



Happy New Year all!

We had a great time at the Christmas parties - our founder managed to get round to each and every one of them!

Last year was a fantastic year for the dementia care hub

- We supported over 100 people last year
- In April we launched our The ART of dementia care group in Totton which is now at capacity
- The carer group that runs alongside the art has really established itself - they buy Greggs sausage rolls!
- 38 people completed the We Care Dementia Care programme
- We opened a new wellbeing group at Calmore Community Centre
- In July we launched a social group in Shirley
- In August we launched a social group in Fareham - we now offer the full package of wellbeing in Fareham
- We doubled our number of volunteers and employed a new wellbeing facilitator
- In August we became a charity

Collaborations

Jemma from AndoverMind supported people with advice and information. She also brought in some great raffle prizes!

Nicky from Southern Health NHS carer support visited to offer advice and information. She will be making regular visits in the new year.

We had Rosemary, a PhD student from Worcester university gain insight into carers experiences, Dr Teresa Corbett from Solent University sharing her research on Talking Mats and Dr Kate Hough sharing research on hearing and dementia.

Fiona Chaabane – Clinical Nurse Specialist and Consultant Admiral Nurse joined us at Totton and Fareham and we will work closely together in the future.

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Dates, Times and Location

The Dementia Care Hub - Totton

Mon Social: 10:30 - 12:30

Wed Wellbeing: 12:00 - 16:00

Thur Art: 10:15 - 11:45

Address:

Totton and Eling Community Centre,
Totton, SO40 3AP

The Dementia Care Hub - Calmore

Tues Wellbeing: 10:00 - 15:00

Address:

Calmore Community Centre,
Calmore Drive,
Calmore, Totton, SO40 2XU

The Dementia Care Hub - Fareham

Tues Art: 12:30 - 14:00

Wed Social: 14:00 - 16:00

Thur Wellbeing: 10:00 - 14:00

Address:

Crofton Community Centre,
Stubbington Ln,
Stubbington, Fareham PO14 2PP

Totton Hub

Totton hub continues to go from strength to strength with our team Manager Jo Nutt and Wellbeing Facilitators Helen Wallbridge, Andrea Clapham and Tanya James

Just this week we celebrated the first birthday of our wellbeing sessions. The introduction of wellbeing sessions were requested by our member June Lamb.

These have been incredibly successful for supporting our members to enjoy time with others whilst giving care partners that all important rest.



Fareham Hub

We started with a social group in August 2022 with around 25 people at our first meeting. The number of members has continued to grow and we introduced our full package of social, wellbeing, art and carer groups in January 2023. The hub is led by Clare Maresca, supported by well-being facilitators Tracey Medzavorian and Debbie Black alongside a team of volunteers without whom none of this would be possible.





New for this year.

Our hub managers will be taking over the management of the hubs to release Kellyn to support our members both psychologically and practically but also to focus on driving the charity forward. In the new year she will be continuing to deliver the We Care Dementia Care Programme but additionally running surgeries with members to examine social care plans. This will make sure members are supported through the transitions of care.



Fundraising

We managed to raise a total of £24,000 in fundraising this year. Whilst this sounds like a large amount of money it doesn't go very far. Our ambitious aim this year is to reach a total of £80,000 nationally and £12,000 per hub locally. This will ensure we can continue to support our communities and grow our hubs to 5 hubs by 2025.



Our founder completed the 3 peaks raising a whopping £4500 Other fundraising events such as hub weekly raffles, The White Hart, Cadnam monthly dog walks, Xmas hampers and an Easter egg hunt, the Copythorne quiz night with Craig Williams, Copythorne's got talent with James Read, all instigated by Tanya James, and a cake sale from a members daughter all helped us to continue providing this crucial service. We also received donations from The Freemasons who held two ladies nights with us as their chosen charity, one at Lyndhurst Masonic lodge and one at Westgate Lodge 7387 together donating over £3000. The Lodge of Peace and Harmony donated £200 to buy a laptop and Marchwood Motorways Taxis also donated £220 for another laptop. This will help out staff keep information safe.

We also received support from the Co-op Community Project, Cllr Neville Penman, Barclays Bank, Fareham Borough Council, The Eight Foundation, the Earl of Southampton Trust and Netley Marsh Steam Rally. We received many personal donations too.

Thank you to you all.

Lastly, I'd like to thank Totton and Eling Community Centre, Calmore community centre, Titchfield community centres and Crofton community centre who rent the rooms to us so we can carry out this crucial work and those who come along and provide activities at no charge such as Karen Stride with her seated exercises, Emma haye with her seated yoga, braishfield ukulele, Totton ukelele, and John and Kate. Also the watercress line, the local constabulary and Morrisons, Asda and M Johnson who print these newsletters free of charge.

For more information contact Dr Kellyn Lee on:



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Phone: 07769009599



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