

Dementia 1st

for care & support

Autumn 2025 | Issue 20

Welcome to our quarterly newsletter for carers, clients and staff. We hope it will provide you with useful information and that you will enjoy reading about what we do and what we are planning to do!

Planning for your future Checklist

Age UK Surrey is commissioned by Surrey County Council and local NHS organisations to provide information and advice about care and support to local people over 50 and carers. Their team of expert advisors can help you with your particular enquiries and signpost you to local support.

You can contact Age UK Surrey on:

Telephone: 01483 446627

Text (SMS): 07593 139560

Email:

planningforyourfuture@

ageuksurrey.org.uk

Website: www.ageuk.org.uk/surrey/planningforyourfuture

Update from our Trustees

In this newsletter I would like to inform you about our loyal, supportive and caring staff. Headed by Carole, our Day Centre Manager, who has been busy promoting our Day Centre services by giving talks and information to try and get us some well deserved funds. These funds go towards getting extra activities for the centre; outings, outside entertainment and extra treats. Also, the running of the centres costs money & our electric bill is enormous - we cannot have a cold centre for our clients. Carole has been doing all this along side her normal every day work. We have 4 team leaders who oversee the smooth running of the centres, organising the days activities and looking after the welfare of the clients. Then the care staff who are the back bone of Dementia 1st. They are always reliable and go the extra mile they have to, to be very versatile - leading the singing, dancing, quizzes, crafts, cooking and cleaning. Jane who organises our fund raising events. Lynn who does the admin and answers the phone. The minibus drivers who maintain and look after our bus. Without all these people we would not be able to function to such a high standard, so we, the trustees, thank them. I'm sure you have been enjoying the lovely weather, but I expect some of you have found it difficult to keep your relative hydrated during this hot weather, things like Ice lollies, water melon, yogurt, jelly and any berries all help along with their usual drinks.

Enjoy the last of the summer days.

Best wishes, Lyn Watson (Acting Chair & HR Trustee)

Follow us & stay connected



01883 818310



info@dementiafirst.org.uk



[@dementia1st](https://www.facebook.com/dementia1st)



www.dementiafirst.org.uk

Registered Charity Number
1172242

Useful Information

The Millbrook Healthcare Group provides Community Equipment Services, Wheelchair Services, Home Services, Technology Enabled Care (through their subsidiary, Livity Life) and healthcare equipment (through their subsidiary Ultimate Healthcare) on behalf of the NHS and Local Authorities. Please call 0330124 3758 (option 2) for more information or visit: millbrookhealthcare.co.uk Did you know that **landline phones are switching to digital**, which could stop telecare alarms working. If you or someone you know uses one, you should call the landline provider to let them know. **Healthwatch Surrey** champions the voice of local people to shape, improve and get the best from NHS, health and social care services. Their Helpdesk is there to provide information and signposting to local people and receive complaints and feedback about health and social care services. To contact them visit: www.healthwatchsurrey.co.uk Tel: 0303 303 0023 or email enquiries@healthwatchsurrey.co.uk

Interesting Fact: Kindness is linked to the release of hormones like oxytocin and endorphins, which can improve mood, reduce pain, and lower blood pressure.

Day Centre News

What a lovely few months we have had! We have enjoyed singing well-being sessions with Sarah and Brenda. Chris has been in with her therapy dog, Blossom. We have even had time for chair exercises with Helen. Don't worry though we still found time to enjoy the sun by sitting in the garden and going for walks.



Reigate & Banstead Older Peoples Service Providers Forum - Thursday 16 October 2025, 12:00 – 15:00 at Horley Community Centre, Albert Road, Horley, RH6 7JA Parking on site and accessible on bus routes 100, 422, 400, 26 **Dementia First** will be attending and there will also be a marketplace with a wide range of providers setting out information and examples of their services for older people



Rosie, Associate Practitioner in the Falls Team and Ruth, Occupational Therapist at Caterham Dene have been walking and raising funds for Dementia 1st. They walked 10km around the local area on a very hot and sunny day in the summer and raised an incredible **£1,210**. Congratulations to Ruth and Rosie and thank you so much!

A note from the office!

This issue comes to you a little earlier than usual as one of our long term supporters, Carol Marriott and her friends are very generously raising money for us,

In loving memory of Diane, Derek and Bill.

Carol & team will be doing a 5k walk around Mote Park in Kent on 6th September. If you would like to read more or make a donation please visit:

<https://www.justgiving.com/page/carol-marriott-1>

Good luck to Carol, Mandy & Sarah!

Love, Carole x

Fundraising & Donations Update

A huge thank you to staff & customers at Simply Sports in Oxted for their continued support over many years. They generously donate money raised from the proceeds of their loyalty scheme every quarter - this quarter we received a brilliant **£345.45!**

Thank you to everyone that supported us at the following events and many thanks to all of our staff and volunteers that helped on the days:

Bletchingley Village Fair on 29th June we raised £272.15

and the **Bletchingley Village Fair Committee** awarded us an incredible **£1000!**

Banstead Village Fete on 5th July we raised £222

Merstham Community Day on 26th July we raised £447.34 which includes the wonderful efforts by Lyn and Brian (Trustees) selling raffle tickets in advance.

Upcoming Fair Dates:

Godstone Fete and Donkey Derby
The Green

Monday 25th August 10:30am until 4:30pm

Quality Street Fair

Merstham

Sunday 7th September 11am until 4pm

Teas on the Green

Christ Church, Brockham

Sunday 5th October 2pm until 5pm

We're trying to save paper - if you would like to help us and receive your monthly invoice or any other information by email, please contact I.bradbury@dementiafirst.org.uk

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Telephone: 01883 818310 or

Email: info@dementiafirst.org.uk