



2022 Newsletter

March - April

Poppy Cafés As the year progresses rapidly it's time to report on the success of our additional weekly 'Monday Poppy Café', which was opened in January to help us to cater for the rising number of families approaching H&DDS for support. The quiet, friendly atmosphere of each of the three cafés, held in the calm environment of the Meeting Room, is appreciated by all who attend, volunteers included.

For ease of organization within the charity, Bizz Horsley has taken on the role of Lead Co-ordinator for all three Poppy Café sessions. Steve Glenister, therefore, no longer co-ordinates the Poppy Café. Bizz may be contacted on: Tel No. 01263 713198

or by email contact@holtdementiasupport.org.uk

Thank you Steve for your commitment, co-ordinating Tuesday's café over the last few years.

Information to Carers from Helen

On Tuesday 15th March there will be a Question and Answer session with Catherine Moorhouse. She is a Dementia support worker for the Alzheimer's Society. This will be at the Lawns Hotel, Station Road in Holt from 11 am until 12.15pm.

Tea and coffee will be available and there is some parking at the Lawns. It is very close to Poppy café though.

There will be additional volunteer support at the Poppy café and if necessary for Home visiting, so do let us know if you would like to attend and require some support.

Everyone is welcome to attend, although it is mainly aimed at current carers.

Old Friends and New

Sadly, as some of you will know, Janette Fursse died earlier in February. Our thoughts and prayers are with Gerry and his family.

We really miss the company of Eric, who has moved into a Care Home in Yorkshire where he will be closer to members of his family; and Louisa, who has moved to a Care Home in Hunstanton. Eric's little dog Daisy has a new home with Claire, so will remain in Holt.



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.

Cafés are held in St. Andrew's Meeting Room, Holt, NR25 6BB

POPPY FRIENDS meets on the last Friday of the month

POPPY HOME VISITING is for family members or carers who look after those with dementia in their own homes. Visits are provided by trained volunteers to suit the needs of the clients and their families.

'This Is Me' Leaflets provide a most useful source of detailed, personal information for those requiring hospitalisation or in need of professional care in the home. Everyone using our services 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 -

Please continue to do an LFT prior to volunteering at Poppy Café, Poppy PM or making a Home Visit as it is still possible that we could be carrying the virus and infecting others.

You should not attend any sessions if you have a cold or feel unwell.

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

Some volunteers will remember Ann Poberefsky, one of the founder members of Holt & Dementia Support. Sadly she died in February, following a long illness. Our thoughts and sincere condolences are offered to her husband Aubrey, who was a popular Poppy Café volunteer, and their family.

A warm welcome to Poppy Café newcomers Tony and Peggy Webster and 'Welcome back, Betty!'

Some Dates for Your Diary

Poppy Cafe Activities 10.30am -12.30pm

Tuesday 1st March and 12th April	11.00 am Visit of Tilly, the PAT dog & Elizabeth
Monday 21st March	Singing Café with Karen Neill
Tuesday 22nd March and 26th April	11.00 am Singing Café with Richard & Steve
Tuesday 5th April	11.00 am Angela Dugdale Choir: 'Music is Magic'
Monday 11th April	Easter Crafts with Maureen Buckey

Poppy PM 2.00 - 3.30pm

Thursday 10th March	Thursday 14th April - Easter Crafts with Maureen Buckey
Thursday 24th March	Thursday 28th April

'Poppy Friends' Meetings 1.00 - 2.00pm on : Friday 25th March and Friday 29th April

An informal support group that meets once a month, providing an opportunity for both carers and ex-carers to chat, lend a friendly ear and share experiences at The Treehouse Café, Charles Road, Holt. Please let Helen know if you would like to attend - 01263 711870.
NB March 15th meeting with Catherine Moorhouse at The Lawns Hotel (details overleaf).

Additional Information for Carers

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/>

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

Registered Charity Number: 1179793
Patron: The Rt. Hon. Sir Norman Lamb, DL