

Spring is on its Way!

The Churchyard can only be described as 'a picture' at present.

An abundance of snowdrops and crocuses brighten our way as we wander along the drive to Poppy Café.



Poppy Café

Several birthdays have recently been celebrated, including those of Brenda Kinch, Jan Blaker and Carole Blundell.



Carole's son Paul wanted his mother's birthday to be held at Poppy Café, as he lives away. He presented this magnificent cake for his mother to share with everyone on her special day.

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. From 1st April the suggested donation will rise from £5 to £7.50

POPPY FRIENDS - meeting for **Carers**: Tuesdays 18th March and 15th April 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 Lunch

Please note that from 1st April the cost of Poppy Lunches will be raised to £7.50, in order to cover our costs.

The original Poppy Lunch Fund has almost been used up.



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.

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

New Friends & Old

We warmly welcome newcomers to Poppy Café Brian Roebuck and Shirley, together with Mary Farrell and David. Welcome also, to new volunteers: James Quick, Filly Hodges, Sue Montgomery, Sue Tee, Della McMurdo and new Home Visitor, Sandie Christie.

Sadly, Derek Dooley died unexpectedly, at the beginning of February, in his care home. Claire has written to Sandie on behalf of us all. Pixie's husband William Horner has also recently died. His funeral will be held at St. Joseph's R.C. Church, Sheringham, on 14th March at 1.30pm. Our sincere condolences go to their son Grant.

Home Visiting - We are pleased to have been able to take on two new clients: Audrey Bligh, from Cromer who is now being visited by Karen Masters; Tony Reynolds; and another lady, living in Sheringham who has just been referred.

W. I. Presentation of Cheque for Poppy Café



On 18th February two representatives from the North East Norfolk W. I. visited Poppy Café to present us with cheques amounting to £400. Holt W. I. President Lorraine Wastick and fellow member Gillian Pilgrim explained how their branch of the W. I. had chosen Poppy Café to be their charity of the year in 2024.

They presented the cheques to Steve Benson who gave an excellent speech of thanks. Dawn Rose, one of our volunteers, also accompanied Lorraine and Gillian.

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.

[Community Drop-In at Holt Library](#) - 2nd Tuesday of the month from 10.30am - 12 noon. Healthwatch Norfolk representatives will attend with advice and information on Age Concern North Norfolk, North Community Law Service, the Alzheimer's Society, etc. Refreshments are provided and there is no need to book. *(Useful for carers to be able to drop in while Poppy Café is being held.)*

At our recent meeting, Graham recommended [Norfolk Assistive Technology](#) for footprint trackers. The service can help you find the right device, show you how to use it and supply it to you. [Find out how our Assistive Technology service can help you.](#)

[Healing Harbour](#) is offering free Reiki and Reflexology sessions to those with terminal conditions including Dementia via Later Life care in Sheringham. This is by appointment.

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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 open for the 2nd draw of 2025, which will take place on 24th March. 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!

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[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/>

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

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 - March - April 2025

Please also make a note of the Annual General Meeting: 19th June, 2.00 - 4.00 pm

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:

Tuesday 4th March	<i>Activities, Games & Chat as usual</i>
Tuesday 11th March	Music with Karen Neill - Piano
Friday 14th March	Exercises with Jo Winter Music with Karen
Tuesday 18th March	<i>Activities, Games & Chat + Poppy Friends (see below)</i>
Friday 21st March	Phyl Styles: A talk on 20 Years of Fostering
Tuesday 25th March	Singing Café with Richard & Steve
Friday 28th March	Exercises with Jo Winter
Tuesday 1st April	Visit of Liz Mann and her PAT dog
Tuesday 8th April	Music with Karen Neill - Piano
Friday 11th April	Exercises with Jo Winter
Tuesday 15th April	<i>Activities, Games & Chat + Poppy Friends (see below)</i>
Friday 18th April	GOOD FRIDAY
Tuesday 22nd April	<i>Activities, Games & Chat as usual</i>
Friday 25th April	Exercises with Jo Winter
Tuesday 29th April	Singing Café with Richard & Steve

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

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Thursday 3rd April

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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 18th March

**10.30 - 12.30pm at Loades Hall**

Tuesday 15th April

**10.30 - 12.30pm at Loades Hall**