



A warm welcome to our first Newsletter



from our founder Dr Kellyn Lee!!

Tanya James, the creator of this Newsletter has been working very hard to pull it all together, supported by other members of the team - both staff and volunteers - so it really is a team effort.

The Newsletter is to provide you, our members, with the moments we capture within the groups and to give you information about future groups and events.

I hope you enjoy reading this and sharing it with family & friends! We are grateful to all our members for coming to these groups and allowing us to spend time with you all!

Best wishes

Dr Kellyn Lee

General Information

This is the first of our monthly newsletters, and 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. and any suggestions for improvements or articles to add to next month's, please don't hesitate to let us know.

We held our AGM on the 6th March where we discussed future plans, together with our journey over the past year. Thank you to everyone who continues to contribute and support us, and huge thanks go to Lisa Virgo-Cox for helping with the financial management. We've been lucky to have you!

Now a little bit about our current groups

MONTHLY NEWSLETTER

APRIL 2023

ISSUE 001

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Welcome

Monday Group

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Thank You's

Dates and Times

Dates, Times and Location

Monday Group

When: Each Mondays
(apart from the 4th Monday each month)

Time: 10:30 - 12:30

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Wednesday Group

When: Each Wednesday

Time: 12.00 - 4.00

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Thursday Art Group

When: Each Thursday

Time: 10.15 - 11.45

Address: Totton and Eling
Community Centre,
Totton, SO40 3AP

Starts the 6th of April 2023

Monday Group

This lovely group is just getting bigger and bigger. Thank you to each and every one of our volunteers for their invaluable support.

The 'We Care Dementia Care Programme', run by our Founder Dr Kellyn Lee is making a big difference to carers as you can see from the following quotes

"It's made us think through how we behave and how we react and I think I am much more aware now particularly the STOP point for instance"

"I was shocked when I heard other people talk about things that happen with their partner and I thought that happens with mine"

"This is something just for me"

"It definitely helped me because I was trying to juggle everything and still look like everything was ok and I was getting so het up and distressed"

If you have already attended the programme and want to attend again, or haven't yet attended and would like to, do book a place with Kellyn on info@dementiacarehub.co.uk. The next session will start on the 12th June 2023.

As you will know and can see from some of the photos, Mondays are such a lovely sociable occasion. There's cake, conversation, friendship, plenty of coffee, drinks and even more cake.

There's dominoes, mini golf, skittles, darts, sponge football, nail painting, art, birthday celebrations and even washing up for those who enjoy it!

As most of you will be aware, we have now introduced a £12 per person per month membership fee to help sustain & grow the support we provide everyone affected by dementia.

This will enable us to reach more people and those isolated and living with dementia. It will also enable even more activities to be planned. Our new Art Classes will commence on 6th April at Totton & Eling Community Centre from 10.15 - 11.45 am.

Please do book with Kellyn to secure a place on info@dementiacarehub.co.uk. Kellyn is also going to run a carer group alongside so you can either drop off or stay and if there's any activities you would like us to consider, please let any of us know.



Wednesday Group

Our new Wednesday Group has had a extremely busy and eventful month, culminating in a visit from Kate and John, musicians, who went down a storm.

Music is always great and whilst a person's cognitive function declines with dementia, the ability to engage with music remains. This was proven with the foot tapping, singing along and clapping at the end of each song. Huge thanks to Kate and John who said they would love to return.

