

2023 Newsletter

September - October

News from Poppy Café

We spent a most enjoyable summer's day visiting the beautiful garden of Clare and David Marris in Blakeney. The weather was kind, allowing everyone to sit outside and enjoy the

surroundings whilst savouring the refreshments kindly provided by our volunteers.

A bouquet of flowers and a bottle of wine were given to Clare and David as a sign of our appreciation. "Thank you" also to Maureen and Lee for organising the visit.



Monday Poppy Café - We are looking forward to welcoming some of the residents of Heath Lodge, from the beginning of September, to our Monday coffee mornings. We hope that they will enjoy coming and joining in the activities, and be able to make some new friends.

Overheard at
Poppy Café one day: "That was
a good old chat!"

H&DDS Services

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

POPPY LUNCH - the 1st Thursday of the month in the Church Hall at 12.15pm

POPPY EXERCISE - in the Church Hall from 10.30-11.30 am Friday 8th Sept & 13th October

POPPY FRIENDS - meetings at the Treehouse, Charles Road for **Carers**: Tuesday 19th September & 18th October

Carers & volunteers: Friday 29th September & 27th October

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.

GLAVEN CARING - Day Care Services for elderly people in the community, at the Glaven Centre in Blakeney. Transport is provided. Tel. 01263 740762 www.glavencaring.co.uk

Dementia Adventure - free online training for home carers; also organised **Dementia Holidays**. Tel. 01245 237548 dementiaadventure.co.uk

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

Gresham's Pay & Display Car Park is adjacent to the church. The cost is £1.30 an hour.

New Friends & Old

Welcome to Lynne Parish who has joined our team of Home Visitors. Lynne, a retired community psychiatric nurse, comes with considerable experience and will be a great asset to our visiting team. Welcome back to Karen Masters following a break from visiting. We are pleased that she has started visiting again.

Our new Home Visiting clients are Richard Lloyd and his partner Carol Hatch, Robin Rowland and his wife Gill, Chris Dutton and his wife Geraldine and Shirley Day.

We are sad to pass on the news that Tony Hilton died at the beginning of August; also Tricia Stocking on the 18th of August. Our sincere condolences go to Alwyn and John and their families.



Poppy Friends

From September 2023 we are offering two Poppy Friends sessions a month.

Our new **Tuesday session will be primarily for carers** (although anyone interested is welcome) and will be held on the 3rd Tuesday of the month at the Treehouse, Charles Road, Holt **NR25 6DA**, from 10.45-11.45am whilst clients enjoy Poppy Café with the volunteers in the Meeting Room as usual. Carers can therefore be free to chat and support each other. The Treehouse will kindly provide us with a large table that we can meet round, in a semi-private space, as well as having use of their delightful café. The Treehouse has free parking.

We are fortunate in that Harvey, a member of Norfolk County Council's financial inclusion team, will be able to attend our first session on **Tuesday 19th September**. He will provide an overview of the work which the team offers to support Carers, such as helping with filling in forms, eg. PIP (Personal Independence Payments); appointments can then be made to see him when Poppy Café is open.

The Friday session will be for ALL: Carers, Ex-Carers, Poppy Volunteers, etc. A chance for people to meet up, have a chat and catch up. This will not be a formal session, you can just come along for a cup of tea or coffee, lunch, etc. and meet others. It will also be at the Treehouse, and will be on the last Friday of the month from 1.00-2.00pm beginning on **Friday 29th September**.

A big "thank you" to the Treehouse for their wonderful support, enabling us to make this happen. I hope to see many of you there.

Helen Banham

Poppy Exercise

Although few people were able to attend the two 'taster sessions' during the summer months, the benefits were evident to those who came, and much enjoyed at the same time.

The exercise sessions are held in the Church Hall in Church Street, next to the Library, once a month on Friday mornings from 10.30 - 11.30am.

A welcome drink with biscuits is provided after the activities, over a chat with friends.

We would love you to come along and join in the fun on the following dates:

Friday 8th September

Friday 13th October.

Friday 10th November

Keeping up to date with Poppy News - using: www.holtdementiasupport.org.uk

The **Newsletter** is available to download online from our website, also '**Dates for Your Diary**'.

These are found in the **Staying in Touch** menu at the top of each page. Once there you can also find up-to-date items of news.

Some Useful Organisations for Carers

- The Avocet Incontinence Clinic is run from Aylsham. Carers can self-refer by phoning 01603 216021.
- The Alzheimer's Society helpline is 01603 763556. The number will connect you to a Triage Manager who can advise you about 1-1 dementia support and put you in contact with **Dementia Support Workers** or **Admiral Nurses**, depending on your individual requirements. This number is available for anyone living with dementia, their carers and also for professionals to make referrals on someone else's behalf.
The organisation has published a document called 'My Appointments', which you may find useful. It can be ordered or downloaded directly from the website: alzheimers.org.uk
- Carer's Voice is an independent charity representing carers in Norfolk and Waveney. It has co-produced a Carer's Identity Passport to ensure that carers are recognised and can get the help and support they require when seeking healthcare advice or attending appointments. Brochures and details are available from Helen Banham as to how to acquire a badge and lanyard.
- The Glaven Centre in Blakeney provides day care as well as personal services for older people on Monday, Wednesday, Thursday and Friday from 9.00am to 3.00pm. Transport to and from the centre can be provided by the Glaven minibus.
Contact - Tel 01263 740762 or email: info@glavencaring.co.uk www.glavencaring.co.uk
- Norfolk Swift Response still offers the service of helping people who have fallen, but depending on demand this may have an impact on their response time. The organisation does not provide home care support.
- The Reef, Sheringham offers free membership to gym and pool facilities for those with dementia. Carers are welcome to come along and assist.
- Royal Voluntary Service: Home and Well in North Norfolk – Tel 01603 397998
homewellnn@royalvoluntaryservice.org.uk
The RVS offers this service to put you in contact with any support you may need before going into and/or returning home from hospital. It also offers other services, nationwide, for older people.

Please pass on the names of any other useful organisations you know of or would like to recommend, which could be shared with others via the website or in the newsletter. Thank you. Sue Wharfe

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

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