

Newsletter January/February 2016

Dear friends,

Well, here we go into another new year – I hope you all had an enjoyable Christmas. As some of you will have heard, my mum fell at the end of November and broke her hip, so my Christmas was not quite as planned! However, the good news is, she is doing very well and although she is not quite up and dancing yet, just give her time!

We had a fantastic 2015 with lots of Christmas activities at the end of the year – I'll leave Pat Johnson to tell you all about them and share some photographs in the first newsletter of 2016, which I know she is already working on.

Also at the end of 2015 we finally moved into our shared office at [Wake House in Bourne](#). Our new telephone number is 01778 426756. Our email address and my mobile number remain the same – k.marshall18@btinternet.com and 07867 635611. Phone calls will be redirected from our old number for three months.

For those of you with access to the internet, please have a look at our website www.dementiasupportsouthlincs.co.uk and our Facebook page [Dementia Support South Lincs](#). We would love to know what you think.

Kate Marshall
Memory Health Worker

Dates for your diary

January

Support group/coffee mornings



The coffee mornings, open to carers and their partners, continue as ever 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 meet from 10am-12pm. This is an opportunity to get to know new people, catch up with old friends, hear about upcoming social events and learn more about our charity. If you'd like more information please contact [Danie](#) (our second memory health care worker) on our new telephone number 01778 426756. We hope to see you at one of the coffee mornings soon – 8 January, 12 February and 11 March in Stamford, 18 January, 15 February and 21 March in Deeping and 20 January, 17 February and 16 March in Bourne.

We have a visitor to our [Bourne group](#) on [Wednesday 20 January](#) – [Paul Dalton](#) from [Wiltshire Farm Foods](#). This is the company that supplies frozen meals to your door. He will be bringing along some samples for us to try so we hope you'll be able to join us. He would also like to visit the [Stamford group](#) in a couple of months too – date is yet to be decided.

Art for All

Our Art for All group worked very hard up to Christmas, making decorations for the Methodist Church Christmas Tree event and



also designing our charity calendar. There are still a few left which I'll have at the January coffee mornings. Thanks to Barbara Barker for her dedication to the group. We will be starting up again on Monday 25 January, 11am-1pm – please ring Barbara Barker on 01778 392895 if you'd like to know more. As always, no pressure, it's just for fun!

Tai Chi

Tai Chi has started back again every Wednesday afternoon at Wake House in Bourne between 2-3pm, followed by tea/coffee and biscuits. Some members have begun meeting at Café 35 (next door to the front entrance to Wake House) for lunch before the tai chi session, and would be happy if you'd like to join them from time to time. No need to book, there's usually plenty of room.

Singing Together

We have been planning to start our Singing Together group up again for some time and I'm pleased to be able to tell you that we have finally found a wonderful musician and a venue. We will be meeting on the first Thursday of every month at The Danish Invader pub in Stamford between 1-3pm, where there is lots of parking. As always tea/coffee and biscuits will be provided. If you'd like to know more about it, please ring me or Danie on the new number. We'll also be talking it up at the upcoming coffee mornings. Our taster session on the 20 December went really well, so we have high expectations for a lot of fun – please try to join us on Thursday 4 February, 3 March, 7 April, 5 May, 2 June and 7 July. Don't be put off if you think you can't sing – remember, it's just for fun!

Upcoming dates for your diary

Valentines Day Lunch

At the moment the social group is busy planning our Valentines Day Lunch. This will be at The Danish Invader in Stamford too (where we held it last year) on Wednesday 10 February arriving at 12.30pm for a buffet lunch at 1pm and finishing at 3.30pm. A sandwich buffet lunch will be served and the entertainment will once again be provided by The Zimmers. Money left over from Waitrose Christmas donation will be subsidising the event which brings the cost down to £5 per person. Please ring me or Danie on our new number 01778 426756 to book your place or we can take your name and money at the January coffee mornings. You can also pay for your ticket on the day but will still need to ring and book your place beforehand so that we can get an idea of numbers. Hope to see you there!

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 01780 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.

Save the dates...

The social group is also planning several other activities and outings throughout the year so please save the following dates and more information will follow in the next newsletter:

Tuesday 3 May – retail therapy at Springfields in Spalding

Wednesday 8 June – A trip on the Rutland Belle

Finally...

Because of a change in my commitments, for now, I will be postponing the start of the carer group until the Spring – thank you for your understanding. However, everything else is continuing as always. If you would like me or Danie to do a home visit please contact us by phone or email and we will be happy to make arrangements to suit you. Otherwise, we are available at the monthly coffee mornings, tai chi, Art for All and Singing Together.

All that remains to be said is... We wish you a very happy, and above all healthy, 2016 and look forward to you joining us for some, or all, of the above events throughout the year.