

Local Dementia Support Organisations

HOLT AND DISTRICT DEMENTIA SUPPORT GROUP

www.holtdementiasupport.org.uk

Secretary: Jayne Roff

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CROMER DEMENTIA FRIENDLY COMMUNITY

<https://en-gb.facebook.com/Cromer-Dementia-Friendly-Community-487732998090039/>

HOW CAN SHERINGHAM DEMENTIA FRIENDLY COMMUNITY HELP YOU?

- Advice and support to those living with dementia and those who look after them.
- Dementia accessible activities across the community.
- Dementia Friends sessions for groups and businesses.
- Dementia awareness training for businesses.
- Dementia environmental audit of your premises. Advice on signage.
- Be part of a social movement to make Sheringham dementia friendly.

Contact us:

secretarysdfc@gmail.com

facebook: Sheringham Dementia Friendly Community

Tel: 07905292897



A DIRECTORY OF LOCAL DEMENTIA SERVICES

Your guide to accessing local dementia support services, social groups and exercise classes, as well as local dementia accessible activities



3RD MONDAY OF THE MONTH

**Alzheimer's Society – Sheringham at St. Joseph's RC Church Hall,
Cromer Road, Sheringham NR26 8RT – 11-12.30pm**

Activity and Support Group

To confirm availability and for further information please call Alzheimer's Society's Dementia Advice and Support Services Line on: **01603 763556**

Attendance at this group is by prior arrangement only.

EVERY WEDNESDAY

Mindercise at The Lighthouse – 12.30-2pm

Sheringham Dementia Friendly Community.

Alzheimer's Support worker.

A fun chair based exercise and social group with a range of activities from singing, puzzles, games, sport and craft to suit all. £5 per session. **Carers free.** Why not come and have lunch at the Community Café before the session.

3RD THURSDAY OF THE MONTH

Singing Down Memory Lane at The Lighthouse – 3-4.30pm

Sheringham Dementia Friendly Community.

A lighthearted sing-along group, which focuses on enjoying well-known songs. £3 per session. **Carers free.** Tea and biscuits included.

MONDAY TO FRIDAY

Age Concern North Norfolk

Day Centre, 35B Cremer Street, Sheringham NR26 8DZ

Call: **01263 821188**

The Day Centre is staffed by fully trained carers who have received training in caring for people with dementia. We work with our 'Companions' and their families to create an individual care plan to ensure that their needs are met and that they get the best from each visit.

We offer a sociable environment with a range of activities and a two course home cooked lunch. 'Companions' have the opportunity to have a bath in a safe environment. We also offer a laundry facility. Reasonable rates are charged for a full or half day, bath only, transport, laundry or lunch visit only. There are regular visits from other agencies in our community including a chiropodist and hearing aid clinic. For further information please contact us.

Companions Lunch Club

Tuesday to Friday – 11.45-13.15pm. £5.

Befriending Service: 01263 823126

HOME SUPPORT SERVICE

Our Aim – to support the individuals to maintain independence and keeping in control of their life.

We can assist in personal hygiene, help them to prepare fresh meals, remind them of appointments or go with them to appointments, go shopping Contact us for more information.

2ND MONDAY OF THE MONTH

Food For Thought – For carers with a loved one in care or recently bereaved – 2-4pm

Sadlers Shop, Vicarage Street, North Walsham

Tea/coffee and cake £2 per person. Contact: [Food for Thought, Catherine](#) on **01692 403024** or [Stephen](#) on **01263 51927** or email us at foodforthoughtnorfolk@gmail.com

EVERY TUESDAY

Poppy Café from – 10.30-12.30pm

Poppy Café volunteers will be happy to welcome you and invite you to meet others in the Meeting room at St. Andrew's Church Holt. The café is free but donations are welcomed. For help with transport for the Holt area Caring Society ring **01263 711243**.

4TH TUESDAY

Food For Thought, Cameo – 10.30 -1.30pm (lunch at 12.15pm)

Cromer Methodist Church Hall, Hall Rd, Cromer NR27 9DT

£2.50 per person. Contact [Food For Thought](#) above.

