

Newsletter Autumn 2017



Dear friends,

Well it definitely feels as if summer is over and we are well into autumn – in fact, as I write this, we are expecting Hurricane Brian to turn up at any minute...it has certainly been an interesting few months weather-wise!

Since my last newsletter, DSSL members and supporters have been busy growing sunflowers, running marathons, dancing together at the Harvest Lunch and enjoying the Stamford Methodist Church Dog Show (more on that to follow).

Thank you to everyone who joined in this year's Sunflower Challenge. The prize for the tallest sunflower went to [Barbara Russell \(12 feet\)](#), the largest flower head to [the Morten family \(20 inches across\)](#), and [Jane & Tom Chalmers](#), for the most flowers on one plant (40). Sponsorship money is still rolling in and, to date, we have raised just over **£2,000**, which will go towards funding DSSL's annual running costs. A big thank you to the staff at Waterside Garden Centre who donated the seeds. More about our marathon runners in the next newsletter.

Once again, the Harvest Lunch was a huge success with the Bourne Corn Exchange full of happy members dancing the afternoon away to music from the Fruitcake Band. The hall looked beautiful and the food was amazing. Thanks to everyone who had anything to do with the organisation and who helped everything to run smoothly on the day. Please know that the members really appreciate all the hard work you put into this very special annual event.

Kate Marshall
Memory Health Worker

Dates for your diary

There are lots of events and activities coming up in the next couple of months. We start with our annual [Christmas Fayre](#) which takes place at [The Bourne Corn Exchange](#) on [Saturday 4 November](#) between 10am-3pm. We would appreciate cakes and tombola prizes – please let us know if you can help by ringing the office on [01778 426756](#). This year we have several new local stall holders and it promises to be a great way to do some easy Christmas shopping. We will be joined in the afternoon by the [Bourne Tuneless Choir](#) for a bit of festive singing. Please try to come along.



Support groups/coffee mornings



We run monthly support group/coffee mornings in The Deepings, Stamford and Bourne. These groups are open to carers, their partners living with dementia and former carers. Everyone affected by dementia is welcome. They are a great opportunity to hear more about upcoming activities and events, meet up with old friends and make some new ones – all of whom understand the challenges that living with dementia can sometimes bring. We meet between 10am–12pm on the [2nd Friday](#) of the month at [Blackstones' Sports and Social Club, 28 Lincoln Road, Stamford PE9 1UU](#); the [3rd Monday](#) of the month at [Deeping Community Centre, 2 Douglas Road, Market Deeping PE6 8PA](#); and on the [3rd Wednesday](#) of the month at [Bourne Corn Exchange, Abbey Road, Bourne PE10 9EF](#) (park at the back in the market car park). We will have a demonstration by [Wiltshire Farm Foods](#) (with a tasting too!) on [Monday 20 November](#) at the [Deepings](#) group. If you have never seen or tasted their meals this is a great opportunity to do so...just make sure you come hungry! The dates for the November groups are [Friday 10 November](#) in [Stamford](#); [Wednesday 15 November](#) in [Bourne](#); and [Monday 20 November](#) in [Deeping](#) (with [Wiltshire Farm](#)

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Foods). Because of the way Christmas falls this year, there will only be one coffee morning in December and that will be on Friday 8 December at Blackstones Sports and Social Club in Stamford. Please try to come along and join us for our Christmas Quiz and festive refreshments. For those of you who have never been to this venue, there is plenty of free parking. Everyone is welcome. Coffee mornings will start again after Christmas on Friday 12 January in Stamford, Monday 15 January in Deeping and Wednesday 17 January in Bourne.

Art for All

Members of our Art for All group have been working hard on the 2018 DSSL calendar. It has been sent off to the printers in the hope we will have it for sale at the Christmas Fayre... fingers crossed! Members have also started work on the DSSL tree ornaments for this year's Bourne Methodist Church Christmas Tree Festival. The trees will be on display at the church over the weekend of 2nd/3rd December. This is another great way of letting the community know about our charity.



Stamford Rotary Santa Fun Run

The second weekend in December brings us to the Stamford Rotary Santa Fun Run on Sunday 10 December. Members of DSSL have been part of this annual fundraiser for the last several years, and, as I said in my last newsletter, our team has been organised by our late friend Trish Lord. This year we will be "running/ strolling" in her honour and our team will be renamed "Trish's Troops". Some of Trish's family are hoping to join us. In Trish's memory, we will be wearing as much "bling" as possible. My tiara is on order! If you would like to join us or you'd like to know more about this great family and dog friendly event, please ring the office on 01778 426756. I already know our doggy friend Hamish has his outfit! We will have sponsor forms at the upcoming events and activities if you would like to make a donation to our charity.

Singing Together

Our Singing Together group has been meeting at The Danish Invader, Empingham Road, Stamford PE9 2SX on the first Thursday of every month since January 2015 and it has gone from strength to strength. Please don't be put off by thinking you can't sing so it won't be for you – everyone can enjoy music, whatever the stage of their dementia. Come along and try it, I guarantee you will leave with a smile on your face. We will be getting together on Thursday 2 November, Thursday 7 December and Thursday 4 January – hope to see you there.

Tai Chi

Ray Pawlett, a former British Tai Chi champion, has been involved with our charity for many years now and has adapted some of the tai chi sequences for people of all abilities. Ray leads sessions for

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Buckles' legal corner



Health & Welfare LPAs

Mrs Jones had been living with dementia for a number of years, and had reached the stage where she was unable to make any medical or care decisions for herself. This was not an issue whilst Mrs Jones was living at home with her husband Mr Jones, who was caring for her, but it did give rise to a problem when Mrs Jones went to hospital.

