



## Hello July!

**Wow – it's hard to believe we're already in July! It's been a busy and exciting time here at the Dementia Care Hub with lots of updates to share.**

### Welcome, Angeline

We're thrilled to welcome Angeline Watson to the Dementia Care Hub family as the new Portchester Hub Manager. Angeline brings over 40 years of experience in health and social care and has a wealth of knowledge in supporting people living with dementia and their families. We're so pleased to have her on board—don't forget to say hello when you see her around the hub!

### A New Chapter for Sarah

We're also excited to share that Sarah Allfree is moving into a new role as a Wellbeing Facilitator at the Portchester Hub. Sarah will continue to support our members in taking part in the activities they love, helping to create enjoyable and meaningful experiences every day.

### Bon Voyage, Andrea.

As Andrea Clapham moves on from her role as our much-loved Wellbeing Facilitator, we want to take a moment to celebrate all that she's brought to the Dementia Care Hub. Andrea has been a huge part of our team, bringing warmth, energy, and creativity to everything she does. Thank you, Andrea, for all the smiles, laughter, and care you've shared with us. We'll miss you dearly and wishing you all the very best.

### Farewell and Thank You to Simon Brimble

We say a heartfelt goodbye to Simon Brimble, who is stepping down as Chair of Trustees after two years of dedicated service.

Simon has been instrumental in leading the Dementia Care Hub bringing insight, stability, and a deep commitment to our mission. His leadership and guidance will be greatly missed by all of us.

On behalf of the entire team, trustees, and community—thank you, Simon, for everything you've contributed. We wish you the very best.

# NEWSLETTER

ISSUE 009

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### Dates, Times and Location

#### Totton and Calmore Hub

##### Monday's Dementia Drop-Ins

10:30 - 12:30 - Totton and Eling Community Centre, Totton, SO40 3AP

##### Tuesday Wellbeing Group

10:00 - 15:00 - Calmore Community Centre, Calmore Drive, Calmore, Totton, SO40 2XU

##### Wednesday Wellbeing Group

10:00 - 15:00 - Calmore Community Centre, Calmore Drive, Calmore, Totton, SO40 2XU

##### Thursday Art Group

10.15 - 11.45 - Totton and Eling Community Centre, Totton, SO40 3AP

#### Portchester Hub

##### Tuesday Wellbeing Group

10:00 - 15:00 - Portchester Community Centre, Westlands Grove, Portchester, Fareham PO16 9AD

##### Wednesday Dementia Drop-Ins

10:15 - 12:15 - Portchester Community Centre, Westlands Grove, Portchester, Fareham PO16 9AD

##### Thursday Wellbeing Group

10:00 - 15:00 - Portchester Community Centre, Westlands Grove, Portchester, Fareham PO16 9AD

#### Waterside Hub

##### Wednesday Fawley Dementia

**Drop-Ins** 10:00 - 12:00 - Jubilee Hall, The Square, Fawley, Southampton, Hampshire, SO45 1DD

##### Wednesday Hythe Dementia

**Drop-In** 14:00 - 16:00 - Cornerstone Hythe United Reformed Church, New Road, Hythe, Hampshire, SO45 6BR

## Introduction (cont)

### New Interim Co-Chairs

While we say goodbye to Simon, we're pleased to share that we won't be without trusted leadership—Trustees Virginia Hodge and Rick Glover will step in as our Interim Co-Chairs of the Board of Trustees.

Both Virginia and Rick bring a wealth of experience and knowledge and we're confident the board is in excellent hands.

We're grateful for their commitment and look forward to this next chapter under their guidance.

### Totton and Calmore Hub

So, this month we had the absolute privilege of sharing in one of our members 90th birthday celebrations what a wonderful day we had. Brian, we hope we made your day special for you in some small way it certainly brought a smile to everyone's face not to mention a dance too. Happy birthday to you sir!

