

## Newsletter Summer 2017

Dear friends,

It's May now so it should be feeling a little bit more like summer, but as I write, the wind is blowing a gale! I'm not sure summer has arrived just yet. That being said, you should be careful with your sunflowers – it's still a bit too cold to plant them outside.

Launched with our last newsletter, the Sunflower Challenge is definitely up and running and several people have already sent me photos of their seedlings. Keep them coming and look for them in the following places:

- [www.dementiasupportsouthlincs.co.uk](http://www.dementiasupportsouthlincs.co.uk)
- [www.facebook.com/dementiasupportsouthlincs](https://www.facebook.com/dementiasupportsouthlincs)
- [www.facebook.com/DSSLSunflowerChallenge](https://www.facebook.com/DSSLSunflowerChallenge)

*Kate Marshall*  
Memory Health Worker

Our trip to **Springfields** on Tuesday 2 May for some retail therapy and to enjoy the spring bulbs was a big success with lots of members sharing lunch at The Kitchen and probably spending a bit too much money! Thanks to everyone who worked behind the scenes to make it such a fun day!

### Support groups/coffee mornings

As always our regular support group/coffee mornings continue to meet throughout the summer and everyone is welcome to come along. It's a great opportunity to hear more about upcoming events and activities, meet up with old friends and perhaps make some new ones by spending a relaxing morning with people travelling along the same journey as you and who will be able to offer support and understanding.



We meet on the 2nd Friday of the month at Blackstones' Sports and Social Club in Stamford, the 3rd Monday of the month at Deeping Community Centre, and on the 3rd Wednesday of the month at Bourne Corn Exchange. The dates for the upcoming groups are:

- Blackstones' Sports and Social Club: 12 May / 9 June / 14 July / 11 August
- Deeping Community Centre: 15 May / 19 June / 17 July / 21 August
- Bourne Corn Exchange: 17 May / 21 June / 19 July / 16 August



There is a treat in store at the Bourne group on the 17th May – members of the Bourne Tuneless Choir are joining us for a while. It promises to be a fun-filled morning with an opportunity to join in with some well known songs. All groups run from 10am–12pm but please feel free to just pop in for a drink if that's what works for you and your partner.

### Dementia Awareness Week, 15–19 May 2017

This year national **Dementia Awareness Week** runs from Monday 15 – Friday 19 May. We have several special events and activities planned, some of which we hope you will be able to attend. Information about Dementia Support South Lincs will be available throughout the week at the following places:

Kate Marshall ● Memory Health Care Worker  
01778 426756 ● [k.marshall18@btinternet.com](mailto:k.marshall18@btinternet.com) ● [www.dementiasupportsouthlincs.co.uk](http://www.dementiasupportsouthlincs.co.uk)  
In association with Evergreen Care Trust ● Registered charity number: 1162277

Images Courtesy of Microsoft Office Imagery

- Deeping, Bourne and Stamford libraries
- Deeping GP Practice in Marketing Deeping
- Galletley and Hereward GP Practices in Bourne
- Sheep Market and St Mary's Surgeries in Stamford



### Art for All Exhibition

Members of our Art for All group have been working hard and would like to invite you to their art exhibition at Wake House, North Street, Bourne. The exhibition will open on Monday 15 May and you are all welcome to join the group for refreshments between 11am–1pm. The exhibition will remain open all week and will be manned between 11am–1pm until Friday 19 May. Cards produced from some of the members' paintings will

be on sale at the exhibition. If you come along, this will be a great opportunity to meet Barbara Barker, who leads the art sessions, and some of the members. Most importantly you will be able to see what a creative and talented group they are.

### Mind, Body and Soul Charity Event

The Mind, Body and Soul Charity Event organised by Adi and Nicky Copland last year is going to be even bigger this year. It will be held at Deepings Sports and Social Club, Outgang Road, Market Deeping on Wednesday 17 May between 5–9pm. They tell me they have several new therapists this year and, for a small charge (all of which will be donated to Dementia Support South Lincs), you will be able to sample reiki, Indian head massage, reflexology, crystal healing therapy, and plenty more! There will also be a grand raffle for which I will be selling tickets for at the May coffee mornings – the first prize is £100! During the event, the bar will be open at the club so you can get a drink while you're waiting. I thoroughly recommend coming along – it was a great evening out for everyone last year.

