



Spring is on its way,

the daffodils are making an appearance, and the clocks have changed to give us lighter evenings. Research shows Sunlight plays a crucial role in regulating serotonin levels—a neurotransmitter responsible for stabilizing mood and promoting feelings of well-being. With the arrival of spring and longer daylight hours, many people experience a natural boost in mood due to increased serotonin production.

What have we been up to at The Dementia Care Hub.

We would like to welcome our new Operations Manager Nerys Blackburn who joined us in November. Nerys has worked in the social care field for over 30 years and for the last 10 years was involved in two commissioned services supporting people living with dementia and their carers with The Alzheimer's Society and Andover Mind. Nerys's role is to support the day to day running of The Dementia Care Hub's working alongside the hub managers and Dr Kellyn Lee.

We would also like to welcome Alex Herring who is the hub manager for the Waterside hub, Alex spent a number of years working as a dementia care trainer in hospitals and care homes across the country, she also volunteered with the Alzheimer's Society. Having experienced caring for someone in the family with Dementia over the past few years, she is now passionate about supporting people living with Dementia locally

Sadly, one of our founding staff members Jo Nutt who was the Totton and Calmore Hub Manager stepped down from her role in January after 3 years. Jo was fundamental in the success of our first hub in Totton and she continues to be our biggest supporter. We wish Jo all the best in everything she does, and we are pleased that she continues to support our Art Group.

With Jo stepping down we would like to introduce the newest member to the Dementia Care Hub team Andrea Turner. Andrea joined us in March and has hit the ground running. Andrea has 25 years of experience working in mental health as a mental health nurse supporting people living with dementia and their families in both the community and NHS hospitals.

NEWSLETTER

ISSUE 007

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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 10:30 - 12:30 - 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

Welcome (continued)

In the last year we made 1411 contacts with our members and others needing extra support alongside our social groups and wellbeing groups.

We opened our third hub in Waterside offering two social groups and opening a Wellbeing Group soon.

We moved both Wellbeing Group's in our Totton and Calmore Hub to Calmore Community Centre and both are now 10-3.

We have a second Wellbeing Group on a Tuesday at our Portchester Hub

We are now part of The Dementia Action Alliance which is a working group of organisations who come together and discuss 'how we will hear and act on the voice of the Dementia / memory loss Community'.

We joined other professionals and key stakeholders at Hampshire County Council in Winchester to look at Supporting People with Dementia - the start of co-producing a Hampshire Dementia Strategy.

Secured funding from The Cost-of-Living Grant to support with transport and a meal for our members and their care partners at our Hythe Social Group, our Tuesday Wellbeing Group in Portchester and our Wednesday Wellbeing Group in Calmore. **If you would like more information on how to access, please call 07769 009599.**



Totton Hub

Totton was our first hub, and it continues to thrive. Our hub manager Andrea is supported by our wonderful Wellbeing Facilitators Tanya, Bev and Andrea and our amazing volunteers who without them we couldn't do what we do.

This month we were joined by Nina from Beaulieu Motor Museum who ran an activity for our members on 'All about cars'. The activity was a hit and enjoyed by all.

We are also lucky to have the support of Gemma Stafford are wonderful Asda Community Champion and Karen Stride and Emma from Forest Yoga, who keep our members active with seated exercise. Thank you to you all.

Our members are very competitive and can often be found playing darts





Portchester Hub

Our hub manager Sarah celebrated her 1-year anniversary this week working at the Dementia Care Hub.

Sarah has been fundamental in making a success of the hub and she is supported by Vic her Wellbeing Facilitator and a strong group of volunteers which again we couldn't do what we do without you.

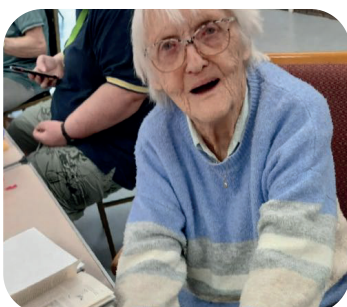
Thank you to Bonnie at BFit Fareham who gets our members moving with exercise.



Waterside Hub

The Waterside hub is our third hub and Alex our hub manager supports both the Dementia Drop-Ins in Fawley from 10:30 till 12:30 and Hythe from 14:00 till 16:00 both on a Wednesday.

If you visited Hythe Market this month you may have seen Alex and her volunteers Sue and Jo who were letting everyone know about The Dementia Care Hub and the Waterside Hub.



Thank You's

Thank you to Betty White's family for their donation following Betty's death in December. Betty was one of our original members at the Portchester Hub and was known for her fabulous art, her very polite manner and her gorgeous smile. She is sadly missed by all at the Portchester Hub.

Thank you to Home Instead Fareham who kindly support our Portchester Hub with members of their staff.

Thank you to Dickie Sargent, Dawn McDermid and The White Hart in Cadnam for organising the monthly dog walk and offering free tea, coffee and bacon rolls to raise funds for the Dementia Care Hub.

Thank you to The Eight Foundation whose donation enabled us to set up the Portchester Care Hub.

Thank you to Nicola Harper of Harper Design Studio who kindly offers her support with designing and managing our website and produces all our wonderful leaflets and branded materials.



Fundraising

In order to raise money for our telephone support line, so we can provide support to people who may not be able to access our hubs but still need someone to talk to or advice from one of our staff members and dementia experts, we have a team of 18 staff, volunteers and supporters running in this year's Copythorne Carnival 5k and 10k races. The races are on the 9th June. And you can sponsor us here..... <https://justgiving.com/campaign/tdchcopythorne5k10k>

Follow our facebook page for more information about our fundraising and what we are up to at the Dementia Care Hub.

<https://www.facebook.com/profile.php?id=61567519814809>

Call us for a chat



For more information contact us on:



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