

Newsletter March 2017

Dear friends,

As I start my second newsletter of 2017, it really feels as if spring has sprung. The sun is shining, the daffodils are in full bloom and the lambs are running around in the fields behind my house. Such a lovely time of year!

Kate Marshall
Memory Health Worker



2017 started with a bang and a full house – 71 people enjoyed our **Valentine's Lunch** at the Danish Invader in February. A big thank you to everyone who contributed to making it such a brilliant afternoon. I don't think I've ever seen so many people up and dancing, and the food was delicious.

Several carers signed up to attend the **Alzheimer's Society Carers' Information Programme** in Stamford and from what I hear, they found the sessions very informative. Let's hope the Alzheimer's Society decides to run another course in our area in the near future. The more information we have, the better we are able to come to terms with and understand what the future may hold following a diagnosis of dementia.

Our **Singing Together** group is going very well. The benefits of music for all of us, not just our friends living with dementia, are well documented. It has been suggested, if we could get enough interest, that we offer two sessions a month – one in Stamford and possibly one in Bourne. If you think you might be interested then please let Kate know. What we would need before we could go any further is a musician. We have a wonderful keyboard player for Stamford but, unfortunately, she is not able to come all the way to Bourne. Do you know anyone who plays the keyboard or guitar who might want to help us? If so, please let Kate know.

The Great DSSL Sunflower Challenge

Last year, members of **Square Hole Club** started planting sunflower seeds and very soon, the project took on a life of its own and the challenge to grow the tallest plant and the biggest flower was born.

This project was great fun for everyone involved and became a focus for members and their families and friends throughout the summer. It also brought out a very competitive streak in some people!



Because SQHC members got such a lot of enjoyment out of it, we thought we would extend the challenge to everyone in our every growing DSSL family. The seeds lived up to their name, **Russian Giant**, and our tallest sunflower grew to 163 inches which is almost 14ft (not 18 as I said in my last newsletter) and the biggest flower head was 18 inches across.

We're hoping you will want to join in and maybe raise some funds as well as sunflowers. We are very grateful to **Waterside Garden Centre** in **Baston** for donating the seeds this year and to the staff at

Buckles Solicitors for inserting them into the newsletter. We are supplying you will three of these seeds and a sponsor sheet – all you have to do is plant them, nurture them and see if you can get your friends and family to sponsor the growth of your sunflower. Any amount is appreciated, but imagine how much we could raise if all our sunflowers were sponsored 50p, or even £1, a foot. Maybe you know someone else who would like to take up the challenge? If so, please let Kate know and she will supply them with their own little envelope of seeds.

We all know that getting outside in the fresh air and taking time to garden is good therapy but it was especially good last year for our SQHC members, some of whom reported the project had “reconnected them with nature” and “became a reason to get up in the morning and go outside for a while – every day, rain or shine”. It was one of those projects that gave everyone a good feeling and was a lot of fun, in so many ways. Photographs of the sunflowers were shared on the DSSL Facebook page, which is now followed by 377 friends worldwide. Some of these friends even joined in! We are hoping they will do the same this year. Please take regular photos of your “sunnies”, as they came to be known, and send them to Kate by email or bring them along to our various groups and activities so we can report progress in our newsletters, on our website and on our Facebook page. Finally, may the best man (or woman) win!!

Upcoming dates for your diary

We start off May with our retail therapy trip to **Springfields** in Spalding on Tuesday 2 May. We will meet at The Kitchen at 11am. This is where we will have lunch together. We will choose from the menu and then go on our way. We will meet up for lunch at The Kitchen about 12.30pm. After lunch there should be time to carry on shopping or have a look around the beautiful gardens before we leave around 3pm. The gardens in May are particularly colourful as the tulips are usually in full bloom when we visit. If you would like to join us please let Kate or Danie know by ringing the office on 01778 426756 or see us at one of the upcoming activities. If you need transport, let us know and I'm sure we will be able to arrange it.

Everyone is welcome to come to our monthly **Support group/coffee mornings** where you will 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, 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.

Because the 2nd Friday of April falls on Good Friday, our Stamford group will meet at Blackstones on Friday 7 April instead, Friday 12 May and Friday 9 June – the Deeping group in April falls on Easter Monday so we will meet on Monday 24 April instead, Monday 15 May and Monday 19 June – in Bourne we will meet on Wednesday 19 April, Wednesday 17 May and Wednesday 21 June. We understand that groups don't work for everyone, so if you'd like Danie or Kate to come and visit you at home, or meet you somewhere, please feel free to ring them on 01778 426756 to arrange a date. We are here to support you in whatever way works for you.

