

2022 Newsletter

January-February

As the New Year progresses it's good to experience some warmth from the sun and enjoy blue skies once again, providing



the sense that spring cannot be too far away.

Eleanor has captured this cheery photo of the year's first few snowdrops, more of which will soon be blooming plentifully in the churchyard.

Poppy Café

The café is now open on Monday and Tuesday mornings, from 10.30 to 12.30 pm, in order to allow the increasing number of those who wish to benefit from our services to do so in a safe, 'socially distanced' environment. In co-operation with the coordinators, clients and carers pre-arrange which morning they would like to attend.

The first Monday Café was held on 10th January and a happy morning was experienced by all, with good 1:1 interaction, enabling everyone to hear and participate in conversation easily.

Old Friends and New

Our thoughts are with the family of Dolores Eyley, who sadly passed away in November, and we also wish Thelma Luxford and her husband well. Thelma received Home Visiting for 6 years and has recently moved to a Care Home.

Janette and Gerry Furse have been very regular Tuesday morning attendees. We miss your competitive spirit Gerry(!) and Janette's beautiful smile. Please know that we are thinking of you.

A warm welcome is offered to newcomers Hugh and Scott; also

POPPY CAFE - Every Monday and Tuesday morning from 10.30am to 12.30pm

POPPY PM - Every 2nd & 4th Thursday afternoon of the month, from 2.00 - 3.30pm.

All 3 cafés are held in St. Andrew's Meeting Room, Holt, NR25 6BB

POPPY FRIENDS (for carers) meets on the last Friday of the month

'This Is Me' Leaflets provide a most useful source of detailed, personal information for anyone requiring

hospitalisation or in need of professional care in the home. Everyone using the services of H&DDS is encouraged to complete one and to keep it at home in an accessible place.

The leaflets are produced by the Alzheimer's Society and are available for you to collect from the Welcome Desk.

Lateral Flow Tests - A message for all Volunteers -

As Covid rates are high in the area, volunteers are requested to do a lateral flow test before they attend a Poppy Café, Poppy PM or make a Home Visit. Please be aware that, although most of us now have 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.

Please do not attend any sessions if you have a cold or feel unwell.

to two new volunteers: Janet Bolderston and Julie Goldsworthy. Janet is joining the Home Visiting team and Julie has started volunteering at Poppy Café and Poppy PM. Both Janet and Julie are retired nurses and come with a wealth of experience. We are delighted that they have joined our team of volunteers.

Some Dates for Your Diary

Poppy Cafe 10.30am to 12.30pm

Tuesday 18th January

11.00 am Singing Café with Richard & Steve

Tuesday 1st February

11.00 am Visit of Tilly, the PAT dog & Elizabeth

Tuesday 22nd February

11.00 am Singing Café with Richard & Steve

Poppy PM 2.00 - 3.30pm

Thursday 13th January

Thursday 27th January

Thursday 10th February

Thursday 24th February

'Poppy Friends' Meetings 1.00 - 2.00pm on Friday 28th January

Friday February 25th

This informal support group provides an opportunity for both carers and ex-carers to meet and chat, lend a friendly ear, share experiences and to support one other.

We meet on a Friday, at the end of each month, at The Treehouse Café, Charles Road, Holt. Please let Helen know if you would like to attend - 01263 711870.

Information to Carers from Helen

1. Carer survey

Carer's Voice Norfolk and Waveney have asked that as many carers as possible complete their online survey <https://www.smartsurvey.co.uk/s/All-Age-Carers-Strategy/>

I hope that many of you will respond as the more Dementia carers amongst us submit responses, the better picture Carer's Voice can build up of our needs and problems and report to social services and the NHS.

I will be getting some paper copies of the survey for those who would prefer this and will distribute on request or via Poppy cafe.

The date for completion is 31st January, if possible.

2. Question and Answer Session with an Alzheimer's support worker

An Alzheimer's support worker is willing to come and run a question and answer session for carers. The date, time and venue are yet to be decided, but it is likely to be on a Tuesday morning, at a venue near to the Meeting rooms so please watch this space!

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If you have experience of useful local services or informative websites, please let Lee or one of the co-ordinators know so that we can circulate it in the newsletter.

For further information on our services please visit: www.holtdementiasupport.org.uk

Registered Charity Number: 1179793

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