



2022 Newsletter

November-December

A MESSAGE FROM CLAIRE

COVID, FLU and other winter hazards

The clocks have been turned back and we are in the midst of autumn. Now that we are less likely to be keeping the doors open when we have the Poppy Café, it is even more important that we all think and act carefully to keep everyone safe from infection. Whether you are a client, carer or volunteer, please do not attend if you have a sore throat, temperature, cold or have experienced diarrhoea or vomiting in the previous 48 hours. Please do have the Covid-19 booster and the flu jab if you are entitled to have them. Thank you for helping us all to keep safe.

POPPY LUNCH - A New Service for clients and carers

Following the positive response to a client survey, the Trustees have agreed to trial Poppy Lunches, the first of which we hope to offer on Friday 2nd December in the Meeting Room. Nearer to that date please check for further information at Poppy Café, Poppy PM or through your Home Visitor.

Old Friends and New

We are saddened to learn of Hugh Braes' recent death and pass on our sincere condolences to his wife Jinty. Our thoughts are also with Coleen and John as Coleen takes up residence in Heron Lodge Nursing Home in Wroxham.

Newcomers to Poppy Café and Home Visiting include Val and Roger, Lilian with Julie and Amanda, Henry and Jennifer, Jane and Stan, Julia and Michael, Richard and Sue, Alan B, Graham, Richard and Kenny. Welcome to you all and also 'Welcome Back' to Mary M and Fr Gary!

Volunteers - Kitchen Training is scheduled to take place on 19th November at 10.00am for an hour. Please try to attend as we have only a bare minimum of 'kitchen trained' volunteers.

As the range of our services continues to expand so does our need to recruit more volunteers. Should you know of anyone who may be willing to help in any way, please advise them to contact Claire or Eleanor.

H&DDS Services

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

POPPY PM - 2.00pm to 3.30pm
Thursday 10th & 24th November and 8th & 22nd December

POPPY FRIENDS - NB extra meeting at The Feathers on Tuesday, 22nd November whilst clients are at Poppy Café.

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 offers free online training for home carers & organises Dementia Holidays. For further information ring Tel. 01245 237548 or see their website: dementiaadventure.co.uk

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

Home Visiting

Our volunteers who carry out Home Visiting met for an update about the service on October 3rd. We currently have 14 volunteers available to visit our 13 clients. This meeting provided an opportunity to welcome new volunteers (Anna and Karen) and to get to know each other. It was also useful, in this confidential setting, to support each other and share experiences when visiting.

Gentle Exercises at Poppy Café



Every 2nd Monday a gentle physical movement class is included for those who wish to join in. The session lasts for no more than 30 minutes and is adapted to cater for each individual. Trained volunteers lead the sessions.

Poppy Friends - Carers are reminded how important it is to register as carers at their local medical centre and to arrange for the person living with dementia to have a regular annual review. Anita Lawes is the nurse responsible for patients diagnosed with dementia at Holt Medical Practice.

The Avocet Incontinence Clinic is run from Aylsham. Carers can self-refer by phoning 01603 216021.

The Glaven Centre

The Glaven Centre in Blakeney is a welcoming day centre, with a team of qualified nurses and volunteers, which provides medical and personal services to support independent living. The centre offers daily respite care, lunches, assisted bathing, podiatry, hairdressing, NHS hearing aid maintenance and transport services.

If you would like to attend the centre for the day or just for lunch please telephone: 01263 740762

Benefact Group Nominations - Will you nominate our Charity?

Would you like to nominate our charity to be entered into a draw to receive a £1000 grant? The more nominations our charity receives, the greater our chance of winning ... and it's very easy to do!

Nominations are now open for the December draw. You can nominate our charity on-line at: <https://benefactgroup.com/movement-for-good/> where you will find a simple form. Enter the details **1179793** for the Charity No, and **'Health'** for charity type.

You are then simply required to give your name, email address, location **'Norfolk'**, age range and either **Volunteer** or **Supporter**. Unless you wish to, the next 2 sections do not need to be completed.

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

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

Some Dates for Your Diary

Poppy Cafe Activities 10.30am -12.30pm (*Café opens every Monday & Tuesday a.m.*)

Tuesday 1st November	11.00 am Visit of Tilly, the PAT dog & Elizabeth
Tuesday 7th November	11.30 am Gentle Exercise Routines
Monday 21st November	11.30 am Gentle Exercise Routines
Tuesday 22nd November	11.00 am Singing Café with Richard
Tuesday 29th November	11.00 am Angela Dugdale Choir 'Music is Magic'
Monday 5th December	11.30 am Gentle Exercise Routines
Tuesday 6th December	11.00 am Visit of Tilly, the PAT dog & Elizabeth
Monday 12th December	11.30am Paul Phoenix - Traditional Christmas Carols
Monday 19th December	11.30 am Gentle Exercise Routines
Tuesday 20th December	11.00 am Singing Café with Richard

Poppy PM Thursday 10th Nov & 8th Dec. - PPM Singing Café with Karen
open 2.00-3.30pm Thursday 24th November & 22nd December

Poppy Friends' Meetings 1.00 - 2.00pm on : **Friday 25th November** at the Treehouse
An additional meeting will be held on **Tuesday 22nd November at The Feathers Hotel** from **10.45-12.00pm whilst clients are at Poppy Café**. Catherine Moorhouse from the Alzheimer's Society will talk about various issues of interest including: Blue-badge applications, Local Respite & Day care, Benefits, etc. Please contact Helen for details - 01263 711870