

## Newsletter September/October 2016

Dear friends,

And the summer continues on – what we need now is a bit of rain for the poor gardens... We're never happy, are we? While I was in Washington DC the temperature reached 107°F so I'm never going to complain about the weather in England again!

I hear those who went to Grimsthorpe in July enjoyed a beautiful sunny afternoon, followed by a delicious cream team. Ray Biggs, the Estate Manager, was delighted to receive the painting done by a member of the Art for All group, based on a photograph taken last year. Well done Francis – it was a masterpiece! Thanks to the organisers and a special thanks to Ray for continuing to invite us.

*Kate Marshall*  
Memory Health Worker

### Dates for your diary

#### September



The **Support group/coffee mornings**, open to carers and their partners, continue as ever on the 2<sup>nd</sup> Friday of the month at Blackstones' Sports and Social Club in Stamford, on the 3<sup>rd</sup> Monday of the month at Deeping Community Centre and on the 3<sup>rd</sup> Wednesday of the month at Bourne Corn Exchange. All groups meet from 10am-12pm. It's a great way to get to know new people and catch up with old friends who are travelling a similar dementia journey. From time to time we have relevant speakers or fun activities but mostly these get-togethers are an opportunity to hear more about what events are coming up, share stories and benefit from a little "peer support". Most of all they are fun! Following the Bourne meeting several members now go for a pub lunch together at **The Five Bells** in **Morton**. Arrangements are made at the

coffee morning and everyone is welcome to join in. I look forward to seeing you at one of the coffee mornings soon but if you'd like me to see you at home, please call the office on 01778 426756 and I will be happy to make arrangements with you.

Our **Art for All** group has been "on holiday" during the summer but will start up again on **Monday 5 September** between 11am-1pm at **Wake House, North Street, Bourne**. Please come along and see what we do – no need to be an artist. If you'd like to know more ring **Barbara Barker** on 01778 392895.

Ray Pawlett has been running our **Tai Chi** sessions through the summer, so no start up date to tell you. We meet every **Wednesday** afternoon between 2-3pm at **Wake House** in **Bourne**. Ray has adapted the traditional tai chi sequence for people of all abilities so, if you've never tried it, come along and see what you think. The exercises can be done standing, seated or a combination of both. Research has shown that tai chi can improve our balance, coordination, stamina, breathing and sleep and who doesn't need help with at least one of those? Apart from all those benefits; it's a lot of fun. No need to book, just come along and try it.



Lots of fun was had at the Bourne coffee morning in August, when some of the members of our **Singing Together** group came along to entertain us with three of their favourite songs and to introduce us to their **Kazoo Orchestra**. If you'd like to join us for an afternoon of singing and lots of laughter, we meet at **The Danish Invader pub** in **Stamford** on the first **Thursday** of every month between 1-3pm. We would love to see you.

On Wednesday 21 September we will have our Harvest Lunch at the Bourne Corn Exchange. That means there will be NO COFFEE MORNING that day. Kim and Sue have been working very hard to make sure everything runs smoothly. They have a local band called A Wagon Load of Monkeys coming to play “barn dance” style music. Kim says “Please feel free to dress according to the barn dance theme”. There will be plenty of opportunity to join in with the dancing or, if you’d prefer, you can sit and watch the rest of us make a fool of ourselves!! A lunch of soup and sandwiches will be provided followed by tea and cake later in the afternoon. If you have any special dietary requirements, please tell us when you book your tickets. The cost of the tickets is £7.50 – this event has been subsidised by some money from Deepings Rotary Club and a private donation. Tickets can be booked at the upcoming coffee mornings, and some of you are already on the list, or you can call the office on 01778 426756 and book in. The money will be collected on the day. We will need people to help carry soup to the tables, so if you think you can help please, once again, leave us a message on 01778 426756. Looking forward to seeing you there in your cowboy hats!

## October 2016

The **Art for All** group will be putting the finishing touches to the charity calendar and getting ready for our **Now and Then Art Exhibition** where we are planning to show work from the past and present. Even if you are not a member of the group but have some works of art you would like to exhibit, we would love to have them. This will be our third exhibition and in the past we have not only had paintings but also needlework, ceramics, wood work and photography. The exhibition is open to all and will take place over the **first weekend in October** at St James’ the Great Church in Aslackby, NG34 0HG. On **Saturday 1 October** you are invited to tea and cake between 2-4.30pm and on **Sunday 2 October** you are invited to the **Aslackby Harvest Festival**. There will be the usual service at 11am followed by lunch about 12. Please contact **Kate** on the office number, 01778 426756, if you would like to book in for the Harvest Lunch otherwise call in during the afternoon and enjoy the exhibition. It will be open until 4.30pm. Our plan is to have the charity calendar ready for sale that weekend. We will also be looking for volunteers to man the exhibition and to help the village ladies with the teas on the Saturday and Sunday.

