

# Dementia 1st

for care & support

Spring 2026 | Issue 22

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!



From all the Staff and Trustees at Dementia 1st

We'd like to say thank you to those who generously gave Christmas treats for all the staff, including some lovely chocolates, biscuits & wine, we are very grateful!

#### Follow us & stay connected



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Registered Charity Number  
1172242

#### Update from our Trustees

It's so nice to see the snowdrops, crocus and daffodils putting in an appearance to say Spring is on its way. It's been a miserable cold and wet winter resulting in excessively high electricity bills, the only source of power at The Byre. As I am sure you are all aware not only has electricity gone up

but the National Minimum Wage, Employer National Insurance contributions and the running of the minibus as a whole which is expected to reach £18,000 this year including fuel, servicing, driver wages etc., which all have a knock on effect for Dementia First. As Trustees we have to make sure Dementia First is financially sound so we can continue to provide our services, therefore we will be reviewing our fees for the coming year. As a Trustee my remit is HR and looking after staff welfare, Brian Murdoch is our Treasurer and Penny Hext is our Secretary and we also have another five Trustees on our board. I am also Acting Chair, so if anyone would like to join us we are still looking for a Chairperson and I would be very happy to talk over the role and responsibilities.

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

Come and join our **Free Singing Wellbeing Session run by Sarah Locke**. Sarah is a professional singer with a degree in music. She has over 20 years experience working in her field and also has first hand carers knowledge of dementia plus extensive training within the subject. Singing can be an excellent form of exercise, it reduces anxiety and has a number of health benefits. Every session incorporates breathing and vocal warm-up exercises, songs with physical movements and chair-based exercises. There are also links with rhythm and coordination. Various songs are sung evoking emotional and verbal memories. Relaxation techniques are also offered so the whole session gives the lungs, body, mind and soul a good workout!

**Second Tuesday of the month 1:30 to 2:30pm at Bletchingley Community Centre, RH1 4PA.**

**Third Thursday of the month 11:00 to 12pm at Horley Community Centre, RH6 7JA.**

**Please telephone to book: 01883 818310**

**Interesting Fact: Over 80 million chocolate eggs are eaten each year in Britain with a lot of these eaten on Easter Sunday!**

### Day Centre News

We would like to take this opportunity to thank **Rudland Alzheimer's Golf Society** for their continued monetary donations. Their generosity provides us with the means to have some fantastic entertainment at our centres. Performers such as The Epsom Singers (pictured below), Singing with Sarah, and The Courgettes. Music is a powerful emotive for our clients and a fun time is had by all- including our staff!!



### Easter Raffle - £1 per ticket

**1<sup>st</sup> Prize: Easter Egg Hamper & Prosecco**

**2<sup>nd</sup> Prize: Milk Tray & Red Wine**

**3<sup>rd</sup> Prize: Quality Street & White Wine**



Day Centre clients will draw raffle tickets on **Wednesday 1st April**. Thank you for your support!

**The Day Centres will be closed for the bank holidays on:**

**Friday 3rd April**

**&**

**Monday 6th April**

### *A note from the office!*

Please take care when entering and exiting The Byre car park. We believe that SES may be digging up the lane to replace the watermain and we have contacted The Byre's landlord to discuss the repairs required for the pot holes at our entrance, following any completion of works by SES. Unfortunately the current roadworks in the Pendell Road and Warwick Wold Road are not expected to be completed before mid May.

*Love, Carole x*

### Fundraising & Donations Update

A very big thank you to **TWM Trainee Solicitors** who have supported us through their fundraising, including their annual quiz, and raised an amazing **£892.46** since last November as well as a huge donation from **TWM Solicitors** of **£2,229.50** from leftover client matters.

We were thrilled to receive a further **£10,000.00**, awarded in two donations, from the **Amos Foundation** who have supported us for many years. We are very grateful for such generous support.



Please come along and support us at the **Bletchingley Village Fair** on **Sunday 28th June** at **12:30pm**



We will be at **Banstead Village Fair** on **Saturday 4th July 10:30am until 3pm**

**All Saints Church & High Street, Banstead.**

We hope to see you there!

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](mailto:I.bradbury@dementiafirst.org.uk)

If you do not wish to receive further copies of this newsletter, please let us know:

Telephone: 01883 818310 or

Email: [info@dementiafirst.org.uk](mailto:info@dementiafirst.org.uk)