



2024 Newsletter

July - August

Temporary change of Venue to Loades Hall in July

During the run up to the Holt Festival, the Meeting Room will be used for an Art Exhibition and Poppy Café will be held in Loades Hall at the Methodist Church, NR25 6SA, on:

Tuesday 16th and 23rd July, from 10.30am - 12.30pm.

On Tuesday 30th July, instead of Poppy Café we have been invited to visit the gardens at Severals Grange in Wood Norton from 2.00 - 4.00pm, with afternoon tea provided.

Poppy Café will return to the Meeting Room on 6th August.



In order to avoid having to wait whilst volunteers prepare for Poppy Services, could we kindly remind those who attend that we cannot accommodate clients earlier than 5 minutes before:
10.30 in the morning when Poppy Café opens
and 12.15pm for Poppy Lunch.

Friday Poppy Café will not be held during July and will resume on 9th August. The sessions are enjoyed by those who attend. We are introducing some different activities to those



offered on Tuesdays such as gentle exercise, flower arranging, jigsaws and word games on the Smartboard, etc.
Further suggestions of activities would be welcomed!

H&DDS Services

POPPY CAFE - Every Tuesday and some Friday mornings (see diary for dates) 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 16th July in Loades Hall, Holt Methodist Church. **NB No August meeting.**

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.

'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.

A MESSAGE TO ALL CARERS from Claire Chapman (Community Connector)

Our services now enable us to help fill in application forms such as blue badge applications and attendance allowance, in addition to referring into the housing adaptation team, social prescribers and financial inclusion etc.

We can arrange to meet you at a public location of your choice, and in circumstances where you may be unable to leave the house we may be able to arrange a home visit.

Should you wish to talk to one of our connectors, please contact me as shown below and we can arrange for a connector to call them and meet them at the cafe.

Contact details are: 01263 513 811 and email address is

community.connector@north-norfolk.gov.uk

Warmest regards

Claire Chapman - Community Connector

Tel 01263 516147

New Friends & Old

A warm welcome is extended to the following newcomers to Poppy Café: Thelma Outred; Annette Snart and Fiona; Derek Wright and Ruth Davey; Barry Wood, Lisa and Jenny Harrison; Sue and Maurice Matthews; Leonard and Simon Judge. It is also good to welcome back Jennie Dockerill who is now coming as a regular volunteer.

Visits to Brian Leeder are currently in abeyance as he will soon be going to Halsey House Care Home for respite. He and Gill continue to try to get to Poppy Café when they can get transport.

We also send our dear friend Steve Benson sincere wishes for a speedy recovery as he has been unwell.

Home Visiting

Several of our Home Visiting clients like to go for a walk during the visit. The photo shows Eleanor with Alan Styles who can walk for miles at a good pace! Frank Telfer is one of our new clients ... a warm welcome to you Frank ... who likes to take a walk down the lane from his house to the ford where he and his Home Visitor sit on a bench and enjoy the peaceful scene.

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 Holt & District Dementia Support.

Telephone: 01263 710617 or Mobile: 07833 123528



Poppy Friends

At the Loades meeting in June, Russell Simpson from the Alzheimer's Society was pleased to meet carers in person that he has spoken to on the phone. He urged carers struggling with any aspect of care to contact the helpline for support and onward referrals. He hopes to visit us at Poppy Café.

Generous Clothing offer from Helen to our Carers

Helen McKenzie has some easy to fasten clothing which she would like to see if any Poppy carers and clients would like, before she passes them on to the local charity shops. They are designed with wearers and carers in mind and were originally bought from the Able clothing company:

<https://www.theablelabel.com/collections/new-in-menswear> (in case you'd like to look it up)

The shirts, which she found to be 'so amazingly helpful' are plain blue and plain white, in a large size. The trousers have either Velcro or an elasticated waist, sizes 36 and 38.

If you are interested please contact Helen on : Tel. 07733 344498

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### Social Prescribers

Social Prescribers are non-clinical staff, employed by South Norfolk and Broadland District Council They are available to help and advise you at the Medical Practices in Fakenham, Holt and Sheringham, as indicated below. Please telephone ahead to book an appointment.

**FAKENHAM Medical Practice** Tel. 01328 851321

|               |                                    |
|---------------|------------------------------------|
| Maya Starr    | Each Tuesday and alternate Mondays |
| Kathrine Fast | Monday to Thursday                 |
| Gill Bond     | Monday to Thursday                 |

**HOLT Medical Practice** Tel. 01263 712461

|            |                                     |
|------------|-------------------------------------|
| Maya Starr | Each Thursday and alternate Mondays |
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**SHERINGHAM Medical Practice** Tel. 01263 822066

|            |                |
|------------|----------------|
| Maya Starr | Each Wednesday |
|------------|----------------|

**Contact: Maya Starr - Community Connector**

Tel. 01508 505428 Email: [maya.starr@southnorfolkandbroadland.gov.uk](mailto:maya.starr@southnorfolkandbroadland.gov.uk)

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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 we receive, the greater our chance of winning ... and it's very easy to do!

Ecclesiastical Insurance is part of the Benefact Group and all their available profits go to charities and other good causes, with £200 million donated over the past 10 years.

Nominations are now open for the July draw which will take place on Monday 22nd. There are six draws a year the 5th being in September and the 6th in December.

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 press Search. The name of our charity will show
- For the charity type, select '**Health**'
- You are then simply required to give your name, email address, location '**Norfolk**', age range and either **Volunteer** or **Supporter**.
- Finally, click on 'Nominate this charity for the £1000 draw'

Thank you!

A few contacts which you may find useful

Carers Voice is an independent charity representing Carers in Norfolk and Waveney. It has co-produced a Carers 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. There is also a digital version available that you can save on your mobile phone. Further details may also be found on <https://www.carersvoice.org/passport-info/>

Norfolk Swift Response still offers the 24-hr service of helping people who have fallen but are not seriously injured. Depending on demand, the response time may be affected. Tel 0344 800 8020 and then select Option 1

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.

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

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Do you know of, or are you able to recommend any other useful organisations?  
If so would you please give 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 - July & August 2024

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

The following additional activities to be held at Poppy Café on:

Tuesday 2nd July Visit of Tilly, the PAT dog & Elizabeth

Tuesday 9th July Music with Karen

Please note the change of venue to Loades Hall, NR25 6SA (situated behind the Methodist Church) on the two following dates:

Tuesday 16th July *Poppy Friends for Carers with Claire Roberts*

Tuesday 23rd July Singing Café with Richard & Steve

Tuesday 30th July - Poppy Outing to Severals Grange 2.00 to 4.00pm
where tea will be provided

Poppy Café returns to The Meeting Room from Monday 6th August

Tuesday 6th August Visit of Tilly, the PAT dog & Elizabeth

Friday 9th August Smart Board - Jigsaws and word games with Sue

Tuesday 13th August

Friday 16th August *Activity to be announced*

Tuesday 20th August

Friday 23rd August Music with Karen

Tuesday 27th August Singing Café with Richard & Steve

Friday 30th August *Activity to be announced*

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**Poppy Lunch at 12.15pm** in the Church Hall **Thursday 4th July**

**Poppy Lunch at 12.15pm** in the Church Hall **Thursday 1st August**

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Poppy Friends' Meetings

The meetings are held on the 3rd Tuesday of the month at Loades Hall in Holt Methodist Church. They are primarily for Carers whilst those for whom they are caring attend Poppy Café.

Tuesday 16th July 10.45 - 11.45am at Loades Hall

There will not be a meeting in August

Please contact Helen for further details - 01263 711870