For the last several years we have been invited to the Bourne Inner Wheel Club’s Quiz and Supper Evening. This year it will be held at Bourne Darby and Joan Hall on Thursday 20 October from 6.45pm for a 7pm start. The buffet supper is always amazing! Tickets cost £10 each. We have always managed to get a team together and this year we already have some people signed up! However, we

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

Images Courtesy of Microsoft Office Imagery

## Buckles’ legal corner



### Mental capacity

Mental capacity is the ability to make a decision, whether that is a decision that affects daily life or to sign a legal document such as a Will or Power of Attorney. All adults are assumed to have capacity unless there is evidence to the contrary. A person may have capacity to make some decisions but not others.

A person is unable to make a decision if he cannot **understand** the information relevant to the decision, **retain** that information, **use** that information as a part of the process of making the decision, and **communicate** his decision.

To help the person make the decision, it is possible to:

- explain the decision in a variety of ways. What works for one person may not work for another. With our experience, and patience, we offer every person with dementia the very best opportunity to sign a Will or Power of Attorney.

- choose a location where the person feels at ease. We make home visits given that this helps someone with dementia feel more comfortable.

- choose a time of day when the person’s understanding is better.

If we arrange an appointment for what turns out to be a “bad day” then we just rearrange for another day.

- obtain the help of a family member who may be able to help with communication.

Having someone present who knows the person well can help, but this must be balanced against making sure that it is the person with dementia who is making the decision

For more information, please contact Rebekkah Cooper on 01733 888881 or Paul Belliere-Wilson on 01780 484531 or alternatively visit [www.buckles-law.co.uk](http://www.buckles-law.co.uk).

need a few more so if you'd like to join us please ring the office on 01778 426756 and leave a message. The more the merrier.

We have been asked by the [Stamford Surgeries' Patient Participation Group](#) to help them organise a dementia awareness raising event. This will form part of their education series – earlier in the year they hosted a diabetes awareness event which was attended by over 100 people! The dementia awareness event is to be held at [Borderville Sports Centre, Ryhall Road, Stamford](#) on [Wednesday 26 October](#) between 1.30-4.30pm. There will be various speakers including Steve Roberts, head of dementia services for Lincolnshire, a representative from Lincolnshire Partnership Foundation Trust who will tell us about research projects with which we may wish to become involved, we're hoping a representative from Buckles Solicitors will be available to talk about the importance of getting Wills and Powers of Attorney in place and myself and two couples from our Square Hole Club will be talking briefly about the importance of staying involved and active following a diagnosis of dementia. It promises to be a very interesting afternoon. It will open to local professionals, carers and people affected by dementia. For those people living with dementia who wish, there will be a separate room manned by our own Diane, Joy and Wayne providing some fun activities. Of course, tea and cake will be served! The afternoon will close with a short tai chi session lead by Ray Pawlett. As soon as I receive more information and posters I will have them available at upcoming events, but in the meantime, mark your calendars, please.

### Upcoming dates for your diary

On [Friday 11 November](#) we have our own annual [Quiz and Fish and Chip Night](#) at [Deepings Sports and Social Club](#) – 7pm for a 7.30pm start. Tickets are £10 each. This is always a sold out event so if you'd like to come along please ring the office and get your name on the list or tell me/Danie at the upcoming activities.



This year our [Christmas Fayre](#) is a little later than usual. It will be held, as always, at [Bourne Corn Exchange](#) on [Wednesday 30 November](#) between 10am-12pm. If you'd like to help us on the day we would love to have you. Once again, Sue is doing a brilliant job signing up local crafters to come and sell their wares. It's a great place to do some Christmas shopping. Please ring or talk to us at upcoming events if you are able to help. Thanks in advance.

Last, but not least, the [Christmas Lunch](#) – by popular demand we are returning to the [Toft House Hotel and Golf Club](#) on [Wednesday 14 December](#). Last year we filled the function with 80 of our members. If you'd like to join us please get your name on the list at one of the upcoming events or ring the office. As before, Janet will be coming to the coffee mornings in the autumn with tickets and to collect the money. More details to follow in the next newsletter.

### Finally...

Well, I think that is about all for the time being except to say that since my last newsletter four of our wonderful trustees have, for various reasons, stepped down. I would like to thank them personally for all the hard work they have done over the last five years to get our charity up and running and to have kept it moving in the right direction. We had hoped to give them a big send off at the last Bourne group but three of them were unable to make it. