

## Newsletter November/December 2016

Dear friends,

How can we have arrived at the last newsletter of 2016 so quickly – time definitely flies by these days. By the time you receive this letter I should be on my way to India for a trip of a lifetime. I will be back at work on Monday 21 November. My co-worker, Danie Crawley, is on holiday in Australia which slightly overlaps with when I'm away but Danie will be back at work on Monday 14 November. Please be assured that all groups and activities will take place as usual as our wonderful trustees and volunteers will be running all the groups and activity sessions while Danie and I are away. Messages can still be left on our office number, 01778 426756, and will be responded to by our new administrator, Penny Watson. Answering calls on a mobile number will be very expensive in India so please use the office number.

Since my last newsletter a couple of events have taken place like the Harvest Lunch, and the Aslackby Art Show. Thanks to everyone who was involved and who made these events such a success. Almost 70 members danced the afternoon away at the Harvest Lunch and we exhibited about 100 pieces of amazing art work at our art exhibition. Our Singing Together group is going from strength to strength – you may have seen the recent article “singing our praises” in the Stamford Mercury.

*Kate Marshall*  
Memory Health Worker

### Dates for your diary

#### November/December/January

The **Support group/coffee mornings**, open to carers and their partners, continue as ever on the 2<sup>nd</sup> Friday of the month at Blackstones' Sports and Social Club in Stamford, on the 3<sup>rd</sup> Monday of the month at Deeping Community Centre and on the 3<sup>rd</sup> Wednesday of the month at Bourne Corn Exchange. All groups meet from 10am-12pm. It's a great way to get to know new people and catch up with old friends who are travelling a similar dementia journey.



In **November**, groups will meet on **Friday 11 November** in Stamford, **Wednesday 16 November** in Bourne and **Monday 21 November** in Deeping. Because of the way Christmas falls this year, we will not be holding all the groups leading up to Christmas day. In **December** we will meet in Stamford on **Friday 9 December** for mince pies and a fun Christmas quiz, everyone will be welcome. We will have our Christmas lunch at Toft (more information to follow below) on **Wednesday 14 December**. We will **NOT** meet on **Monday 19 December** in Market Deeping nor in Bourne on **Wednesday 21 December**. Groups will start again in **January** in Stamford on **Friday 13 January**, in Market Deeping on **Monday 16 January** and on **Wednesday 18 January** in Bourne – please mark your calendars!

Our last **Tai Chi** session of the year will be on **Wednesday 15 December** and we will start up again on **Wednesday 4 January**. The last **Art for All** session will be on **Monday 12 December** for this year – 2017 dates will follow in my January newsletter. **Singing Together** will meet at the **Danish Invader** on **Thursday 3 November** and **Thursday 1 December**. Our first session in 2017 will be on **Thursday 5 January**. Again, please mark your calendars!



We are hoping you will join us for this year's **Christmas Fayre** at **Bourne Corn Exchange** on **Wednesday 30 November**. It is a great opportunity to do some Christmas shopping. You will be supporting local crafters and helping to raise funds for our charity. It is also a very pleasant way to spend a morning with friends drinking coffee and eating delicious home made cakes; very tempting and not to be missed. If you would like to make some small cakes or a tray bake please bring them along on the day.

Please ring **Janet Brid**, if you haven't already done so, on **01778 560962** to book tickets for our annual **Fish and Chip Quiz Night** on **Friday 11 November** at **Deepings Sports and Social Club**. Tickets are **£10** each which includes the delicious fish and chips from **Linford's**. Please let Janet know as soon as possible as numbers are limited. Janet is also taking names for the **Christmas Lunch** at **Toft** so please ring her on **01778 560962**. The cost is **£16** each this year which will include the tip. Janet will be coming to the groups leading up to Christmas with menus and tickets which she has been doing through October too. She already has over 50 names so please ring her as soon as you can if you would like to join us – cut off date is Sunday 27 November.

Included in this newsletter is a book of raffle tickets for our annual **Grand Christmas Draw**. We have done this for the last few years because some members told us they didn't come to any of the groups or activities so were not able to buy tickets. Please do not feel under any pressure to buy them. However, if you would like them please either return the stubs and a cheque for **£5** made payable to **Dementia Support South Lincs** to our treasurer **Lorraine Curtis**, **Barn House, Cawthorpe, Bourne PE10 0AB**. Alternatively, you can bring your stubs and money to any of the upcoming groups. The raffle will be drawn after our **Christmas lunch at Toft on Wednesday 14 December**. If you would like more tickets please ring the office on **01778 426756** or they will be available at the groups and activities in November and December. As usual we have some great prizes – including another beautiful quilt, a handmade wooden clock which is a work of art and a luxury hamper full of scrumptious goodies.

We will be entering a team into the **Burghley Santa Fun Run** which takes place this year on **Sunday 11 December**. Please don't be put off by the word 'run' – our team calls it the 'Santa Stroll'. If you'd like to join us please ring **Trish Lord** who is heading up our "Memory Box" team again. Her number is **07739 362507** or you can leave a message on the office number – **01778 426756**. There will also be sponsor forms at the groups and activities leading up to the big day. This is a great family event and if you've never been, it is well worth coming up to **Burghley Park** on the day even if you're not planning to do the 'stroll'.

## 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, 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](http://www.buckles-law.co.uk)**.

Last year there were 800 people dressed as Santa Claus and lots of dogs including our very own Hamish, running around the beautiful Burghley House grounds – quite a sight. Fingers crossed for good weather!

Moving into next year the social committee has been planning our **Valentine's Day Lunch**. This will take place at the **Danish Invader** on Empingham Road in Stamford on **Monday 13 February**. The cost will be £5 each – please ring the office on **01778 426756** if you would like to come [by Thursday 2 February](#). A buffet lunch will be served at about 1pm so please arrive anytime after 12.30pm. An afternoon of music and dancing will be provided by our friends **The Zimmers**. A big thank you to the staff at the Danish Invader who not only let us use their bar for our Singing Together group but also let us have functions like this Valentine's Party free of charges.

### Finally...

I'm sure I will see lots of you at events and activities leading up to Christmas but if not I'd like to thank you for your continued support of our charity. Without your very generous donations and attendance at events like the coffee mornings, dances, singing etc. we would not be able to carry on as we still get no statutory funding. I have recently put in an application for some funding for activities in Bourne to The Len Pick Trust – we will hear in the middle of December, so please keep everything crossed for an early Christmas present!

I think that's probably all for this newsletter, except to wish you all a very merry Christmas and happy and healthy 2017 – feels funny saying that as I'm writing this in October and just before I go on holiday!).