

We Mourn the death of Queen Elizabeth II



It's difficult, following the happy and joyous memories of the Queen's Platinum Jubilee Tea Party that were shared in the last newsletter, to come to terms with the immense sadness that the nation is feeling at this time, knowing that our dear Queen died peacefully at Balmoral on Thursday 8th September.

A book of condolence is available for people to sign in St. Andrew's Church.

Simultaneously, as we mourn the death of our Queen, we witness the Proclamation of the Accession of His Majesty King Charles III.

Please note that Poppy Café will not be open on the day of the State Funeral, Monday 19th September.

Old Friends and New

We are also very sad to learn of the death of our own dear friends: David Carter, Paul Abentroth and Betty Rudd who all sadly passed away during the month of August, and Cynthia Hillier, who died in July. Only a few weeks earlier Cynthia and Brian had celebrated their Platinum Wedding Anniversary.

Our sincere condolences go to the families of all the deceased.

A warm welcome is extended to Anne Plumstead, PC Café volunteer.

Please encourage anyone you know who would benefit from our services, or may be willing to volunteer or help in any way, to contact Claire or Eleanor.

H&DDS Services

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

POPPY PM will resume in October on the 2nd & 4th Thursday of each month from 2.00pm to 3.30pm

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** and 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

Some Dates for Your Diary

NB The café will NOT open on Monday September 19th the day of the State Funeral

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

Each Monday in September from 11.00-11.30am we shall hold a gentle physical movement class, lasting no more than 30 minutes and adapted to each individual, with the aim to enhance upper body mobility. Julie will lead the sessions.

Tuesday 20th September 11.00 am Entertainment Group with Greg Powells.

Tuesday 27th September 11.00 am Singing Café with Richard

Tuesday 4th October 11.00 am Visit of Tilly, the PAT dog & Elizabeth

Tuesday 25th October 11.00 am Singing Café with Richard

Tuesday 1st November 11.00 am Visit of Tilly, the PAT dog & Elizabeth

Poppy PM is reopening on **Thursday 13th October** from 2.00 - 3.30pm
Thursday 27th October

Poppy Friends' Meetings 1.00 - 2.00pm on : **Friday 30th September**
Friday 28th October

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 in Charles Road. Please let Helen know if you would like to attend - 01263 711870

Poppy Friends - At this month's meeting on 30th September, at the Treehouse, a visitor will talk to us about East Anglian Driveability. The organisation offers advice and assessments on driving and makes recommendations of any aids and adaptations that may assist safe driving. The meeting will take place at the usual time of 1.00 pm.

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 September and December draws, although September's closes soon.

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.

Tractor Run in aid of H&DDS - We received the most generous donation of £474.00 from the proceeds of Holt Tractor Run which was held in July. A huge 'Thank You' to all who were involved and to their supporters.

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

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