

## Newsletter March/April 2015

Dear friends,

As I start to put this newsletter together I am hearing on the radio that 1 March is the first day of spring. Looking out the window it is easy to believe that winter has gone and spring is here. I can hear lambs in the field and see daffodil buds bursting – let's hope it is full steam ahead towards summer now!

*Kate Marshall*  
Memory Health Worker

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### Dates for your diary

#### March

##### 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**. These social gatherings 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.

**Judith Tweddy**, Coordinator of the **Spalding and Stamford Community Mental Health Team for Older Adults**, is going to join us in **Stamford** on **Friday 13 March**. As you may know this is **Red Nose Day**. If you'd like to make a contribution to the charities supported by Comic Relief we will have a collection at our groups in **March**. Anyone wanting to wear a red nose or anything red; welcome but not required! Yvonne Taylor, Alzheimer's Society new Dementia Support Worker will join us at the Deeping Group on Monday 16<sup>th</sup> March to tell us about some of the society's latest projects.



##### Tai Chi and Art for all

Our Tai Chi and Art for All activities are going well. Why not come along and try your hand at something new? If you'd like to know a bit more, please ring me on **01778 440153**. We meet at **Wake House** in **Bourne** for both activities. **Tai Chi** takes place on **Wednesday afternoons** between **2-3pm** and **Art for All** on **Monday mornings** between **11am-1pm**.



The **Art for All** group has been working with a local artist called **Carol Parker** of **Synergy Lincs**, who will be exhibiting some of their work in her exhibition at Ayscoughfee Hall, Churchgate, Spalding, PE11 2RA. The exhibition runs for three weeks from **Saturday 14 March-Wednesday 1 April**. DSSL has been asked to set up an information stand about our work on the opening day, Saturday 14 March. If you would like to come along and help man the stand, please let me know, or just come along and enjoy the exhibition.

Since my last newsletter we've had our drumming session at the Bourne group with Darren from Monkeybongos. It was a brilliant morning enjoyed by 25 members from all three groups which I hope we'll be able to repeat next year.

Thanks to everyone who came along to our Valentines' parties – I think you'll agree they were a huge success. It was great to work with our friends at Evergreen again and a big thanks to Waitrose for funding our afternoon at The Danish Invader.

## April

### Support group/coffee mornings



In April our support group/coffee mornings will run on **Friday 10 April** in **Stamford**, **Wednesday 15 April** in **Bourne** and **Monday 20 April** in **Deeping**.

**St Barnabas Hospice** has set up a new **Bereavement Group** that will meet at **The Cedars Nursing Home** in **Bourne**. This group will meet between **10am-12pm** on the **first Thursday of every month**. Please contact **Betty Cross**, their family support worker, on **01522 518213** for more information. I will have posters at the groups. This group is open to anyone who has lost someone close to them, however long ago.

As I said in my last newsletter, the social committee has been busy planning summer events. For several years now we have been enjoying **Neil Sands' concerts** at **Bourne Corn Exchange**. The next one '**When You're Smiling**' is on **Monday 27 April** at **2pm**. I have booked 30 tickets so please contact me as soon as possible if you would like to join us. The tickets are £10 each and as always, it promises to be an enjoyable afternoon.

### Upcoming dates for your diary...

On **Tuesday 5 May** we will have our annual day out at **Springfields** in **Spalding**. We will car pool as usual so please don't be put off by not driving. We would suggest a small donation of £2 each towards the driver's petrol. We will meet outside the pub at **11am**. Those who wish will return to the pub about 12.30pm for lunch. We will leave Springfields at **3pm**. As you know the shopping is always good at Springfields but this will also give you a chance to explore the gardens and see the wonderful display of spring bulbs – a lot easier than going to Holland! Please ring me on **01778 440153** so I can begin to work out transport. Fingers crossed for good weather.

