

Newsletter September/October 2015

Dear friends,

I can't believe summer is nearly over, but it must be, the members of the social committee are working on the Christmas lunch! There are lots of dates for your diary coming up so hopefully there will be something for everyone to look forward to.

Kate Marshall
Memory Health Worker

Dates for your diary

September

Support group/coffee mornings



Our coffee mornings, which are open to carers and their partners, as always, are held on the **2nd Friday** of the month in Stamford, **3rd Monday** of the month at **Deepings Community Centre**, off Godsey Lane, and **3rd Wednesday** of the month at the **Bourne Corn Exchange**. These social gatherings run from **10am-12pm** and are a great way to get to know people and learn more about our charity.

Important update

From **Friday 11 September**, the Stamford group will no longer meet at Stamford Health Clinic as the hospital has other plans for our room. Starting from **11 September** we will meet at **Blackstones Sports and Social Club, The Sports Field, Lincoln Road, Stamford, PE9 1UU**. Jayne Thomas, the Partnership Engagement Coordinator with Age UK, will be joining us to tell us about Lincoln County Council's new Wellbeing Service.

In September there will be no coffee morning or Tai Chi on Wednesday 16. The Deeping group will meet on Monday 21.

Art for All

Art for All, our arts and crafts group, will be starting up again on **Monday 14 September** and will run in 6 week blocks up until Christmas, with a week off at half term. We meet between **11am-1pm** and the group is open to carers and their partners. Whether you're an avid painter or you haven't picked up a paint brush since you were at school, you will be most welcome. Please ring Kate, or **Barbara Barker** on **01778 392895**, if you would like to know more.



Last year the group designed our charity Christmas cards but this year we will be working on a calendar, which, we hope, will make a great Christmas present. The calendars will be on sale in November.

Tai Chi

Tai Chi continues every **Wednesday afternoon** at **Wake House in Bourne**. The sessions run between **2-3pm** followed by tea and biscuits. Our instructor, Ray Pawlett, has adapted the Tai Chi movements especially for our group and it is a lot of fun, as well as being very good for balance, coordination and building up strength. Please ring Kate if you would like to come along and try it out.

St Barnabas Hospice Bereavement Group

St Barnabas Hospice has started a Bereavement Group at the Cedars Nursing Home in Bourne. The group meets weekly on Thursday mornings between 10am-12pm. If you would like more information then please ring Kate. Alternatively, you can contact St Barnabas Family Support Services on 01522 518225. The group is open to everyone, however long ago you lost a loved one.

Harvest Tea Dance

We are holding our annual Harvest Tea Dance on Wednesday 16 September at the Bourne Corn Exchange between 1-4pm; everyone is welcome to come along. A finger buffet will be served and we will be entertained by one of our favourite local groups, The Zimmers. Tickets are £7.50 each and can be booked either through Kate at any of the groups, or by phoning Janet Bird on 01778 560962. Please ring and book as soon as possible.

The Alzheimer's Society

The Alzheimer's Society is running a Carer Information and Support Programme at Wake House in Bourne starting on Thursday 17 September. There will be four sessions in total, 17 & 24 September and 1 & 8 October.

Sessions will run from 2-4.30pm and will cover topics to include:

- What is Dementia?
- How can you support and care for someone with Dementia?
- The support services available
- Planning for the future

“These sessions provide an opportunity for you to talk in a friendly and confidential environment about your experiences, and the impact they are having on you”

The Alzheimer's Society

If you are interested in attending please either talk to Kate or contact Helen at the Lincoln Alzheimer's Society on 01522 692681 or by email at lincoln@alzheimers.org.uk.

October

Support group/coffee mornings

As above, the groups will run on the 2nd Friday of the month (9 October) in Stamford at Blackstones, the 3rd Monday of the month (19 October) in Deeping at the Community Centre and the 3rd Wednesday of the month (21 October) in Bourne at the Corn Exchange. Jayne Thomas will be joining us at the groups in Deeping and Bourne.

The Mayor's Civic Dinner

We have recently been chosen by the new Mayor of Bourne as one of his charities this year. The Mayor's Civic Dinner is taking place in Bourne at the Corn Exchange on Friday 9 October. Please contact Heather Gilling on 01778 342421 if you would like to join her that night. Several members are already planning to attend.

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 further details please contact **Stephen Duffy** (01733 888879, stephen.duffy@buckles-law.co.uk).

Evergreen Care Trust Annual Charity Ball

Coming up on Saturday 10 October is the Evergreen Care Trust Annual Charity Ball at Greatham Valley Golf Club. This year, Evergreen will be celebrating its 10th anniversary! The tickets for the ball are £50 each, which I know is a lot of money, but it will be going to a very good cause. Evergreen has always been a great supporter of Dementia Support South Lincs and we would not be where we are today without their help. There are already several members going so if you would like to join the party then please ring Kate as soon as possible as the tickets are going fast.

Upcoming dates for your diary

November

Annual Quiz

Once again, Janet Bird will be taking names for our annual quiz on Friday 13 November at 7pm, for a 7.30pm start, at Deepings Sports and Social Club. Don't worry if you don't have enough people for a team, we can sort that out on the night. Tickets are £10 each to include a fish and chips supper from Linfords; the bar will be open and we will have a raffle. This is always a fun evening so please call Janet on 01778 560962 if you would like to come along.

Christmas Coffee Morning

On Wednesday 18 November we will be holding our Christmas Coffee Morning in Bourne at the Corn Exchange from 10am-12pm. As always, there will be lots of stalls selling local crafts etc. so come along and do some Christmas shopping, or just come along to enjoy the company, tea/coffee and cake. Let's hope the art group has the calendar ready in time! More information on this will follow in my next newsletter.

December

On 7 December, Neil Sands will be bringing his concert to Bourne again, this time called Christmas Memories. I will have information on this at the upcoming groups but please ring me if you would like a ticket. This is always a very popular show.

Christmas lunch

This year our Christmas lunch, open to everyone, will be at Toft Country House Hotel and Golf Club on Wednesday 16 December. The lunch costs £14.95 for two courses. Janet and Pauline will be coming along to the groups in November with a menu and tickets, but just for a little preview here are the food choices:

Main Courses

- Roast Tilton turkey with all the trimmings
- Oven baked cod loin wrapped in parma ham, served over buttered baby spinach with a wine and parsley Velouté (gluten free option)
- Roasted butternut squash, chestnut mushrooms and smoked Lincolnshire poacher cheddar puff pastry Pativier served with a mustard and chive sauce

(All main course are served with seasonal vegetables)

Desserts

- Traditional Christmas pudding
- Rhubarb cheesecake, ginger nut base and caramel ice-cream
- White chocolate and Morello cherry panna cotta with homemade shortbread

(Coffee/tea with chocolate mints to finish)

Finally...

I think that is probably enough to be going on with for now, except to say, as soon as we have the date for the Rotary Santa Fun Run we will let you know, in case you would like to take part in our Memory Box Team this year. Don't be put off by the word "run". We have renamed it the Santa Stroll!

Kate Marshall ● Memory Health Care Worker

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In association with Alzheimer's Society and Evergreen Care Trust ● Registered charity number: 1147155

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