

Newsletter February 2017

Dear friends,

As we start the second month of the year, it feels a bit late to wish you all a Happy New Year, but somehow January has come and gone and I still haven't had time to compose my first newsletter of 2017. Please accept my apologies and my very best wishes for a happy and healthy year to come.

Kate Marshall
Memory Health Worker

I must start by thanking everyone who worked so hard at the end of 2016 – everyone who was involved in making a success of our Annual Quiz, our Christmas Fayre, the Grand Christmas Draw, the delicious Christmas lunch and members and friends who gave up their time to do the Burghley Santa Fun Run – you know who you are. No-one knows how much goes on behind the scenes when we host on of these occasions so a big thank you to you all!

Dates for your diary



2017 is going to be another busy year starting off with the **Valentine's Day lunch** on Monday 13 February at the Danish Invader. Members have been calling to book a place or signing up at the monthly coffee mornings and we now have just over 60 of you who are coming to enjoy a buffet lunch and an afternoon of music and dancing to *The Zimmers*. If you're signed up then please arrive at 12.30pm.

*Happy
Valentine's
Day*

Everyone is welcome to come to our monthly **Support group/coffee mornings** where you will hear more about what we're planning for the year ahead, 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, on the 3rd Monday of the month at Deeping Community Centre and on the 3rd Wednesday of the month at Bourne Corn Exchange. 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. The upcoming meetings fall as follows: Friday 10 February and Friday 10 March in Stamford, on Monday 20 February and Monday 20 March in Deeping, and on Wednesday 15 February and Wednesday 15 March in Bourne. Some of the April dates fall over Easter Bank Holiday so we will talk about possibly changing the dates at the upcoming meetings.



As most of you know, our adapted **Tai Chi** sessions take place every Wednesday afternoon between 2-3pm at Wake House in Bourne. We started straight back after Christmas with almost a full house! It was great to get back into the routine after a few weeks off over Christmas. We are very lucky to have **Ray Pawlett**, a former British Tai Chi Champion working here in Bourne. He has adapted the Tai Chi movements so that people of all abilities can take part in the sessions. If you'd like to know more, please ask at any of the groups or ring the office on 01778 426756 and speak to **Danie** or **Kate**.

Our **Art for All** group starts back again on Monday 20 February and this group also meets at Wake House in Bourne. We meet between 11am-1pm. If you'd like to sign up or just know a little bit more before taking the plunge, please ring Barbara Barker on 01778 392895.

Every year we are invited to decorate a tree for the Bourne Methodist Church Christmas Tree Festival and this year we were told our tree, called "Everyone needs an Angel", was so well received, we were asked if we could leave it up after the weekend. Barbara and the group, with lots of help from our friend Carol Walker, worked tirelessly to help members make angels and baubles to decorate our tree. We were very honoured to have our Christmas tree in pride of place on the alter at the Methodist Church throughout the Christmas season. The group already has plans for next year's tree.

Singing Together continues to meet for an afternoon of music and fun at the Danish Invader in Stamford on the first Thursday of the month between 1-3pm. Everyone is welcome to come along. Please ring on 01778 426756 if you'd like to know a bit more before you brave it!

The Alzheimer's Society has been in touch to invite our members to their Carers' Information Programme. They say "This is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences. It would be beneficial if you could attend all 4 sessions". The workshops will be lead by Alzheimer's Society staff and volunteers for a group of up to 12 people. They will be held on the 2nd, 9th, 16th and 23rd of March between 2-4pm at The Crown Hotel, 6 All Saints' Place, Stamford PE9 2AG. Please contact them by telephone on 01522 692681 or by email at Lincoln@alzheimers.org.uk if you would like to sign up.



Some of you may have been aware that last year members of our Square Hole Club took part in what came to be called the SQHC Sunflower Challenge. Members of Square Hole Club planted sunflower seeds at one of our sessions back in the spring for a bit of fun, but it soon turned very competitive.

Buckles' legal corner



Where there's a Will...

It is estimated that around 70% of the adult population do not have a Will. Without a Will the law decides who will inherit your estate, who will look after any minor children, and who will administer your estate. Making a Will allows you to make all of these decisions yourself, as well as:

- Providing for an unmarried partner, step-children, friends or charities who are NOT provided for by the general law;
- Ensuring that your estate will be administered as quickly as possible;
- Protecting your estate for future generations be that from inheritance tax or care home fees

If you already have a Will, and your circumstances have changed, then you should update your Will. Life events such as births, deaths, marriages, divorce, retirement and buying or selling a house can all impact on the value of your estate and the way you wish to leave it. We recommend reviewing your will every few years to ensure it reflects your intentions and look at how any changes may affect it.

Also, future events may result in you becoming unable to make decisions for yourself due to physical or mental incapacity, whether brought on by an accident, illness or old age. A Lasting Power of Attorney can help in these situations by giving someone else the authority to make decisions on your behalf. A Lasting Power of Attorney can be made in relation to your 'Property & Financial Affairs' and 'Health & Welfare'.

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.

For those of you who follow our Facebook page, you will remember the photos which we posted regularly. In the end we had sunflowers as tall as 18ft (if my memory serves me right) and sunflower heads which were almost 2ft across! This year we plan to do it again but as a fundraiser. In **March** you will all receive an envelope containing three Russian Giant sunflower seeds with planting and growing instructions. There will also be a sponsorship form. For those who wish to take part, we are hoping you will get people to sponsor the growth of your sunflowers. Even as little as 50p a foot could raise a lot of money for Dementia Support South Lincs, if enough of us join in. We are also hoping to perhaps get a famous local gardener to get involved – keep everything crossed we hear back from him!

Upcoming dates for your diary

In May we start the month with our annual trip to **Springfields** in **Spalding** for a day of retail therapy and a pub lunch on **Tuesday 2 May**. More details to follow in the next newsletter.

This year **Dementia Awareness Week** will be from 15-21 May. We are planning on having information stands at the **Stamford, Deeping and Bourne libraries** and an art exhibition at **Wake House** to help raise awareness. Our friends Ali and Nicky Copland will also be holding the **Mind, Body and Spirit** events as they did last year, in the evening on **Wednesday 17 May** at the **Deepings Sports and Social Club**. More information to follow in the next newsletter.

The social committee, lead by our trustee Sue Blessett, also has several other things in the pipeline but you will have to wait till the next newsletter for more details.

Give as you Live

Give as you Live is a great way to donate money through your shopping. Give as you Live have just over 220,000 different companies that allow you to purchase goods and then they donate a percentage of your total bill to a chosen charity. For example, Amazon donate up to 1.5% of your total bill (excluding p+p) to your chosen charity. Many other companies include John Lewis, Argos, Tesco and Expedia are also involved.

Please use the link below to support your local charity through Give as you Live

<https://www.giveasyoulive.com>

They also have an app for your smart phone if you shop on the go. This can be downloaded from the App Store (for apple products) or the play store (for android devices).

We hope you will choose to support Dementia Support South Lincs through this initiative.

Finally...

I think it just remains for me to say if you would like to talk to either me or my colleague, Danie Crawley, please call the office on **01778 426756** and we will be pleased to make arrangements for a home visit, or we are always available at the monthly coffee mornings. We will look forward to hearing from you and maybe seeing you at the upcoming Valentine's Day Lunch.