



**We hope you're all enjoying what's left of the fairly disappointing summer.**

The fantastic news to share this month is that we have been awarded charity status! This will enable us to grow our service through relevant funding streams, which is great news.

Our new Shirley hub is slowly gaining momentum and has recently been featured in the Echo. Our Fareham hub has been a huge success, with high numbers and great community support.

**Another spectacular achievement this month saw Kellyn and her husband Joe complete the Three Peaks Challenge.** They were turned back at Ben Nevis & Snowdonia before quite reaching the summit due to deteriorating conditions, but they made it to the top of Scafell Pike. All this was achieved in 24 hours and oh my word Kellyn pushed herself to the limit, all in aid of The Dementia Care Hub. Due to her incredible determination, a whopping £4420 has been raised. We are all so proud of you - congratulations from us all!. There is now talk of the London to Brighton bike ride so watch this space!

**Our next fundraising event is a music quiz** organised by myself, Tanya and brother Craig (who will be the quizmaster).

This will take place on: **Saturday 21st October** (details opposite),

so if anyone would like to book a table of four, please let me know on 07595451800. Bring your own food and drink, think of a team name and just have some fun! If anyone would like to donate any raffle prizes that would also be much appreciated.



**MUSIC**  
POP QUIZ  
1960 TO 1999  
**SATURDAY 21ST OCTOBER**

7.30pm to 10.30pm  
COPYTHORNE PARISH HALL  
£5 per person - Teams of 4  
Bring your own food & drink  
Tel 07595451800 to book  
IN AID OF

THE Dementia care**HUB**

# MONTHLY NEWSLETTER

ISSUE 005

## IN THIS ISSUE

Welcome

Social Group

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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

We have a vacancies for a **Dementia Care Hub Manager in Fareham** contact **Dr Kellyn Lee** at [info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk) for an application form or call her for an information chat on **07769 009599**.

Due to the expansion of services across Hampshire we are excited to inform you we have appointed a Chief Operations Officer. Peter Bennie has an extensive background in the charity sector, is a former Chief Officer of Age UK Southampton and has been involved in business development. He is real asset to The Dementia Care Hub and will help Kellyn support more people affected by dementia.

We also have vacancies for volunteers at:  
Totton on Monday mornings 10:00am – 12:30pm,  
Wednesday afternoons 12.00pm – 4:00pm  
and Thursday mornings 10:00am – 12:00pm,  
Shirley Thursday afternoons 1:00pm – 3:00pm  
and Fareham Wednesdays 2:00pm – 4:00pm.

**Do get in touch if you want join in the fun with this incredible team.**

**Now onto the group news .....**



## Monday Social Group

Once again a busy month, with numbers still high. Kellyn is now half way through the 'We Care Dementia Care Programme' educating more carers to understand their own needs on this journey.

One of the highlight's was having a visit from Toby Winter, Worshipful Master, from Lyndhurst Masonic Lodge, who presented us with a cheque for £1315 from a recent ladies night. Thank you so much for supporting us. One of our members is himself a Freemason, so it was great for him to see this level of support.

Thursday 31st August will also see some members able to enjoy another boat trip on the Alison McGregor, so we will look forward to seeing some photos following this.



## Wednesday Well-being Group

**This popular group has been non-stop once again.** At the start of the month Helen Wallbridge brought in a 1950s reminiscence box borrowed from Totton Library and music was played to match the era. They were also invited to join a sing-a-long with the Stroke Association lead by John and Kate.

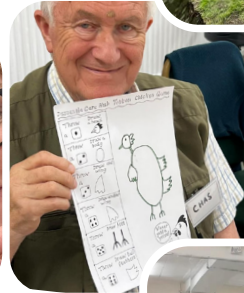
## Wednesday Well-being Group (cont)

Emma Hays of Forest-Yoga visited the group again for gentle seated yoga exercises. When I went to pick my dad up, I have to say the atmosphere was very zen indeed!



One of the highlights of the month was a visit to Totton & Eling Bowls Centre. Centre Manager Wendy and the volunteers were so welcoming!

Jo Nutt's Silkie chicken Rita proved a hit when she popped in with her surrogate chicks, following which members enjoyed Pétanque in the sunshine, and sweets from Mardy's to reminisce with.



How could we forget the Alice in Wonderland themed cream tea and the debate about whether jam or cream should be first or second. The consensus of opinion was that, quite rightly, it should be jam first! We'd just like to thank The Gamekeeper for lending us the teapots



A visit from PC Richard Williams is always welcome by the staff and members and following his visit this last week, the members then enjoyed balloon tennis and bingo.

The air drying clay donated to the group enabled Jo to teach the members how to make a basic toadstool - once dry, they will then have the chance to paint.

Enjoy the photos.



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

The sense of achievement enjoyed by the members in this group is quite something and has such a positive impact as they are able to create pieces of art in a social setting.

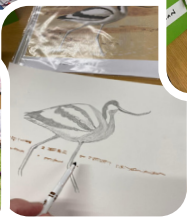
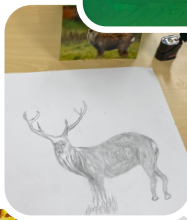
The air drying clay also made an appearance at the group again. Jo likes to start teaching clay work by making a simple mushroom/toadstool and advises that working with this medium is such a sensory pleasure. The following week, once dried, the members were able to paint their finished pieces.



The latest project has yet to be completed. The members have started a collaboration, with Jo preparing a backdrop and the group creating fabulous forest images of flora and fauna. This will be added to in the following weeks and we look forward to seeing the finished project.

We would like to welcome Suzanne Brimble as a new volunteer to the group.

**WE STILL HAVE PLACES IN THIS GROUP AND OUR WELL-BEING GROUP. PLEASE DO SPEAK TO US IF YOU ARE INTERESTED IN GIVING THEM A GO!**



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

26 - 28 Commercial Road | Totton  
Southampton | SO40 3BY  
Telephone: 023 8086 7999

## CONTINUED THANKS GO TO .....

The White Hart at Cadnam for your support. Your latest forest walk raised £60 for The Dementia Care Hub.

Thanks also go to M Johnson Funeral Directors for kindly printing our newsletter for us.

**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)  
Phone: 07769009599

SCAN

