



## Coronation Special!

**A warm welcome to this, our second newsletter.**

Just a reminder, we will always make sure members who attend the groups receive a paper copy. Anyone who would like an online version, can go to our website at:

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

Please feel free to share with family and friends as its here to provide you, our members, with the moments we capture within the different groups, as well as giving you information about future groups and events.

Any suggestions or articles to include for next month, please do not hesitate to let us know by emailing **[info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk)** and marking for the attention of Tanya James.

**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 share this month's activities for our groups, we just wanted to once again thank the White Hart at Cadnam for their continued fundraising support. Not only do they raise funds for us from their monthly dog walk, but over the Easter Bank Holiday weekend they raised £330 from the giant Easter Egg raffle and Easter scavenger hunt. Thank you everyone who attended and donated!!

**Now to share what we've been up to this last month.....**

## IN THIS ISSUE

**Welcome**

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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



## Social Group

**We have many new members now and it is lovely to see the Social group growing and growing.**

It just goes to show how much need there is, so if you know anyone who may like to volunteer, please let us know. The group is such a warm friendly sociable occasion, with copious amounts of chat, cake, coffee & plenty of varied activities from mini golf to dominoes.

It is a place for both members and carers to just be themselves, to form new friendships, to be able to relax, chat or join in any activity they fancy.

The Well-being group were lucky enough to have a visit from Kay Young offering hand massages with her Body Shop products. This was so successful, she has kindly agreed to attend the Social group on the 15th May to offer other members a relaxing



hand massage and also give all a chance to engage their sense of smell with the variety of products. The hand is so important, its touch makes you feel safe, knowing someone is there and can elevate emotional wellbeing

The 'We Care Dementia Care Programme' run by our Founder Dr Kellyn Lee is continuing to make a huge difference to carers. If you have either attended the programme before or would like to attend in the future, please go ahead and book a place with Kellyn on [info@dementiacarehub.co.uk](mailto:info@dementiacarehub.co.uk). The next session will start on the 12th June 2023.

Due to the sheer number of bank holidays in both April and May, unfortunately we have only been able to meet two/three Mondays, so look forward to things getting back to normal in June.

## Well-being Group

**This is our lovely well-being group, providing a social space for those living with dementia, enabling them to chat and enjoy social time meaningful to them, but independent from their carers.**

What a bumper month for this lovely group. Being on a Wednesday, no week has been missed and the members have enjoyed so much. Below is a summary of some of the activities enjoyed by all, culminating in a wonderful Coronation party!!

Our first Wednesday of the month saw the members having fun with Scalectrix, tiddlywinks, an Easter quiz, a chip shop lunch, balloon volleyball, a singalong and, would you believe, enjoying some foot-tapping Ibiza dance classics!!

So many varied activities have been enjoyed from British theme tune quizzes, looking through current newspapers, singalongs, beer pong, beetle drive, not to mention home made cakes from Brenda and Sandy.



Thanks go to Jo Nutt our Meeting Centre Manager for inviting Kay Young one week, offering hand massages with her Body Shop products. As mentioned previously, Kay has agreed to come along to our Monday group so many more members can share in this wonderful experience. A quote from one member after his hand massage 'I feel younger now than when I came in'

Thanks also go to The White Hart at Cadnam once again for funds raised. Because of this we have been able to purchase a new projector and Helen Wallbridge, one of our Well-being Facilitators, was then able to play some reminiscent themed TV shows and theme tunes.



Another lovely trip to the chip shop went down a storm, especially as Sue even received a personalised hug from the staff! The members made bird feeders out of pipe cleaners and also had a visit from PCSO Richard Williams. This was particularly poignant for member Chas who was a serving police officer for 34 years! PCSO Williams has agreed to return on Wednesday 17th May to show some of his modern policing equipment, so everyone had better be on their best behaviour!!



**Wednesday 3rd May saw the group enjoy a Coronation party.** What a day this was - everyone pulled out the stops to make it a memorable event. Jo Nutt made an amazing King Charles 'face in the hole board' which caused much hilarity as the members took turns to stand behind, have their photos taken and also play 'pin the crown on the King' blindfolded. Not only that but Jo was definitely playing the part dressed as one of His Majesty's Beefeaters! A wonderful buffet lunch was served, all donated by members, helpers and carers, This was followed by making crowns and tiaras, a walk around the Community Centre and Totton for some to see the Coronation decorations and then pass the parcel, outdoor games including football, finishing off with coffee and Royal cakes! Phew!!!!

**We hope you enjoy a selection of the many photos taken throughout the month for all groups!**



## Art Group

This is also a similar group in terms of providing a social space for people to chat and enjoy social time that is meaningful to them. In a study conducted by our founder Dr Kellyn Lee, she found that regardless of a person's ability to paint or draw, most people experienced emotions such as joy and pride and developed friendships with other members.

We trialled our first art group on Thursday 6th April. What a brilliant success this was, with all members totally lost in their projects and seeing their finished pieces giving them a real sense of achievement!

The group is again going from strength to strength with members choosing what they would like to draw/paint, engaging in reminiscence and having a positive self image  
Some of the comments say it all .....



**'Did I really do that?'**

**'Mum and Dad absolutely loved this morning and were both talking about it this afternoon. Mum said 'thank you for taking me today love, I really did enjoy that!'**

Just look at some of the pieces created !!!



## THANK YOU TO.....

Everyone who has been buying from the CO-OP and choosing us as your community charity. These donations go a long way to helping us support everyone in our local area.

**Raised so far: £616.25**

A big thank you to M. Johnson Family Independent Funeral Directors in Totton for printing our monthly newsletters.

**M. JOHNSON**  
Family Independent Funeral Directors across Hampshire

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

West Hampshire

**Singing for fun with Debbie**

Come along and join in with your musical memories!

**When?** 2.30pm - 4pm Every 2nd Thursday of the month.

**Where?** Speedwell Court, Mansbridge Rd, West End, Southampton SO18 3HW

Light refreshments provided.  
Booking is essential

If you are not already registered with us, please contact our referrals and enquiries team by calling 01264 332297 (select option 3) or email [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

## MEMORIES, TEA & ME

AN OPPORTUNITY TO LOOK BACK AT TIMES GONE BY OVER A CUP OF TEA

**All Saints Church  
North Baddesley  
From 10am - 11.0am.**

Thursday 20th April  
Thursday 18th May  
Thursday 15th June  
Thursday 20th July  
Thursday 17th August  
Thursday 21st September  
Thursday 19th October  
Thursday 16th November  
Thursday 21st December

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



Web: [www.dementiacarehub.co.uk](http://www.dementiacarehub.co.uk)  
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Phone: 07769009599

SCAN

