

# Dementia 1st

for care & support

Summer 2026 | Issue 23

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!

## New Advice Service in Surrey Income Maximisation for Carers

Call: 01483 492939

Email: [carers@swru.org](mailto:carers@swru.org)

[www.swru.org](http://www.swru.org)

This is a free, confidential service  
for advice on:

**Welfare Benefits**

**Debt**

**Energy Advice**

**Other income maximisation options**

**Social Care funding**

## Millbrook Healthcare Handyperson Services

To enquire or check who is  
eligible

Telephone: 03301 243 758  
(option 2) or email

[surreyhiacntactus@  
millbrookhealthcare.co.uk](mailto:surreyhiacntactus@millbrookhealthcare.co.uk)

## Update from our Trustees

I'm sitting in the garden writing these few lines during a mini heat wave thinking of what has been happening at Dementia 1st during the past few months. We have moved premises with our Horley Day Care group to Amherst House Care Home in Horley. The Horley Community Centre is being refurbished over the next year so we had to find a new venue. We have a lovely bright, airy room with doors straight out on to the enclosed garden which is perfect for the summer. The staff at Amherst have made us very welcome, it's such a lovely place!

Our Singing Group on the third Thursday of the month will continue from there. So will our Carers Support Group on the first Thursday of the month - 10:00 until 11:45

**I hope you all have a great Summer.**

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

## Upcoming Bank Holiday closure date:

The day centre will be closed **on Monday 31st August** - Come along and support us at the Godstone Fete and Donkey Derby  
11am - 5pm

**Come and join our**

**Free Singing Wellbeing  
Sessions run by Sarah Locke  
On the Second Tuesday of the  
month 1:30 until 2:30pm  
Bletchingley Community  
Centre, RH1 4PA  
7/7, 11/8, 8/9, 13/10, 10/11, 8/12**

**On the Third Thursday of the  
month 11:00 until 12pm  
Amherst House Care Home,  
287 Court Lodge Road, RH6  
8RG**

**18/6, 16/7, 20/8, 17/9, 15/10,  
19/11, 17/12**

**Please telephone or email to  
book as some dates may be  
subject to change.**



## Follow us & stay connected



01883 818310



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



@dementia1st



[www.dementiafirst.org.uk](http://www.dementiafirst.org.uk)

Registered Charity Number  
1172242

**Interesting Fact:** Approximately 4.3 million emails are sent every single second. By the time you finish reading this sentence, billions of emails - many of them newsletters - will have landed in inboxes globally.

### *A note from the office!*

I hope you are all keeping well and coping with the hot spells, don't forget to stay hydrated, even foods like jelly are good due to high water content for those with dementia who are reluctant to drink! Just to keep you all up to date we have taken an additional group under the umbrella of Dementia First charity called **Engaging Minds**. It is aimed at carers and their relative with dementia (who must be under state pension age) to meet socially with 3 lovely volunteers called **Anita, Christine and Kelly** who run the group. They meet on the **first Tuesday of the month** for various activities either at The Byre or a pre-arranged venue e.g. bowling alley, theatre, or local pub to mention but a few. Although this is not likely to be a match for current carers due to the age restriction, please do pass the information on to any friends, family, or neighbours you may be aware of that could benefit from this super group.

*Love, Carole x*

### Day Centre News

Despite the changing weather over the last few months we have been busy enjoying ourselves with various crafts and visits from musical entertainers. We also enjoyed a trip to Earlswood Lakes where clients thoroughly enjoyed feeding the swans.



A massive thank you to the lovely ladies of **IGF; Sian, Nancy and Katie** who very generously gave up their time to do gardening and paint our summer house as well as bringing cakes and doughnuts for the clients!  
Thank you so much for your very hard work on a really chilly, wet day in May!

### Fundraising & Donations Update

Thank you to our **Easter chick knitters, chick sellers and all who generously purchased them** - we raised an eggcellent **£511.00** this year!

Our **Easter raffle** raised **£68** - Congratulations to **Phill's family** who won 2 prizes and to **Kitty** who won a prize!

A huge thank you to **staff and customers at Waitrose Caterham branch** - we were awarded an amazing **£1500** in April from their Community Matters Scheme.

### Upcoming Fundraising & Events

**Please come and support us at the following fairs:**

**Sunday 28th June: Bletchingley Village Fair**

**12:30 - 5pm**

**Saturday 4th July: Banstead Village Fair**

**10:30 - 3pm**

**Monday 31st August: Godstone Donkey Derby**

**11 - 5pm**

**We would be very grateful for any donations of bottles (any bottles - drinks or toiletries) or any new and unwanted gifts for our tombolas at our upcoming fairs, please.**

**Many thanks in advance and 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)**