### Dates for your diary, June

#### Cruise on the Rutland Belle

Back by popular demand (last year we had to have a waiting list!) is another trip on the Rutland Belle on Wednesday 14 June, which happens to be in the middle of National Carers' Week. Going a very small way to recognise the invaluable and untiring work done by our carers, the trustees have decided to subsidise the trip again this year! This means that the cost will be £10 per person and will include the cruise on Rutland Water on the Rutland Belle and a buffet lunch at the Harbourside Café.

Unfortunately, on top of this, there is the car parking charge which was £6 per car last year – maybe we'll be able to work out a way of car sharing this year to save a bit of money. We will meet at 11am to be ready for our cruise at 11.30am. We should be back on shore in time for our buffet lunch around

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### Buckles' legal corner



#### What does 'next of kin' mean?

The phrase 'next of kin' can be used in a variety of situations, but most commonly it arises when talking about someone's medical treatment or care. In these situations, it is a common belief that someone's closest relative is their 'next of kin', and will have some authority or power when it comes to making decisions about that person's treatment or care. Unfortunately, this is not the case at all. The phrase 'next of kin' does not mean anything in law or come with any legal powers.

The actual position is that health and care professionals such as doctors and social workers can make decisions about a mentally incapable person's medical treatment and care. In making these decisions, the health and care professionals should consult with those people who are close to the person concerned (whether close relatives who most people would call 'next of kin', or someone nominated by the person concerned), so that they can be involved in the decision-making process. That said, the final decision rests with the health and care professionals involved.

However, there is a way to appoint someone to make medical and care decisions on your behalf in the event of future mental incapacity. This is known as a Health & Welfare Lasting Power of Attorney (LPA), which needs to be signed whilst you are still able to make the decision to do so, and so planning ahead is important.

For more information, please contact **Paul Belliere-Wilson** on 01780 484531 or **Rebekkah Cooper** on 01733 888881 or alternatively visit [www.buckles-law.co.uk](http://www.buckles-law.co.uk).

12.30pm. Please ring the office on 01778 426756 as soon as possible to get your name on the list. Alternatively, you can let us know at any of the groups or activities in the next few weeks.

### The Aslackby Village Car Rally

On Sunday 18 June (Father's Day) our good friends at Aslackby St James Church have planned a car rally followed by afternoon tea and all the money raised will come to our charity! Our members always receive a wonderful welcome in Aslackby (which has the first dementia friendly church in Lincolnshire) and we hope you will come along and enjoy Father's Day with us.

People are invited to meet at the church at 1pm to see the cars set off. There will be limited availability for our members to ride in some of the cars – please let Kate or Danie know as soon as possible if you think you might like to be one of those members. The cars will depart on the rally at 2pm with a comfort break at Cranwell Aviation Heritage Centre and the chance to have a quick look around. Afternoon tea will be served back at the church from 3pm onwards and will cost £5. There will also be a chance to have a close up look at the cars at the end of the rally in the Aslackby Manor paddock and, weather permitting, we have permission to have a walk around the lovely gardens too.

At the end of the afternoon, for those who wish to stay on, the church will be having its Songs of Praise service with hymns chosen by the afternoon guests. This promises to be the perfect way to spend Father's Day so please ring 01778 426756 as soon as possible, or let Kate or Danie know at the upcoming groups or activities if you would like to come.

A very big thankyou to our Aslackby supporters who have been working very hard to get this event organised.

### Save the date, July

#### Tea at Grimsthorpe Castle

Our good friend Ray Biggs has once again invited members to tea at Grimsthorpe Castle in memory of his mum, on Wednesday 26 July. We will meet at Grimsthorpe at 1pm, have a walk around the beautiful gardens and then be back at the barn in time for cream scones at 3pm. Please ring the office on 01778 426756 as soon as possible if you would like to join us this year.



### Finally...

Well, it sounds like an action packed summer ahead – hopefully you will be able to join in with some or even all of the above activities, groups and social events. Remember, ring us at the office on 01778 426756 and put your names down as soon as possible. Tai Chi continues in Bourne at Wake House every Wednesday afternoon between 2 and 3, Singing Together at The Danish Invader in Stamford on the first Thursday every month from 1 to 3.00 and Art for All at Wake House in Bourne between 11 and 1.00 every Monday.

If you would like Danie or Kate to come out for a home visit, please let us know. We are here to support you in whatever way works for you. We look forward to seeing you soon. Happy Summer!