

## Newsletter January/February 2015

Dear friends,

What a year we had in 2014! Dementia Support South Lincolnshire seems to be going from strength to strength thanks to everyone's hard work. Thanks to the committee, our volunteers and members for all you've done to contribute to our success.

Last week I heard that we have been nominated for a **Lincolnshire Community and Voluntary Service award** in the '**Small Charity – Big Achievement**' category. What a great name! It certainly describes DSSL, in my opinion. We will find out if we have won on January 30<sup>th</sup> when we are invited to the award ceremony at Blackfriars Theatre in Boston.

*Kate Marshall*  
Memory Health Worker

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### Dates for your diary

#### Support group/coffee mornings



As always these will run on the **2nd Friday** of the month at **Stamford Health Clinic** on Ryhall Road, **3rd Monday** of the month at **Deepings Community Centre** and **3rd Wednesday** of the month at the **Bourne Corn Exchange**. All meetings run from **10am-12pm** and everyone is welcome to come along and hear about what has been going on, catch up with old friends and make some new ones. The groups left in January are on **Monday 19** in **Deeping** and **Wednesday 21** in **Bourne**.

We will be joined once again by **Darren and MONKEYBONGOS** at the **Bourne group** on **Wednesday 21 January**. I missed this drumming session last year, but, from what I've been told, it was a lot of fun and a great opportunity to try something very different. I'm really looking forward to trying drumming for the first time and hope you'll come and have a go too.

#### Tai Chi

Tai Chi started back again on **Wednesday 8 January** and will continue to meet weekly at **Wake House** in **Bourne** between **2-3pm**. Why not come along and give it a try. No experience is necessary as our instructor Ray Pawlett has adapted the Tai Chi moves to suit people of 'all abilities'. Tai Chi helps with balance, coordination, muscle strength and flexibility, but most important of all, it is a lot of fun. Please ring me (on the number at the bottom of the page) if you would like more information.

#### Art for All

Art for All will start again at **Wake House** on **Monday 26 January**. The sessions will run between **11am-1pm**. The cards designed by the art group have sold extremely well, both the notelets printed in the summer and then our charity Christmas cards. The group also designed the cards sent out by Roy Stephenson, the Mayor of Market Deeping – we are one of his charities. I will let you know how much profit the cards made last year in my next newsletter. Again, no experience is required; the art group is very relaxing and a lot of fun. If you would like more information, please contact Barbara Barker who leads the group on 01778 392895.



I have been contacted by Vikki Lyon and Susan Brill who have recently started a counselling service for carers 'Open Door – Accessible Counselling for All'. These sessions will take place at Wake House in Bourne. Vikki and Susan will be offering a chance to learn more about what they offer at Wake House in Bourne on **Wednesday 28 January** between **2-3pm**. This will coincide with our Tai Chi session (on purpose) so that carers will be able to go along without their partners who will be enjoying Tai Chi. I will have more information at the January groups. If you would like information sooner you can contact Vikki by telephone on 07591 877103, Susan by telephone on 07936 810883 or email them at [access4all@outlook.com](mailto:access4all@outlook.com). There is no need to book, just turn up for a cup of tea with no obligation at all.

## February

### Support group/coffee mornings

In February we will meet up on **Friday 13** in **Stamford**, on **Monday 16** in **Deeping** and on **Wednesday 18** in **Bourne**.

### Valentine Party

Something for you to look forward to next month is our **Valentine Party**. This will be on **Wednesday 11 February** from **1.30pm-4pm** at **The Danish Invader Pub**, Empingham Road, Stamford, PE9 2SX. Like last year we will enjoy music and dancing with **The Zimmers**. Once again we have been given the room at The Danish Invader free for the afternoon. Please contact Janet Bird on 01778 560962 and get your name on the list if you would like to come. Let Janet know if you need transport and we will do our best to help. I'm sure we will be able to car pool.

### The Rotary Club Quiz night

**The Rotary Club** of the Deepings will be holding a **quiz night** at **Deepings Community Centre** on **Saturday 21 February** arriving at **7pm** for a 7.30pm start. Fish and chips will be served from Linfords and the tickets are £10 each. Several of us will be attending so please contact Mary Martin, one of our Deeping members, on 01778 343927 to book your place.

## Buckles' legal corner

### Will The Care Act 2014 solve the problem of paying for care home fees?

The Care Act 2014 will introduce, from April 2016, a £72,000 cap on reasonable social care costs for each person. However, "reasonable social care costs" hides a few problems with the new system. The best way of illustrating this is by way of example:

- It is April 2016, and Mrs Smith has been in a care home for a year and a half (78 weeks), at a cost of £750 per week, to give a total cost to her of £58,500.
- Mr Smith asks the Local Authority to assess Mrs Smith so that she can enter the "capped cost system". The Local Authority accept that Mrs Smith falls within the eligibility criteria, and Mr Smith looks forward to his wife receiving financial assistance in 18 weeks when her total spending will have reached £72,000.
- However, the Local Authority say that the £58,500 spent prior to April 2016 will not be taken into account. The Local Authority also say that £230 per week is deemed to be a contribution to "accommodation costs" and so will not be taken into account towards the cap. Of the remaining £520 per week which Mrs Smith is paying towards her "care costs", the Local Authority say that they will only take into account £420 per week towards the cap because they could provide Mrs Smith's care at this cost.
- It will therefore be almost three years and four months (171 weeks) before the £72,000 cap is reached. By that time, Mrs Smith will have spent a total of £186,750 on her care. If Mr Smith were to require care himself, then similar charges may arise for him also.

As is clear from the above, careful planning to protect assets from the potential liability of care home fees remains appropriate.

For more information please visit [www.buckles-law.co.uk](http://www.buckles-law.co.uk).

## Finally...

Our Social Committee is busy making plans for several other events and activities throughout the coming year. Information will be available when we have firm dates. **If you have any ideas we would love to hear from you.**

Pat Johnson is working hard on her **Winter Newsletter** where she will share stories and photographs from some of our events in the last three months, including how much was raised by our recent fundraising efforts. All our hard work leading up to Christmas definitely paid off. **Thanks to everyone who volunteered their time and energy to support us. We couldn't do it without you!**

Trish and Dave Lord would like me to share some information with you about **ICE ID Fobs**. Recently, Dave, who has early onset dementia, asked Trish to look into a way he could identify himself to others when he was out on his own. Dave has started to have more difficulty with communication in the last few months. Trish has written the following paragraph:

*"My husband asked me to get him something in the way of ID, in case he should ever get lost and be unable to give his details. I came across a company called ICE. I have purchased Dave (and myself) a silicon bracelet that has 6 lines of engraving giving all emergency contact details and telephone numbers. I also purchased a waterproof fob with a medical alert symbol on it. This is opened to reveal a folded leaflet (also waterproof) on which you write contact details with an ultrafine permanent marker. Spare sheets are provided for updating purposes. The fob can be attached to the zip pull on a jacket, a key ring, a loop on trousers or on a bag etc. making it very versatile. This fob is online for £12 and the bracelet cost roughly £21 including engraving. We may be able to get a discount for a bulk purchase. If you are interested have a look online at [www.iceid.co.uk](http://www.iceid.co.uk) or contact me on 07739 362507, 01778 347624 or [trishlord@btinternet.com](mailto:trishlord@btinternet.com)."*

I think all that remains to be said is to wish us all a very happy and healthy 2015 and looking forward to seeing you again very soon.