

Newsletter March/April 2016

Dear friends,

As I sit in my conservatory writing this letter, looking out into the garden, it feels like spring has arrived early. The daffodils and snowdrops are in full bloom and the flowering quince is about to come into flower. So far, we've had an exceptionally mild winter – long may it last!

Thanks to everyone who helped to organise the Valentine's Day lunch. Almost 60 of our members enjoyed the buffet lunch provided by the Danish Invader and danced the afternoon away to music by The Zimmers. This seems to have become an annual event which we all look forward to now.

Kate Marshall
Memory Health Worker

Dates for your diary

March

Support group/coffee mornings

Our support group/coffee mornings in March will fall on Friday 11 at Blackstones' Sports and Social Club in Stamford, on Wednesday 16 at the Bourne Corn Exchange and on Monday 21 at Deeping Community Centre. All groups meet from 10am-12pm.

We have a visitor at our Stamford group on Friday 11 March. Jacqui Woods from Sleep Matters will be talking about sleep problems that can arise for people living with dementia and, inevitably, their carers. I think it should be very interesting and again, everyone is welcome to come along. Also, on Wednesday 16 March, Ann Chafer, a research assistant with Lincolnshire NHS Partnership Trust, will be calling in to the Bourne group to tell us about a research project involving carers and the effects of caring for their partners with Dementia.

In April, our support group/coffee mornings will meet on Friday 8 in Stamford, Monday 18 in Deeping and Wednesday 20 in Bourne.

Art for All

Art for All continues to be very popular and the members are now working hard to increase their portfolios for an exhibition later in the summer. This exhibition will showcase work done by our members in the past as well as paintings done since joining Art for All. More information about the exhibition will follow but if you'd like to know more about the sessions please contact Barbara Barker on 01778 392895.



Tai Chi

The Tai Chi sessions meet at Wake House in Bourne every Wednesday afternoon between 2-3pm with Ray Pawlett and are followed by tea and biscuits.

If you'd like to know more, please ring the office on 01778 426756 – we'd love to see you there! There is no need to commit yourself to coming every week, just call in and give it a try. I think you will be surprised at how easy it is to join in with the exercises which have been adapted for our group by Ray. Not only is Tai Chi very good for balance, coordination and general wellbeing, it is also a lot of fun!

Singing Together

Singing Together has got off to a flying start with over 20 people coming to each of our sessions in January and February!

Try to join us on the first Thursday of every month between 1-3pm at the Danish Invader, Empingham Road, Stamford, for an afternoon of singing and lots of laughter. There is no need to book, just come along and join in the fun.

Upcoming dates for your diary

'Retail therapy'

As we move into spring we start to think about upcoming events. The next big date on the calendar will be our annual retail therapy trip to Springfields in Spalding. This year the trip will take place on Tuesday 3 May. We will meet at Springfields about 11am, choose what we'd like for lunch at The Kitchen and then go off and do a bit of shopping or explore the lovely gardens. The tulips and hyacinths should be in full bloom by then. We will meet back at The Kitchen for lunch at 12.30pm. There will probably be time for a bit more shopping after lunch as we will not leave until about 3pm. We hope to have enough drivers so that we can car pool so please don't be put off if you don't have transport. Please ring our office on the new number, 01778 426756, to book your place and let us know if you need transport.

Dementia Awareness Week

This year Dementia Awareness Week runs from 15-22 May. Dementia Support South Lincs will be working with South Lincs Dementia Action Alliance and several other local charities to raise awareness during the week. More information will follow in my next newsletter about our plans and how you'll be able to join in.

Summer Cruise

The social committee is busy planning our 'summer cruise' on The Rutland Belle on Wednesday 8 June. As with our visit to Springfields in May, we hope to have enough drivers so that we can car pool, so please don't be put off if you need transport. Renting a coach for these trips would cost us a lot of money so if we can car pool it will mean that we won't have to spend money unnecessarily. We will be meeting at Rutland Water, enjoying a buffet lunch together and then cruising on The Rutland Belle.

Buckles' legal corner



Becoming a Court appointed Deputy

In the absence of a Lasting Power of Attorney or Enduring Power of Attorney, no one can make decisions relating to the assets or wellbeing of a mentally incapable person until a Deputy is appointed by the Court of Protection.

A Property & Financial Affairs Deputy will usually be needed unless the mentally incapable person has no property or savings, in which case someone can become their 'appointee' to deal with their DWP benefits.

Healthcare professionals can make health and welfare decisions in the best interests of a mentally incapable person, and so a Health & Welfare Deputy is unlikely to be appointed by the Court unless the decision is difficult or complex, or someone disagrees with a course of action, or the person needs ongoing help with decisions.

To apply to be a Deputy, the Court needs a great deal of information about the mentally incapable person, to include an assessment of mental capacity, and the proposed Deputy. Once the Court has received the application, the timeframe for them to deal with it depends on a number of factors, including the workload of the Court which often experiences significant delays. The appointment of a Deputy can take from six months to a year to complete.

Signing a Lasting Power of Attorney in advance of becoming mentally incapable avoids the need to deal with the Court at all.

For more information please contact Andrea Beesley-Hewitt on 01733 888736 or Sarah Westwood on 01780 484530 or alternatively visit www.buckles-law.co.uk.

Finally...

Well, for a change, this is quite a short newsletter.

More information will follow in the next one about...

The Rutland Belle cruise – Wednesday 8 June

The annual day trip to Skegness – Monday 4 July with the Crowland group

Afternoon tea at Grimsthorpe – also in July

Art for All's exhibition – late summer

Sounds like we've got a busy summer ahead!

If I have not been out to see you lately, and you have not been able to get to one of our support groups or activities, and there is something you would like to talk about then please do not hesitate to contact me either by phone on our new office number, 01778 426756, or 07867 635611 or by email at k.marshall18@btinternet.com. I will be happy to do a home visit or meet you somewhere if that is more convenient. Otherwise, take care of yourselves and I look forward to seeing or hearing from you again very soon.