



2024 Newsletter

March - April

It seems no time since the last newsletter was being compiled, just after Christmas, and now spring flowers are already in evidence and soon it will be Easter!



A Reminder: the Clocks go forward on Easter Sunday!

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. Perhaps it's worth mentioning these 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.

Home Visiting

Our team of volunteers remains very active as home visiting is much in demand.

Please contact Eleanor if you know of anyone who may be interested in volunteering for this worthy and rewarding service offered by H&DDS. Telephone: 01263 710617

H&DDS Services

POPPY CAFE - Every Tuesday morning in the Meeting Room from 10.30am to 12.30pm

POPPY LUNCH - the 1st Thursday of the month in the Church Hall at 12.15pm. Please contribute £5 for your meal.

POPPY FRIENDS - meetings for **Carers**: Tuesday 19th March & 16th April in Loades Hall, Holt Methodist Church
Carers & volunteers: Friday 29th March & 26th April 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 is a charity providing Day Care Services for elderly people in the community, based at the Glaven Centre in Blakeney. Transport is provided.
Tel. 01263 740762
www.glavencaring.co.uk

Dementia Adventure offers **free online training for home carers &** organises **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. The cost is £1.30 an hour.

WATCH THIS SPACE!!



We shall be celebrating our 10th Anniversary of the founding of the Poppy Café this April. Details of the celebrations at Poppy Café, to be held for those living with dementia, will soon be available.

Poppy Café - past and present

Ten years ago, on 8th April 2014, the newly formed Holt and District Dementia Support Group launched 'The Poppy Centre' (as it was then) for people living with dementia and their carers to meet weekly in order to socialise in a friendly and supportive environment.

Renamed Poppy Café, but essentially the same, the regular weekly sessions continue to offer quizzes, wordsearches, board games, dominoes and chat, with plenty of tasty refreshments proffered and replenished by our willing volunteers; as well as friendly support and advice for carers.

On Shrove Tuesday recently, freshly cooked pancakes were much appreciated thanks to Pat, who worked non-stop to prepare them in the tiny kitchen. As these treats were devoured and much enjoyed by everyone, we listened to a medley of love songs played on the piano by Karen, the next day being Valentine's Day!

On the last Tuesday of each month Steve and Richard lead lively singing sessions which all enjoy, even those who profess not to enjoy singing! ... and at the beginning of the month we're happy to enjoy the company of Liz and her PAT dog Tilly.

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. It is also available to pay for your meal at Poppy Lunch.

'Message in a bottle'

These are plastic containers which are placed in the fridge, containing important medical details for the emergency services to find if needed. Sets are available for all carers, so please ask the co-ordinator of Poppy Café or your Home Visitor for one if you haven't yet got yours.

New Friends & Old

Our sincere condolences go to Judy Manson on receiving the sad news of Jim's passing away during the early hours of the morning of 26th February. For the past few months Jim was a resident of Glendon House Care Home in Overstrand.

A warm welcome is extended to Shirley Kaye, John Battrick & Sue, Michael Skipper & Eleanor, Carole Blundell & Frank, Brian Leeder & Jill and Harry & Eva.

Our best wishes go to Doris Furnell who is currently in Letheringsett Care Home, also to Jill Mobbs who is in respite care near her daughter in Cambridge and to Scott who remains in hospital.

Poppy Friends

Catherine Moorhouse was a welcome guest from the Alzheimer's society who came to talk to and advise carers at our Poppy Friends meeting on 20th February.

Dates of meetings may be found on the front of the newsletter and on 'Dates for your Diary'.

Our Role in Research Studies for the Norfolk and Suffolk NHS Foundation Trust

In December, Claire met with Kayte Rowe, Community Engagement Officer for the Norfolk and Suffolk NHS Foundation Trust. H&DDS has now been cited as a potential research partner as they seek participants in two ongoing research studies.

The first study is testing whether Internet-delivered self-help Acceptance and Commitment therapy for family carers of people with dementia (iACT4CARERS) improves psychological wellbeing.

The second study is examining the impact of memantine as a treatment for people with Dementia with Lewy Bodies (DLB) and Parkinson's Disease Dementia (PDD) symptoms.

We are asked to draw attention to these studies among carers and cared for in order to help increase recruitment. For further details please speak to Claire Roberts or Dr Stephen Gillam.

'Sheringham Helps - 2024'

Stephen attended the morning's Networking event for community activity, support and social groups and services, whilst Liz and Helen represented our charity at the Community Fair held during the afternoon. They were pleased to receive several compliments about Poppy Café from various organisations, including Age Concern, the Library Service, Carers Voice and Community Connectors. It's good to know our name is well known in the community!

You may find some of the following contacts useful:

Sheringham Salvation Army, Cremer Street - their parish nurse offers a Carer support group on Thursday mornings from 10.00 -11.00. At the same time there is a warm space café where clients could safely be left; plus a community drop in, where advice and support for many other matters is offered.

North Norfolk Community Transport have an Access car scheme so wheelchair accessible transport can be booked across N. Norfolk for a small fee. They offer Dial-a-ride community bus excursions for shopping etc., also minibus hire including a driver.

Contact 01692 500840 Jane Bishop

Steve Banks Forever Fitness is offering exercise sessions for older adults at Sheringham and Cromer with no need to book. £5.00 a session 07493 624851

Later Life Care is a small family firm which trains its carers carefully. They offer a flexible service and seem reasonably priced. They are based in Waterbank House, Sheringham 01263 649375.

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Do you know of, or are you able to recommend any other useful organisations?  
If so would you please send the details to Sue Wharfe so that they can then be shared  
with others via our website and/or in the newsletter. Thank you.  
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This **Newsletter** is available to download online from our website,
as well as '**Dates for Your Diary**'.

Both documents may be found in the **Staying in Touch** menu at the top of each page.

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

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

Dates for Your Diary - March & April 2024

Poppy Café opens from 10.30am - 12.30pm every Tuesday in the Meeting Room at St Andrew's Church, Holt, NR25 6BB

Please note the following additional activities to be held at Poppy Café on:

Tuesday 5th March	Visit of Tilly, the PAT dog & Elizabeth
Tuesday 12th March	Music with Karen
Tuesday 19th March	<i>Poppy Friends for Carers</i>
Tuesday 26th March	Singing Café with Richard & Steve
Tuesday 2nd April	Visit of Tilly, the PAT dog & Elizabeth
Tuesday 9th April	Music with Karen
Tuesday 16th April	<i>Poppy Friends for Carers</i>
Tuesday 23rd April	Singing Café with Richard & Steve

Poppy Lunch at 12.15pm in the Church Hall

Thursday 7th March

Poppy Lunch at 12.15pm in the Church Hall

Thursday 4th April

**We shall be celebrating our 10th Anniversary
of the founding of the Poppy Café in April.
Details of the celebrations to follow.**



Poppy Friends' Meetings

Tuesdays at Loades Hall in Holt Methodist Church

Fridays at The Treehouse, Charles Road, NR25 6DA

The Tuesday Meetings on the 3rd Tuesday of the month are primarily for Carers whilst those for whom they are caring attend Poppy Café.

Tuesday 19th March 10.45 - 11.45am at Loades Hall

Tuesday 16th April 10.45 - 11.45am at Loades Hall

The Friday Meetings, held on the last Friday of the month are for ALL: Carers, Ex-Carers, Poppy Volunteers, etc.

Friday 29th March 1.00 - 2.00pm at The Treehouse

Friday 26th April 1.00 - 2.00pm at The Treehouse

Please contact Helen for further details - 01263 711870