

11.00am Singing Café with Richard and Steve

November 30th

11.00am Angela Dugdale - 'Music is Magic'

December 7th

11.00am Visit of PAT Dog with Elizabeth

December 14th

11.00am Singing Café with Richard and Steve

December 21st

11.00am Carol Singing led by The Samphires

A visit from Father Christmas and a Lucky Dip!!

December 28th continuing weekly from January

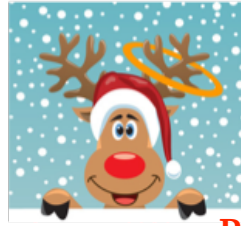
Poppy PM 2nd & 4th Thursday of the month from 2.00 - 3.30 pm.

November 26th

December 9th & 23rd

January 13th & 27th

February 10th & 24th



Poppy Friends 1.00 - 2.00 pm at The Treehouse Café, Charles Rd.

November 27th

December 24th (??? TBC)

January 28th

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.

'This is Me' leaflets provide useful details about those who find themselves in need of professional care in the home or in the event of hospitalisation. Please take one from the Welcome Desk, complete it and keep it at home in a readily accessible place.

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