With it being so warm and sunny outside our amazing Wellbeing Facilitator Bev helped our members design their own garden with cut outs from magazines and we think results were wonderful.

We are lucky in Totton to have had the pleasure of The Totton Ukelele Band, the wonderful Gary our resident guitarist playing music from the last few decades and a visit from the very talented Brockenhurst Community Dancers. You all bring such joy and fun to the sessions. Thank you!



### Portchester Hub

**The Portchester Hub continues to go from strength to strength, providing a warm and welcoming space for both our Social and Wellbeing groups. It's been a season full of connection, joy, and memorable moments!**

Our Wellbeing groups have been especially lively, filled with music, dancing, and shared laughter. We even brought the spirit of Wimbledon to the Hub with a fun game of balloon tennis — a hit with everyone! Of course, no Wimbledon celebration would be complete without strawberries and cream, which were thoroughly enjoyed by all.





A touch of pampering has also been on the agenda, with the lovely Vic working her magic at our very own beauty bar. The ladies loved the opportunity to relax and feel a little extra special.

One of the most heartwarming highlights has been our Inter-generational Project with the children from Big Discoveries Nursery. The interaction between our members and the little ones has brought so much joy — proving once again that connection knows no age.



## Waterside Hub

Following the decision to combine the Fawley and Hythe groups, the newly formed Hythe drop-in has seen a fantastic turnout and continues to grow in numbers. The lovely Alex has been instrumental in promoting the Waterside Hub far and wide and is always available to offer dementia advice and support to all our members.

In June, the group was pleased to welcome a couple of visitors: Debbie Powell, the local Care Navigator from the New Forest PCN, and Mandy from the Citizens Advice Bureau. Both were happy to share information about the support services they can offer to our members.

**If you would like to come along to any of our Hubs, please give us a call on 07769 009599 or email on [info@dementiacarehub.org](mailto:info@dementiacarehub.org)**

## Dates for the diary!

The Princess Royal Trust for Carers will be visiting our Portchester Dementia Drop-in Group on the 23rd of July and our Hythe Dementia Drop-in on the 13th of August. They will be on hand to discuss the support they can offer including access to the 48hr Emergency Care Plan in the event of emergency.

## Thank You's

**The White Hart, Cadnam** continues to be a huge supporter of The Dementia Care Hub and raised £89.50 we are so grateful of your support.

We are incredibly grateful to **Brocken Hurst Lodge** for their generous donation of £1,500. Your wonderful gift will help us to expand our support to reach more people in need of dementia support.

A huge thank you to **The Salmon Leap Pub** who held a Treasure Hunt and raised £280 for us. Your support makes such a difference to everyone who attends our hubs.

We are thrilled to share that the **Santo Lounge** chose the Dementia Care Hub as their Charity of the Month – and what an incredible month it was!

The amazing team at Santo Lounge organised a fantastic range of events, including a quiz night, bingo, live music, raffle and even a sponsored walk – all in support of our hub. Thanks to their energy and generosity, they raised an incredible £950 for us! We are so grateful for their support, and this donation will make a real difference to the lives of our members and their families.

**Thank you, Santo Lounge – from all of us at the Dementia Care Hub!**

We also want to thank our wonderful staff and volunteers who go above and beyond to support our groups and members. We are so lucky to have you all!

Finally, thank you to Harper Design Studio who supports us with our branding, website and so much more. We are incredibly grateful.



## Fundraising

On 9th June, 18 of our amazing staff and volunteers took part in the Copythorne 5K/10K Run to help raise funds for the hub. **We raised a massive £3,869 plus gift aid on top.**

As a charity dedicated to providing support and advice for individuals living with dementia and their families, every step we take on race day is a step toward brighter days for families and members who rely on us. Our mission is simple: to provide support, advice and respite to families navigating this challenging journey.

A huge thank you to everyone who ran, cheered, and supported the event – and yes, we discovered just how hilly Copythorne really is!



## Call us for a chat



## For more information contact us on:



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