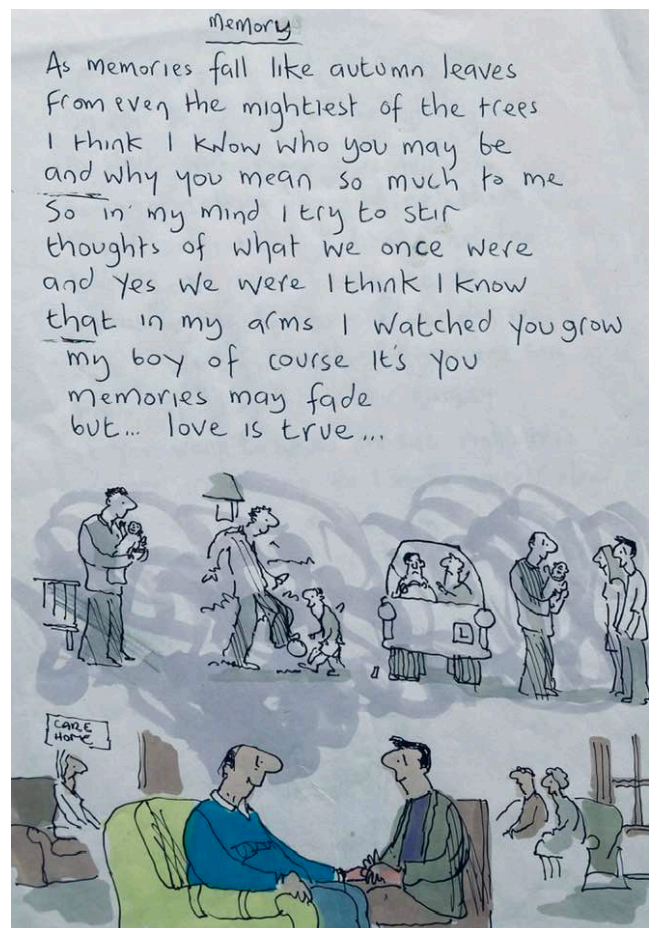
Jo Nutt (Centre Manager) said it was a touching experience all round and they really enjoyed the warm & funny reception from the members.



So many other activities have been enjoyed by the members too. From seated exercises, to full on sponge football skills. There has been nail painting, (mostly Sue), table tennis, board games, drawing, mini golf, darts, teas, coffees, lunch, newspapers, chats, and word searches, floor mat piano, beetle drive to name but a few. The group has now even been gifted a mechanical cat (used by someone living with dementia). All members have engaged with it, which prompted a discussion about the pets they had owned. A competition then ensued to name the cat and 'Maureen' won the day!

We now have a new Wednesday member from North Baddesley - welcome Jim. His first day with us was the 22nd March - the day Bill & Brian played darts against Chas n Dave. Chas n Dave won - could it have been anything to do with the Chas n Dave music playing at the time?

Thank you to Karen for the Easter cakes and to Sandy (Roger's wife) for the yummy rock cakes.



Fundraising

If anyone is considering taking on any challenges this year, do consider raising funds for The Dementia Care Hub.

Jolene Jenkins is going to raise funds by running The Great South Run in October - we will be there as cheerleaders Jolene!



Also in October Tanya James is organising a Music Quiz at Copythorne Parish Hall - details below. There are limited tables, so we're giving the group first 'dibs'

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 careHUB

The Dementia Care Hub has also been registered with #easyfundraising which means over 7,000 brands will now donate to us every time we use #easyfundraising to shop with them. Please sign up, it's FREE, won't take long & these donations will help SO MUCH!

For more information contact Dr Kellyn Lee on:



Web: www.dementiacarehub.co.uk
Email: info@dementiacarehub.co.uk
Phone: 07769009599

THANK YOU TO.....

The White Hart, Cadnam who continue to raise funds for the group with their monthly dog walk and who are now planning a raffle to win a giant Easter Egg as you will see below

THE WHITE HART, CADNAM

RAFFLE TIME

We are raising money for the Dementia Care Hub this Easter with a raffle to win our giant Easter Egg!

Tickets are £5 per entry with all proceeds going to this wonderful cause.

We will announce the winner on Saturday 8th April.

Pop into the pub to buy your tickets.
Good luck to everyone who enters!



COPYTHORNE PARISH COUNCIL

David Rigby, Clerk to the Parish Council has informed us the sum of £200 has been awarded to The Dementia Care Hub. Although the group meets in Totton, it is a group for all areas and we have many people from Copythorne, Cadnam, Winsor, Newbridge, Bramshaw & Bartley. Thanks also go to them. Rest assured the money will be used wisely.

SCAN

