



2024 Newsletter

November - December

Funds Raised at an Event in aid of our Charity

The fundraising event, organised by Amy Colley and supported by Home Instead, was held at the Community Centre in North Walsham from 1.00 - 8.00pm on Saturday September 14th.

It began with an informative talk on dementia by Jenny, one of the trainers from Home Instead, and this was followed by a buffet, tea and cakes, a raffle and entertainment provided by two singers and an accompanying band. In the evening there was a disco and further refreshments.

We supported the event with generous donations of raffle prizes and cakes and the day was very successful, raising a total of £685.



Amy subsequently came to our Poppy Café to present the money she had raised. A big 'thank you' to Amy and Home Instead, plus all those who contributed to making it successful, including Liz Brett, Sue Wharfe, Helen Banham, Steve Gillam and Pete Walters, who provided an information stall on the day.

New Friends & Old

A warm welcome to Jan Blaker & her husband Nick, new friends attending Poppy Café; and Freda England from Matlaske and Julia Porter from Cley who now receive regular Home Visiting.

Sadly two of our Home Visiting clients, Tom Waits and Mary Price, have recently passed away. Ali, Mary's carer, was with her when she died at home at the end of September. Frank Telfer and his wife have moved from Glandford to Derbyshire to live nearer to their daughter.

H&DDS Services

POPPY CAFE - Every Tuesday and Friday morning (**except 6th December**) 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 - meeting for **Carers**: Tuesday 19th November in Loades Hall, Methodist Church.

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.

Poppy Friends In October, Dr Holliday (retired Holt GP) and a colleague from the Glaven Centre visited our group as they are setting up a carer support group on Fridays, starting in November. The PositiviTea session, held in Holt Library in September (co-ordinated by Claire and Catherine, NNDC Community Connectors), was well received. It gave carers the opportunity to 'speak to someone face-to-face' from organisations offering support to people with dementia and their carers.

NB Carers are reminded how important it is to register as carers at their local medical centre and to arrange for the person living with dementia to have a regular annual review.

Could you help?

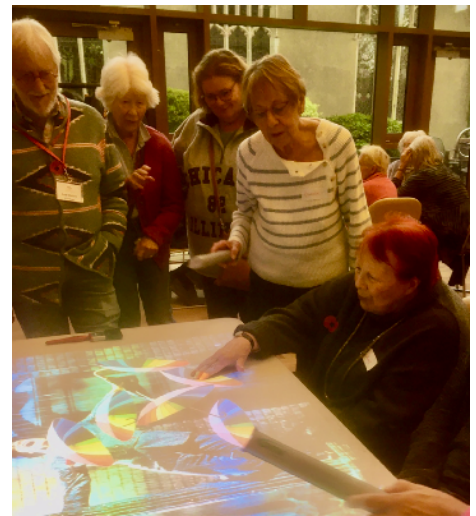
Home Visiting We are in need of a few more volunteers who might be interested in joining the team as, unfortunately, there have been instances recently when we have not been able to visit clients who have asked for our help. Please contact Eleanor Sidgwick (07833 123528) if you would like to discuss this valuable aspect of our service.

Friday Poppy Café In order 'to ring the changes', offers would be welcomed from anyone who may be willing to share and/or lead a different type of pastime or hobby from those currently offered on Friday mornings. Please contact Bizz or Claire if you have any ideas or would be willing to help.

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**Fun and games were enjoyed on Tuesday 29<sup>th</sup> October** when we were given a demonstration of the Omi Mobii interactive projection system. Sadly these photos neither convey the wealth of activities which the system offers; the fun and



social interaction experienced by those participating; nor the fascination and interest shown by those simply wishing to observe.



### “Sundowning”

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. The following useful tips may help overcome these difficulties and help to 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.

## Falls Prevention Monitor

We have a **Sensor Mat falls monitor** available for carers to borrow. The monitor will alert you to the person getting up unaided, whether from a bed or a chair: it is suitable for use with both.

Please contact Claire Roberts to arrange: Mobile No. 07760 462693

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Benefact Group Nominations - Will you nominate our Charity for the December Draw?

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 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 already open for the December draw.

You can nominate our charity on-line, where you will find a simple form to complete:

<https://movementforgood.com/#nominateACharity>

- 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 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 I can be 'phoned directly on: 01263 516147

The email address is community.connector@north-norfolk.gov.uk

Warmest regards

Claire Chapman - Community Connector

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

SHERINGHAM Medical Practice Tel. 01263 822066

Maya Starr Each Wednesday

Contact: Maya Starr - Community Connector

Tel. 01508 505428 Email: maya.starr@southnorfolkandbroadland.gov.uk

A few contacts which you may find useful

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

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.

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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 - November & December 2024

Poppy Café opens every Tuesday and Friday at 10.30am until 12.30pm
(except on the 1st Friday of each month)
in the Meeting Room, St Andrew's Church, Holt, NR25 6BB

Additional activities to be held at Poppy Café are as follows:

Friday 1st November	Exercises with Jo Winter
Tuesday 5th November	Visit of Tilly, the PAT dog & Elizabeth
Tuesday 12th November	Music with Karen
Friday 15th November	Smart Board Activities with Sue
Tuesday 19th November	<i>Poppy Friends for Carers</i>
Friday 22nd November	Exercises with Jo Winter
Tuesday 26th November	Singing Café with Richard & Steve
Friday 29th November	Smart Board Activities with Sue
Tuesday 3rd December	Visit of Tilly, the PAT dog & Elizabeth
Tuesday 10th December	Music with Karen
Friday 13th December	Exercises with Jo Winter
Tuesday 17th December	Christmas Party
Friday 20th December	Baking Mince Pies with Janet
Tuesday 31st December	<i>games, activities and chat</i>



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**Poppy Lunch at 12.15pm** in the Church Hall      **Thursday 7th November**

**Christmas Lunch at 12.15pm** in the Church Hall **Thursday 5th December**  
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Poppy Friends' 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 19th November **10.30 - 12.30pm at Loades Hall**

Tuesday 17th October **NB Christmas Party at Poppy Café**