



2022 Newsletter

May - June

Poppy Cafés

April 11th boasted an impromptu Musical Session much enjoyed by all, with Riley a young visitor singing for us; Helen and Julie energetically entertaining everyone whilst assisting Karen with the words of the songs; and Melvyn ending the morning with joyous singing and piano playing.

All in all it was a jolly morning with a lovely atmosphere. ... but then ... so are all our Poppy Café sessions!



Platinum Jubilee Seeds

Eleanor was given some flower seeds that are specifically to be sown for the Queen's Jubilee. She enlisted the help of Tricia, who sowed them in two troughs in the courtyard by the Meeting Room. Let's keep a watchful eye on them and hope that in due course we will have a floral display in the courtyard !

Old Friends and New

We are delighted to welcome new Poppy Café volunteers: Anna Dymond, Jane Oulton and Gerry Fursse. Anna has also joined the Home Visiting team.

The Home Visiting team is sad to lose Judy Mitchell who is retiring as an H&DDS volunteer. She joined us in March 2018 and during that time she has provided friendship and support to two of our Briston clients, Joyce and Cynthia, along with their respective husbands. We are very grateful to Judy for the time she has given to our Home Visiting Service and she will be missed.

Eleanor

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.

Dementia Adventure is an award winning charity based in Essex which offers **free online training for home carers**. It also organises Dementia Holidays. Further information may be found by ringing 01245 237548 or on their website: dementiaadventure.co.uk

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



CONGRATULATIONS

Brian and Cynthia

on celebrating your
Platinum Wedding Anniversary.

The Wheelyboat Project - an exciting new initiative to explore North Norfolk's coastal waters! Poppy is a vessel which enables those unable to use the public ferry services, roll-on wheelchair access to Blakeney Harbour. Dates when Poppy is running and details are available on the Welcome Desk.

Some Dates for Your Diary

Poppy Café Activities 10.30am -12.30pm (NB Café open every Monday & Tuesday a.m.)

Tuesday 3rd May and 7th June 11.00 am Visit of Tilly, the PAT dog & Elizabeth

Tuesday 24th May and 28th June 11.00 am Singing Café with Richard & Steve

Tuesday 14th June 11.00 am Angela Dugdale's 'Music is Magic' Choir

Poppy PM 2.00 - 3.30pm (on the following 2nd and 4th Thursdays of the month)

Thursday 12th May - Singing PPM with Karen Neill

Thursday 9th June

Thursday 26th May

Thursday 23rd June

'Poppy Friends' Meetings 1.00 - 2.00pm on : Friday 27th May and Friday 24th June

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.

Dementia Adventure - dates of online 'Understanding Dementia Better' course:

Wednesday 4th May 18.00 -20.00

Wednesday 8th June 10.30 - 12.30

Thursday 19th May 10.30 - 12.30

Monday 13th June 18.00 - 20.00

Contact: Telephone 01245 237548

NB for more please see overleaf

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

Registered Charity Number: 1179793

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