



### A warm welcome to our June Newsletter.

Please feel free to share our newsletters with family and friends. They are here for you, our members, to enjoy the moments we capture and as a reference to all groups and any events organised. Any articles you would like to see included, then please don't hesitate to contact

[info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk)

marking it for the attention of Tanya James.

We've seen another bumper turnout in all of our social, well-being and art groups, with membership continuing to grow. The absolute brilliant piece of news this month is that on Thursday the 13th July 2023, our founder Dr Kellyn Lee, is opening the doors to our second Dementia Care Hub in Shirley. You'll find all the details below:-

**Date:** First meeting Thursday 13th July 2023  
and then Thursdays weekly

**Time:** 1pm to 3pm weekly

**Venue:** St James Methodist Church, St James Road,  
Shirley, Southampton SO15 5HE

The group will start with a weekly social group consisting of a cuppa, conversation and cake!! Anyone affected by dementia is welcome! **Let's get the message out there - we are here for all!!**

WE CURRENTLY HAVE TWO PLACES AVAILABLE ON OUR WEDNESDAY WELL-BEING GROUP AND TWO PLACES ON THE THURSDAY ART GROUP. PLEASE DON'T HESITATE TO SPEAK TO US OR EMAIL [info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk) IF YOU ARE INTERESTED

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 .....

## IN THIS ISSUE

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## 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



## Social Group

**It has been lovely to settle back into the Monday routine after so many Bank Holidays.**

The members really missed each other and were so pleased to meet up after such a long break.



There was a real sense of joy amongst everyone, with lots of animated chatter and laughter. All shared their enjoyment of the lovely weather and the opportunities it brings for those who are able to get out and about or in the garden. One the members even relayed to a volunteer how lovely it was just to be able to sit, relax and chat to someone.



We were fortunate to have a return visit from Kay Young, offering hand massages to our members, just as had been enjoyed by our Wednesday well-being group.



We also had the pleasure of a visit from Jemma Saunders from Carer Support & Dementia Advice Service signing people up for a boat trip on the Alison MacGregor. As you can see from some of the photos, a couple of our members went.



The weather was perfect and Chas and Brian were in their element donning the captain's hat and almost steering the boat to France!!! It really is a joy to see how friendships are forged from attending all these groups!



## Well-being Group

**Where to start with this active group?**

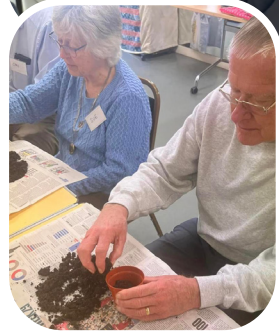
Well the entertainment provided by the wonderful Uke Box Glory would be a good place. They had all members finger clicking and foot tapping as they played a wide variety of songs, with members able to also make requests.

Jemma Saunders donated some lovely art books as an extra activity to enjoy and the members now also take part in a quiz from Andrea to finish the session each week.





PCSO Richard Williams paid another visit to the group and this time brought his van which, as you can see, some of the members enjoyed sitting in - all except Jo that is, who found it just a tad claustrophobic!



Other activities this month have included planting 'forget me not' seeds, painting rocks, new board games, the usual golf, new art books, getting out and enjoying the sun, fish and chip visits and just anything that involves having fun and laughter - which they all do every week!!



The 7th June also saw the Birthday of Kellyn, the groups creator. What a fitting way to send a special message from everyone, as can be seen by the photo.

They also had fun with the air drying clay donated to the group. Quote from member Bill:



**'What do you call Dementia Care Hub members making clay mushrooms?'**

Answer **'real fun-guys!'**

Next week we look forward to seeing them all painted!



## Art Group

Another enjoyable few weeks for this friendly group, which started with a visit from The Co-op donating cakes, biscuits, tea and coffee. Once again a big thank you to them for supporting our community project.

Jo applied for free sketchbooks from the charity Drawing Life. The books are specifically designed for people living with dementia. Should anyone wish to get one themselves, please take a look at their website [www.drawinglife.org](http://www.drawinglife.org).



Classical music was the tone for last week's group, but this quickly gave way to a tribute to the brilliant Tina Turner, finished off with a flying visit from Brian's grand-dog Ziggy.

The members are so proud of what they have achieved in this group, as you can see from the results! They sit together, chat together, have tea and biscuits together and none of them are ever ready to go home. It's also a chance for carers to spend time together for their own chat with tea and biscuits too!

**Spread the word as all are welcome!**



## THANK YOU TO.....

Once again our sincere thanks must go to **The White Hart, Cadnam** for continuing to provide donations from their successful monthly pub walks, organised by our very own Dawn.

Dementia Action Week saw Westgate Lodge of Freemasons raising **a whopping £685** for The Dementia Care Hub during their Ladies Night Festival and subsequent Lodge meeting.

**A huge thank you from us all!**

**Thanks also go to The Co-op** for popping in to our art group and donating tea, coffee and cake.

We also would like to thank **M.Johnson Family Independent Funeral Directors** for continuing to print these newsletters for us.

Our founder Dr Kellyn Lee and husband Joe have signed up to do the **Three Peaks Challenge in just 24 hours** - this is a massive challenge for them, especially as Kellyn doesn't like heights or walking! The challenge is scheduled for August and Kellyn has put details, together with the Just Giving link on The Dementia Care Hub facebook page. The aim is to raise enough money to help set up another social group for people living with a dementia, their care partners and families. Let's therefore dig deep to support them, thus enabling us to keep providing crucial support for all people affected by dementia.

**For more information contact Dr Kellyn Lee on:**



Web: [www.dementiacarehub.co.uk](http://www.dementiacarehub.co.uk)

Email: [info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk)

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