

“A Very Happy New Year To You All”

Poppy Café

Please note that due to some work being carried out on the floor in the Meeting Room, Poppy Café will be held in the Church Hall on January 7th and 10th; we will return to the Meeting Room on Friday 14th January.

It seems to be no time since we were preparing for Christmas and having fun together, making the most delicious mince pies with Janet ...



Enjoying our Christmas party,



although dominoes still prevailed for some of the men, until called to attention by Father Christmas!



H&DDS Services

POPPY CAFE - Every Tuesday and Friday morning (**except 1st** Friday of month) 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**: Tuesdays 21st January and 18th February 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.

The Christmas Party on 17th December was a very busy session with 22 clients, which may well be a record number, accompanied by their carers and a wealth of volunteers! Everyone seemed to join in and the room was buzzing with conversation. Vast quantities of sandwiches, sausage rolls, cakes and mince pies were eaten and copious gallons of coffee drunk. A fiendish Christmas quiz kept everyone occupied!

The contents of a beautiful hamper, generously donated by the W.I., were distributed as a tombola. David Cue kindly provided some additional items so that every client had something.

Phyl played a medley of carols and the singing was expertly led by Pete.

Fr. Howard popped in to wish everyone a Happy Christmas and he was followed by a very special guest, Father Christmas, who spared a few moments from his busy preparations to come and give a present to every client. Each and every volunteer worked non stop to keep the room supplied with food and drink and it was a lovely surprise that Caroline and Tim, who have moved away, were able to visit us and join in the celebrations.

A great time was had by all.



New Friends & Old

A warm welcome to new friends attending Poppy Café:

Perviz Irani and her husband Rohinton; Rosemary Williamson with her husband Bernie; and Tony Reynolds, together with his wife Joyce.

We are sorry to lose Derek Dooley, now in residential care and we hope that he is settling in well.

Thelma now has Home Visiting, whilst Alan Newton, visited weekly for some time by the team, has moved into permanent Care. We wish him well.

Alan Barrett's funeral was on 16th December, and our condolences are extended to his widow, Jenny.



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 sooner than 5 minutes before: 10.30 in the morning when Poppy Café opens and 12.15pm for Poppy Lunch.

Poppy Friends

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.

[The Silver Line Helpline](#), run by Age UK, is a telephone service specifically for older people aged 55 and over. One of our carers found it really helpful to have someone to talk to, especially at night.

It was founded in 2013 by Dame Esther Rantzen DBE. Whether you're feeling lonely, need to access support or just want to chat, the Silver Line team is ready to answer your call.

The Silver Line Helpline: 0800 4 70 80 90. Lines are open 24 hours a day, 365 days a year.

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

~~~~~

**Home Visiting** We are in need of a few more volunteers who might be interested in joining our team as, unfortunately, there are some instances when we are unable 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.

**Might  
you or anyone  
you know be  
willing and able  
to help?**

~~~~~

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 1st draw of 2025, which closes on 27th January. 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!

~~~~~

**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](mailto: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/>

**Community Connectors** (North Norfolk District Council) - provides assistance filling in application forms, should you need to apply for a blue badge or attendance allowance; they offer referrals into the housing adaptation team, social prescribers and financial inclusion etc. They can arrange to meet you at a public location of your choice, or under certain circumstances arrange a home visit.

Should you wish to talk to one of our connectors, please contact Claire Chapman directly on Tel. 01263 516147 or on 01263 513811. Email : [community.connector@north-norfolk.gov.uk](mailto:community.connector@north-norfolk.gov.uk)

**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.

~~~~~  
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.

~~~~~  
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](http://www.holtdementiasupport.org.uk)

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

## Dates for Your Diary - January & February 2025

**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

\* NB We shall meet in the CHURCH HALL on 7th and 10th January

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

|                       |                                                     |
|-----------------------|-----------------------------------------------------|
| * Tuesday 7th January | Visit of Liz Mann and her PAT dog                   |
| * Friday 10th January | Exercises with Jo Winter                            |
| Tuesday 14th January  | Music with Karen                                    |
| Friday 17th January   | Smart Board Activities with Sue                     |
| Tuesday 21st January  | <i>Poppy Friends for Carers with Helen and Pete</i> |
| Friday 24th January   | Exercises with Jo Winter                            |
| Tuesday 28th January  | Singing Café with Richard & Steve                   |
| Friday 31st January   | Smart Board Activities with Sue                     |
| Tuesday 4th February  | Visit of Liz Mann and her PAT dog                   |
| Tuesday 11th February | Music with Karen                                    |
| Friday 14th February  | <i>games, activities and chat</i>                   |
| Tuesday 18th February | <i>Poppy Friends for Carers with Helen</i>          |
| Friday 21st February  | <i>games, activities and chat</i>                   |
| Tuesday 25th February | Singing Café with Richard & Steve                   |
| Friday 28th February  | <i>games, activities and chat</i>                   |

~~~~~  
Poppy Lunch at 12.15pm in the Church Hall **Thursday 6th February**

~~~~~  
**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 21st January  | <b>10.30 - 12.30pm at Loades Hall</b> |
| Tuesday 18th February | <b>10.30 - 12.30pm at Loades Hall</b> |