



2023 Newsletter

November - December

News from Poppy Café

On October 10th a magnificent donation of £2000 was presented to our organisation at Poppy Café by members of Holt & District Rotarians, Mo Frost, Dave Wathen and Andrew Pearcey, following their year-long programme of fundraising events in aid of local families living with dementia.

Mo Frost hosted a successful garden party and Dave Wathen heroically achieved a 100 mile sponsored bike ride.

Claire wished to thank all those involved in generously contributing to the fundraising for their generosity and explained that the funds would be a valuable contribution to H&DDS' existing

services, the monthly lunch club and our latest initiative to provide regular exercise sessions which help those living with dementia to maintain balance and mobility.



New Friends & Old

A warm welcome is extended to Doris Furnell & her daughter Carol also Peter Challen & his wife Stella, newcomers to Poppy Café.

Every good wish to Tim & Caroline as they await completion for their move away from Holt; also to Jane Nicolson, John Curry and Jeff Herman as they begin their new lives in different parts of Norfolk. John is now in residential care, Jane has moved to St. John's Care Home in Norwich and Jeff has settled in Dorrington House. Jeff is hoping to move to the new Kingsfield Home in Holt, when it opens.

Poppy Singing - Nigel Stewart

Sadly, we must say goodbye to Nigel and thank him for coming to Poppy Café over the last year and entertaining us so well with his guitar and singing. Nigel is moving north to be near his family and we wish him well for the future.

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 10th November

POPPY FRIENDS - meetings for **Carers**: Tuesday 21st November in Loades Hall, Holt Methodist Church

Carers & volunteers: Friday 24th November at the Treehouse, Charles Road

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.org

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.

Card Reader For anyone wishing to make a donation towards refreshments at Poppy Café, as well as the usual basket we now have a card reader.



Lost and Found

A mystery has surrounded the 'loss' of our friendly little canine companion. He went missing some weeks ago but has since been discovered safe and sound.

It seems that he found his way into the church where he thoroughly enjoyed a prolonged 'holiday' in the children's corner! His adventures didn't end there as, before returning to Poppy Café he played a star role in the quiz on St. Andrew's fund raising day.

Welcome back Pixie!

Poppy Exercise

Come and join in the fun and health benefits of our gentle Poppy Exercise sessions which are held in the Church Hall (next to Holt Library in Church Street) once a month on Friday mornings from 10.30 - 11.30am. A welcome drink with biscuits is enjoyed after the activities, over a chat with friends. We look forward to seeing you on at 10.30am on : Friday 10th November

Poppy Friends

As you know we now have two different monthly sessions: one on the 3rd Tuesday of the month in Loades Hall primarily for Carers; the other on the last Friday of each month at the Treehouse.

Details of the meetings may be found on Dates for your Diary, attached to the Newsletter

Apologies but there will be no meetings in December, we will resume in January.

I hope to see many of you there.

Helen Banham

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### **'Sundowning' - a report from Claire**

As we put our clocks back, Radio Norfolk has recently explored how daylight saving changes affects those living with dementia and Holt & District Dementia Support was asked to contribute to the discussion. Putting the clocks back or forward disrupts sleep patterns and mealtimes but this is particularly problematic for those living with dementia as their biological clock is less able to adjust and adapt. There were some useful tips to help overcome these difficulties and to help create the right environment for sleep:

- Expect the transition to the new time to take a few days.
- Try and have time outside in daylight every day, preferably in the morning.
- Avoid triggers that cause anxiety in the evening such as disruptive TV programmes, noise or screen time.
- Keep caffeine and nicotine free in the afternoon and avoid alcohol.
- Consider buying a Day/Night clock that reminds the person that it is still night time.

Some people living with dementia experience 'sundowning' as the days shorten and the evenings are darker. There is an increase in disturbed behaviour, agitation, irritability and wandering towards the end of the day. Some individuals with more advanced disease may also experience hallucinations. Exposure to daylight is very important in helping to prevent this problem but some may require more and it can be helpful to obtain a daylight lamp or a lightbox to lengthen daylight hours in the home.



## Christmas Celebrations



Please note that Poppy Café will be closed over the Christmas period and will reopen on **Tuesday 2nd January**.  
Our own Christmas Celebrations will be held on **December 19th** to which all are welcome.

**Keeping up to date with Poppy News** - using [www.holtdementiasupport.org.uk](http://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.

### 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](http://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](mailto:info@glavencaring.co.uk) [www.glavencaring.co.uk](http://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. Tel 0344 800 8020 and then select Option 1.
- 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](mailto: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](http://www.holtdementiasupport.org.uk)

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