

“A Very Happy New Year”

The 1st of January 2026 brings the warmth of sunshine and the wintery chill of a north wind; plus a spectacular New Year's Concert from the Golden Hall in Vienna. What a good start to the year! May this year bring you Peace and Kindness.

Poppy Café

Christmas was enjoyed in various ways this year, beginning with some pleasantly unexpected entertainment provided by

Holt Primary schoolchildren rehearsing for their Carol Service in the church. Janet led a mammoth mince pie making session, Peta led the making of four beautiful Christmas



centrepieces and festive cards were created; many toyed with the inevitable Christmas quizzes, some more challenging than others; and our Christmas party was

celebrated on 23rd December amid lively conversation and general chit chat. A festive spread was provided courtesy of Claire and other volunteers.

Everyone joined in the singing of carols and seasonal songs with Gusto! ... except when a certain 'Ho, Ho, Ho!' figure, dressed in red, with a white beard appeared and handed out Christmas presents.

At the end of the morning, Father Howard spoke briefly, led us in prayer and gave a blessing.



H&DDS Services

POPPY CAFE - Every Tuesday and Friday morning (**except** in Poppy Lunch week) 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. A donation of £7.50 is suggested for each meal.

POPPY FRIENDS - meeting for **Carers**: Tuesday 20th January and Tuesday 17th 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

Gresham's Pay & Display Car Park is adjacent to the church.
The cost is £1.30 an hour.



Birthday greeting to Thelma and, more recently, to Elsie who celebrated her 97th birthday. Everyone shared the beautiful cake which Hazel presented for her mother on 16th December.



Best wishes to you, Elsie & Thelma, and also to those of you over the last few weeks, who may have been unable to get to Poppy Café to celebrate your own 'special day', be it a birthday or special wedding anniversary.



“Thank you so much”

Bernie, Kelly & Rosemary recently held a well attended fundraising Soup and Coffee Morning in Sheringham on behalf of Poppy Café and another local charity. An impressive £175 was raised for each charity.

New Friends & Old Our thoughts are with Brenda, who is in respite care; also with Maurice who is now back home from hospital and Trevor who is currently in need of care.

A New Year ‘Welcome’ is offered to a number of newcomers to Poppy Café, including Michael Sallon, Chris Ward, John Game and his wife Jean, and Chris Dolby who comes from King’s Court with Terry Mobbs. We are also pleased to welcome Barbara Davies, a new Poppy volunteer.

Home Visiting Chris Ward, one of our new clients, lives alone and he wanted to start attending Poppy Café. As he has no one to bring him, our two Home Visiting volunteers assigned to his care, provide the transport to enable him to attend. This works well and Chris much enjoys the convivial company at the Café.



Poppy Lunch

At the beginning of December a delicious Christmas Lunch was enjoyed by all!

Poppy Lunch takes place in the Church Hall on the 1st Thursday of the month

Why not book your lunch now?!



Poppy Friends Kayte Rowe, an occupational therapist for the Norfolk & Suffolk Foundation Trust, is coming to our January session to talk to carers about her work and will give details of some research they may be interested in helping with. Catherine Moorhouse will attend our meeting in February. During our December session Caroline attended and provided those present with some useful advice regarding support which is available from Social Prescribers. As you will see from the details below, our social prescriber is Maya Starr.

Social Prescribers are non-clinical staff, employed by South Norfolk and Broadland District Council. They are available to provide help and advice at the following Medical Practices. 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

Services offered by North Norfolk District Council

North Norfolk's team of Community Connectors is available 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.

[Call us on 01263 513811](tel:01263513811) or email: community.connector@north-norfolk.gov.uk

The Forget Me Not Grant is a county-wide initiative funded by contributions from all district councils within Norfolk. A grant of up to £500 can be awarded to pay for minor adaptations or equipment to promote the safety and independence of people living with dementia or symptoms of dementia.

For further assistance or guidance [Call us on 01263 513811](tel:01263513811) or fill in our [contact us form](#)

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



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.

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 Drop-In at Holt Library - 2nd Tuesday every 3 months from 10.30am - 12 noon. The next session will be on 10th March. Healthwatch Norfolk representatives will attend with advice and information from Norfolk Community Law Service, Glaven Caring and the Alzheimer's Society. 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.)*

Norfolk Assistive Technology has been recommended by one of our carers, 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.](#)

Norfolk Swift Response still offers the 24-hr service of helping people who have fallen but are not seriously injured. Depending on demand for the service, the response time may be affected, and you may be advised to call 999. 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 Holt Community Hub in Charles Road, also in Sheringham and Cromer. There is no need to book. Each session costs £6.00. Tel 07493 624851 or <https://foreverfitnessuk.com/classes/>

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 pass these details on so that they can be shared with others via our website or in the newsletter. Thank you. *(Email Sue at: [poppynewsletter@btinternet.com](mailto:poppynewsletter@btinternet.com))*  
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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 ~ January and February 2026

Poppy Café opens every Tuesday and Friday at 10.30am until 12.30pm
(except for the Friday in the week of Poppy Lunch)
in the Meeting Room, St Andrew's Church, Holt, NR25 6BB

Friday 2nd January	<i>Activities, Games & Chat</i>
Tuesday 6th January	Visit of Liz Mann and her PAT dog
Tuesday 13th January	Music with Karen Neill - Piano
Friday 16th January	<i>Activities, Games & Chat</i>
Tuesday 20th January	<i>Activities, Games & Chat</i> + <i>Poppy Friends</i> (see below)
Friday 23rd January	<i>Activities, Games & Chat</i>
Tuesday 27th January	Singing Café with Richard & Steve
Friday 30th January	<i>Activities, Games & Chat</i>
Tuesday 3rd February	Visit of Liz Mann and her PAT dog
Tuesday 10th February	Music with Karen Neill - Piano
Friday 13th February	<i>Activities, Games & Chat</i>
Tuesday 17th February	<i>Activities, Games & Chat</i> + <i>Poppy Friends</i> (see below)
Friday 20th February	<i>Activities, Games & Chat</i>
Tuesday 24th February	Singing Café with Richard & Steve
Friday 27th February	<i>Activities, Games & Chat</i>

Poppy Lunch at 12.15pm in the Church Hall **Thursday 8th January**

Thursday 5th 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 20th January 10.30 - 12.30pm at Loades Hall

Tuesday 17th February 10.30 - 12.30pm at Loades Hall