1ST THURSDAY

Food For Thought Bodham.

11-2pm. Activities followed by lunch at 12.30pm

Bodham Village Hall, The Street, Bodham NR25 6NR

£2.50 per person. Contact [Food for Thought](#) above.

WEDNESDAY

Alzheimer's Society, Fakenham Activity and Support Group

Meets on the first Wednesday of the month – **10:30-12:30pm** at [Salvation Army Hall, Oak Street, Fakenham NR21 9DY](#), call **01603 763556**.

SECOND THURSDAY

Alzheimer's Society – North Walsham Peer Support Group

10:30-12 pm at Furze Hill Day Centre, Happisburgh Road, North Walsham NR28 9HD

For further information please call [Alzheimer's Society's Dementia Advice](#) and Support Services Line **01603 763556**.

THIRD THURSDAY

Holt Sports, Holt Sports Centre, Kelling Rd, Holt NR25 6TX – 10.30-12.15pm

Chair based exercise pool, magnetic darts and table tennis.

THIRD THURSDAY

Food for Thought, North Walsham, Fish and Chips Lunch – 12-2pm

The Sacred Heart RC Parish Church Hall, Kings Arms Street, North Walsham.

£5 Including lunch.

Contact: [Food for Thought, Catherine](#) on **01692 403024** or [Stephen](#) on **01263 51927** or email us at foodforthoughtnorfolk@gmail.com

ALZHEIMER'S SUPPORT WORKER

Mindercise at The Lighthouse on 3rd Wednesday of the month – 1-2pm

ALZHEIMER'S SUPPORT GROUP

Third Monday St. Joseph's Church Hall – 11-12.30pm

For further information please call [Alzheimer's Society's Dementia Advice and Support Services Line](#) on **01603 763556**.

AGE UK NORFOLK ADVICE HOTLINE:

Tel: 0300 500 1217

For free confidential information and advice, contact our advice helpline, which is available daily from 10-4pm.

AGE UK BEFRIENDING

Age UK Norfolk offers care and companionship for older people in need of a helping hand or a friendly face. Our Home Support and Care Service assists elderly people with household tasks, so you, your family and friends can make the most of the time you spend together.

Call **0303 3000 128** Age UK Norfolk's Befriending Service offers a vital lifeline to older people who would otherwise feel lonely and isolated.

Our befriending volunteers make weekly telephone calls to people living in Norfolk. The service is free. Call **01603 594 745** for more information.

Admiral Nurses can be accessed through a GP referral.

www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/

Tel: 0800 888678

SECOND MONDAY

Sheringham WI – 7.15pm, Sheringham Community Centre
secretarysewi@gmail.com or Tel: 07905292897

TUESDAY

EXCEL 2000 Water based exercise at Splash, Sheringham – 9-10pm

EXCEL 2000 Morley Club gentle exercise – 10.45-12pm

Kaleidoscope at The Lighthouse 2.15-4pm

A chance for praise and a social group with speakers. Term times only.

WEDNESDAY

St. Andrew's Church – 11-1pm – DO DROP IN – COMMUNITY CAFÉ

Everyone warmly welcomed for food and friendship. Tea and coffee from 11-12pm. Light lunches from 12-1pm.

THURSDAY

EXCEL 2000 Water based exercise at The Lighthouse – 10-11am.

Community lunch at The Lighthouse 12-2pm.

£5 for a two course lunch. For booking contact **01263 825155**.

ON A VARIETY OF DAYS

Playing for Cake Music Groups – A variety of singing music groups.

Contact [Tina Blaber-Wegg](#) for more information. **www.playingforcake.uk**

North Norfolk Coastal Fitness – Indoor and outdoor exercise activities.

www.northnorfolkcoastalfitness.co.uk, Tel: 07867791034 or 07825773368

Email: **admin@northnorfolkcoastalfitness.co.uk**