Kate Marshall ● Memory Health Care Worker

01778 426756 ● k.marshall18@btinternet.com ● www.dementiasupportsouthlincs.co.uk

In association with Evergreen Care Trust ● Registered charity number: 1162277

Images Courtesy of Microsoft Office Imagery

Buckles' legal corner



Powers of Attorney

When planning for the future we must face up to the possibility of future events which may be unwelcome. This includes the possibility of becoming unable to look after our own affairs because of physical or mental incapacity.

A Lasting Power of Attorney (LPA) is a very powerful legal document in which you (the person giving the LPA) choose someone (the Attorney) that you trust to make decisions on your behalf about your property and financial affairs or health and welfare.

An LPA must be signed at a time when you are mentally fit to do so and can only be used after it has been registered at the Office of the Public Guardian (OPG). This process can take 3 to 4 months to complete, so it is important to sign an LPA at the earliest opportunity.

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.



Our friends at [Wood Grange Care Home](#) in Bourne hold a charity themed lunch once a month when they raise money for local and national charities. They charge £5 for a three course meal and all the money goes to their chosen charity. They are also considering starting up their monthly quiz/coffee morning. If you would like to know more about what's happening at Wood Grange, [Pat Johnson](#) has offered to be out "go-between". Please ring Pat on [01778 392866](#) and she will be able to tell you more and book you in.

Alzheimer's Society's **Dementia Awareness Week** will be from [Monday 15 – Friday 21 May 2017](#). During this national awareness raising week, Dementia Support South Lincs plans to do its bit in our little corner of the world. We will have information stands at the [Stamford, Deeping and Bourne libraries](#) and we will invite anyone who wants to come along to our Deeping group on [Monday 15 May](#) and to our Bourne group on [Wednesday 17 May](#).

Our [Art for All group](#) will have an [exhibition](#) of their work on display all week at [Wake House in Bourne](#). The exhibition will be officially open on [Monday 15 May at 11am](#) and everyone is welcome to join us for a coffee/tea and of course, cake!

As they did last year, [Ali and Nicky Copland](#) are planning another [Mind, Body and Spirit event](#) at [Deepings Sports and Social Club](#) between [5-9pm on Wednesday 17 May](#). 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 numerology etc. and there will also be a grand raffle. The bar will be open at the club so you can get a drink while you're waiting! More information about this will follow at the upcoming groups. I can thoroughly recommend it – it was a great evening out for everyone last year.

Save the date

Father's Day on [Sunday 18 June](#) at [The Aslackby Village Car Rally](#) – a big thank you to one of our Square Hold Club volunteers, Norman, and his friends in Aslackby for organising this event to raise funds for our charity. More information to follow in the next newsletter but mark your calendars as it will be a great way to celebrate Father's Day. Approximately 25 "interesting vehicles" will go on the 50 mile rally around some beautiful back roads. We will meet at the church at 1pm for a cuppa and hit the road about 2pm. There will be a comfort break if needed at Cranwell and then back for a scrumptious afternoon tea to be served around 4pm at St. James the Great church in the centre of Aslackby. People will be able to view the vehicles in the Manor House paddock after the drive and, weather permitting, will be able to have a walk around the garden. If you have an "interesting vehicle" and would like to take part in the rally, or maybe you'd just like to drive it to Aslackby for us all to admire, let me know and I will let you have a registration form. We will also need to know numbers for the afternoon tea, so I will be starting on of my infamous lists very soon!

Deepings Sports and Social Club Charity Ball on [Saturday 24 June](#) – tickets are £50 each and money raised is to be shared between Dementia Support South Lincs and Peterborough Hospital Cancer Support Group. If you would like tickets please let Kate or Danie know. It promises to be a great night – over 200 tickets have already been sold and 16 of those are to our members!

While we are on the car theme, we have been invited to have an information stand and/or take a car to [The Baston Classic Car Show](#) on [Sunday 2 July](#) – more information to follow as I get it.

Finally...

I think that all that remains is for me to say thank you to everyone who comes along and supports the groups, activities, social and fundraising events we run and especially to those who help to organise them – without you, they wouldn't happen. If you like what we're doing, that would be good to know, but if there are other activities you would like to see, please tell us. Or, if what we offer is not meeting your needs, please let us know that too. We are always open to suggestions.

Looks like a busy and exciting couple of months ahead.

Kate Marshall ● Memory Health Care Worker

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