



THE
Dementia
careHUB

Living with dementia is tough,
getting support shouldn't be



Well here we are again with July's newsletter.

Another successful bumper month for all of our groups. To ensure everyone is aware of what we offer at our Totton hub, here it is:-

Monday Morning Social: 10.30 - 12.30 - this is for everyone to get together to have a natter over coffee/tea and cake.

Wednesday Wellbeing: 12.00 - 16.00 - this offers cognitive stimulation for people living with dementia, a social lunch, activities and entertainment, It also provides a weekly opportunity for care partners to take a break and do some of the things they need and want to do,

Thursday Art & Craft group plus carer group: 10.15 - 11.45 - this is cognitive stimulation for people living with a dementia and a carer group for care partners to come together for peer support.

Our founder Dr Kellyn Lee has developed the programme above to ensure people are supported throughout their journey, supporting care partners to continue their caring role at home for as long as possible and providing emotional support through wellbeing activities for all people affected by dementia.

Kellyn will also be taking on a new challenge herself by climbing Ben Nevis, Scafell Pike and Snowdonia in 24 hours on the 19th August. She is doing this to raise funds for The Dementia Care Hub.

If you would like to donate, this can be done in various ways: - Cash donation at any of the groups

Bank transfer to The Dementia Care Hub - sort code: 30-90-90 account number: 44582460 or online at

https://www.justgiving.com/crowdfunding/kellyn-lee-1?utm_term=Zxpdy77rv

There are now an estimated 900,000 people living with a dementia in the UK. Kellyn believes that whilst living with a dementia is tough, getting support shouldn't be and any money raised will go directly to supporting people to live as well as they can.

MONTHLY NEWSLETTER

July 2023

ISSUE 004

IN THIS ISSUE

Welcome

Social Group

Well-being Group

Art Group

Fundraising

Thank You

Dates, Times and Location

Social Group

When: Each Monday
(apart from the 4th Monday each month)

Time: 10:30 - 12:30

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Well-being Group

When: Each Wednesday

Time: 12.00 - 4.00

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Art Group

When: Each Thursday

Time: 10.15 - 11.45

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Welcome Continued

The month of June saw us saying Happy Birthday to Kellyn, Jo Nutt our fantastic Care Hub Centre Manager and Dawn McDermid our amazing volunteer. Many happy returns to you all once again.

The 'We Care Dementia Care' programme has now enrolled its 4th cohort; previous findings have shown changes in reactions to dementia, feelings of hope and new coping mechanisms. One member said:

'I feel more professional, knowledgeable, able to cope with what's to come. Thoroughly enjoyed it. Will miss it now its over. Thank you so much Kellyn'

Before we go onto our monthly group news, once again our sincere thanks must go to everyone that helps us with fundraising for The Dementia Care Hub. There are more details on the back page of your continued support.

We couldn't do this without the help and support we get from so many people, groups and organisations. THANK YOU!!!!

Now onto the group news



Monday Social Group

Our group seems to grow week on week. The buzz in the room is extraordinary, with plenty of tea, coffee, biscuits, chat and above all laughter and tears at times.

The 3rd July saw Teresa Corbett from Solent University visit as she is carrying out a research project exploring the use of talking mats. We also had a visit from Vanessa Purchase and enjoy it when she pops in to say hi.

Kellyn is organising another trip on the wonderful Solent Dolphin boat the Alison McGregor. This will be on Thursday 31st August 2-4pm. Due to the number of people who are interested, there is another trip planned Thursday 17th August at 6pm. Please do let Kellyn know if you are interested.

Our members Brian and Dave had their postcards displayed at Hythe Library, forming part of the Waterside Arts Festival. Thank you Helen Wallbridge for making this happen.



Wednesday Well-being Group

Since the last newsletter its been full steam ahead once again for the wellbeing group, starting with an Italian themed afternoon with music and pizza making.

Jo, Helen, Andrea, Sue and Jane also helped celebrate member (and my dad) Brian's 88th birthday with a cake I made and one or two songs to add into the mix. The theme of the day was Wimbledon with strawberries and cream - the cake being the icing on the top!



The group also enjoyed a lovely visit from two year old Hudson and made one of the regular trips to Totton Fish Bar so they could all enjoy chip butties!

The following week there was yet another birthday to celebrate, this time for member Chas. Julie supplied a delicious cake and the group was able to enjoy another visit from Uke Box Glory so all were able to join in with their rendition of 'Happy Birthday'



Sue, Audrey and Debbie continue to enjoy their weekly pamper sessions provided by Andrea and Jane.

So much goes on each week, it's certainly difficult to keep up with all the activities.



The members enjoy plenty of indoor and outdoor games, quizzes, colouring books and now also have a supply of brain workout puzzles kindly donated!

WE HAVE PLACES IN THIS GROUP AND OUR ART GROUP. PLEASE DO SPEAK TO US IF YOU ARE INTERESTED IN GIVING THEM A GO!!



Thursday Art and Craft Group (plus peer support for carers)

This group also continues to have a positive impact on its members as they enjoy the social element of being together and creating pieces of art at the same time - all this whilst carers have chance to sit and have a natter too!

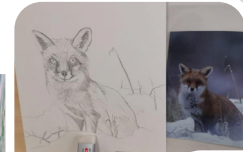
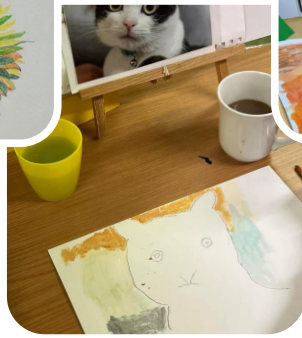
The group is partly about arts and crafts, but also about enhancing positive emotions such as pride, joy, happiness and creating a sense of achievement, positive self-image and improving quality of life.



Some people attending have never engaged in art and crafts before and weren't keen, but now concentration levels are up and they openly enjoy the sessions. Carers are also getting to talk about the elements of living with a dementia they find difficult, gaining support from other people in a similar position.



WE HAVE SOME SPACE AVAILABLE SO DO GET IN TOUCH IF YOU WOULD LIKE TO JOIN US



THANK YOU TO.....

A massive thanks to **Brunning & Price** for match funding the money raised through **The White Hart, Cadnam**.

This was a whopping £2,137.35. Over the last 18 months, Mike and his team at The White Hart have collected donations for The Dementia Care Hub from the monthly pub walk, led by our very own volunteer Dawn McDermid and Dickie Sargeant, They also held an Easter eggstravaganza and a Christmas hamper raffle.

This money will go towards the development of membership booklets that will support the continuous care of people living with a dementia, whilst supported by the team at The Dementia Care Hub.

A huge thank you from us all!

M. JOHNSON
Family Independent Funeral Directors across Hampshire

M Johnson Family Independent Funeral Directors is now available in Totton offering sensitive and professional funeral service to families throughout Hampshire and surrounding areas.

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Southampton | SO40 3BY
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