At the point of being discharged from hospital, the NHS team involved with Mrs Jones wanted to discharge her to a care home. However, this went completely against the wishes of Mr Jones who wanted to continue to care for his wife at home. Given that Mrs Jones did not have the mental capacity to decide where she would live after her stay in hospital, there were only two options: first, the NHS team would decide after "consulting" with Mr Jones; or, second, a Health & Welfare Attorney would decide on Mrs Jones' behalf. On this occasion, the NHS team had consulted with Mr Jones but did not agree with his views, and so said that Mrs Jones would be moving to a care home. As it happened, Mr and Mrs Jones had each appointed the other and their son as their Attorneys in a Health & Welfare LPA, and so this took the power away from the NHS team as they then had to abide by the decisions of the Attorney, and Mrs Jones was able to return home.

This situation illustrates the importance of a Health & Welfare LPA for day-to-day decisions as well as for decisions which might relate to life-sustaining treatment.

For more information, please contact Rebekkah Cooper on 01733 888881 or Paul Belliere-Wilson on 01780 484531 or alternatively visit www.buckles-law.co.uk.

us every Wednesday afternoon between 2–3pm at Wake House, 41 North Street, Bourne PE10 9AE. Tai Chi helps with balance and coordination, improves strength and aids relaxation. The exercises can be done standing, seated or a combination of both, so why not come along and give it a try.

Ray and I realised that this group has been running for six years next month which we think is quite an achievement – we're hoping to do a short write up for the local newspaper which will, once again, help to raise our charity's profile out in the community. We will celebrate this milestone with (of course) a special cake and one of Ray's exciting demonstrations on Wednesday 22 November. Come along and have a taster session and see for yourself what we get up to on a Wednesday afternoon. Our last Tai Chi session this year will be on [Wednesday 13 December](#) and we will start up again after Christmas on [Wednesday 3 January](#).

Upcoming dates for your diary

Stamford Methodist Church – fundraising events

Stamford Methodist Church will be raising money throughout the coming months for our charity and we were invited to attend their first fundraiser back in September which was the annual dog show. I can honestly say I have never seen so many dogs in one place in my life! It was a great day and we met lots of new friends. Members of the Methodist Church will be putting on several more fundraisers as the months go by and we will try to share them with you as we hear about them. On [Saturday 28 October](#) at 7.30pm there will be an Organ and Harp Recital, on [Saturday 25 November](#) between 10am-2.30pm there will be a family friendly Chocolate Workshop, and on [Saturday 16 December](#) at 7.30pm there will be a concert by the Stamford Brass Band – to get everyone in the Christmas spirit. You will be able to find out more and book tickets for the above events on their website www.stamfordmethodistchurch.org.uk or by phoning [Andy Fyall](#), the Minister, on 01780 762282.

Fish and Chip Quiz Night

This year, our annual Fish and Chip Quiz night will be on [Friday 10 November](#) at [Deepings Sports and Social Club](#) at 7pm for 7.30pm start. Please ring [Janet Bird](#) on 01778 560962 or email her birdys4750@hotmail.com to book your ticket. Tickets are £10 (which includes your fish and chip supper). Raffle prizes gratefully received. This is always a sold out event so please book your tickets as soon as possible.

Christmas lunch

Now for the [Christmas lunch](#) which will once again be held at [The Toft House Hotel](#) near [Stamford](#), this year on [Wednesday 13 December](#). Please see the poster overleaf for more information and details for booking. This is another one of our sold out events, so please ring as soon as possible if you would like to join us. This year we have been able to subsidise the price of the lunch with a donation from [Stamford Waitrose Community Fund](#) which takes the cost down from £17 to £12 each. Hope to see you there in all your festive finery!

We have enclosed a book of tickets for our [Grand Christmas Raffle](#). Please do not feel under any obligation to buy them but, if you wish to, you can either give us back the stubbs and the money at the upcoming groups and events, or you can send the stubbs and a cheque made payable to [Dementia Support South Lincs](#) to our treasurer at [Barn House, Cawthorpe, Bourne, PE10 0AB](#). The raffle will be drawn at the annual [Christmas lunch](#) on [Wednesday 13 December](#).

Finally...

I had thought that this would be quite a short newsletter but it seems to have gone on and on, and I'm bound to have forgotten to tell you something, I'm sure. [Danie Crawley](#) and I are hoping to see you at some or maybe all of the above events during the run up to Christmas but, we understand that they are not for everyone, so please ring the office or speak to us at one of the coffee mornings and we will be happy to arrange a time to come and visit you at home. We are here to help in whatever way works for you. Talk soon.



***Dementia Support South Lincs
Christmas Lunch***

***Wednesday 13th December 2017
12.30 for 1pm***

***Toft Country House Hotel & Golf Club
£12 including tips.***

*Roast Tilton turkey, chipolata & bacon roll, apricot & chestnut seasoning,
rich pan gravy with cranberry relish*

Oven baked Salmon topped with asparagus & served with a crayfish velouté (GF)

*Mushroom, Leek & Spinach open Wellington topped melted Somerset Brie,
rocket & pine nuts (V)*

*All main courses served with seasonal vegetables,
roasted potatoes & minted new potatoes*

*Homemade Traditional Victorian Christmas pudding with cognac & vanilla sauce
Egg free, Dairy free, gluten free & vegetarian also available please ask*

Spiced apple baked cheesecake served with clotted cream ice cream(V)

Chocolate Orange tart served with double cream & candied orange zest(V)

Coffee or tea with chocolate mints

***Tickets available at Support Group Meetings
or leave a message on our answerphone
01778 – 426756 and we'll phone you back***