Every year **Margaret Taylor** and her friends at the **Crowland 55+ group** invite us to go on their annual pilgrimage to **Skegness** – she has ordered sunshine again this year too! On **Monday 6 July**, the sun will shine and we will join her for a lovely day out at the seaside. The cost of the coach is £5 each and a carvery lunch (for those who would like) is arranged at the Sandcastle for £5 each too. More details to follow, but we usually meet at **Crowland Abbey** at **10am** and plan to leave **Skegness** around **3pm**. Please let me know if you would like to put your name on the list. Once again we will car pool to get to Crowland.

## Buckles' legal corner

### Advance decisions

An Advance Decision (otherwise known as a 'Living Will') allows you to refuse medical treatment if ever you were incapable in the future. This might, for example, be a refusal of life-sustaining treatment when there is no prospect of recovery or quality of life.

An Advance Decision is legally enforceable if it is clear; has been made when you were over the age of 18, mentally capable, and free from any undue influence from other people; and if it includes a statement that it is to apply even if life is at risk as a result of it being followed.

An Advance Decision cannot be used at a time when you have the mental capacity to make your own medical decisions; cannot be used to refuse basic care (such as washing, or the offer of food and drink by mouth, or measures solely designed to maintain comfort such as painkillers); or ask for anything that is against the law (such as euthanasia).

An alternative to an Advance Decision is a 'Health & Welfare' Lasting Power of Attorney, which allows you to appoint an Attorney to make medical treatment decisions for you.

If you would like to be sent a guide to Advance Decisions with a free Advance Decision attached to it then please contact Sarah Westwood at Buckles Solicitors LLP (sarah.westwood@buckles-law.co.uk or 01778 484530). If you provide your full name, date of birth, marital status and home address or email address, the details will be sent to you.

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

I have just heard that we are going to be invited to **Grimsthorpe Castle** again for an **afternoon tea** in **July** but details of that will follow in the next newsletter.

A reminder to those who may not have had a **Carer Assessment** – following this assessment you will be able to put an emergency plan in place in case, for some reason, possible a medical emergency, you are not able to be there to care for your loved one. Details of this plan are stored by **Lincolnshire County Council Carers Team** and will be accessed through information contained on your **red emergency card**. If you have one of these cards, you are covered, but, if not, please give me a ring or talk to me at one of the groups or activities and I can make the referral to the Carers Team. This service has been invaluable to several of our carers in the past and is well worth considering.

## Speak Up!

Two members of our committee, **Trish Lord** and **Sarah Westwood** have been involved in a new countywide project and they have asked me to share the information below:

**Speak Up! A new Healthwatch project** – Dementia Support South Lincs has registered to be a Healthwatch Hub for Healthwatch Lincolnshire, which is part of a Department of Health initiative to give people a chance to speak out about local Health and Care issues. Healthwatch Lincolnshire has the power to influence decisions about the way in which health and care services are provided and also has statutory powers to enter and view health and care services.

As a Healthwatch Hub, we are able to pass your comments, concerns and views on the health and care services you receive (e.g. doctors, opticians, dentists, hospitals, care homes, pharmacists, nursing services) to Healthwatch Lincolnshire.

This is a real opportunity for your voice to be heard and to make a difference to the way future services are delivered. If you have any comments, good or bad, they can be forwarded through DSSL to Healthwatch Lincolnshire who will log, assess and carry out further research if necessary. A report is then circulated to the service provider who has to respond within 20 days. Reports are then used to plan future services.

**Trish** and **Sarah** are our **Hub representatives**, so please contact them to report your healthcare experience, good or not so good, on the details below, and help us change for the better:

**Trish**  
T: 01778 347624  
E: [trishlord@btinternet.com](mailto:trishlord@btinternet.com)

**Sarah**  
T: 01778 484530  
E: [sarah.westwood@buckles-law.co.uk](mailto:sarah.westwood@buckles-law.co.uk)

Kate will also have information available at upcoming groups and activities.

## Finally...

If I have not been out to see you lately and you would like the opportunity to talk over something face to face, please let me know. I will be happy to arrange a date. Otherwise I look forward to seeing you at one of the groups or activities or at one of the upcoming events.

If you would like to be taken off our mailing list and no longer wish to receive this letter or Pat Johnson's newsletter, please contact on the number below.

## Happy spring!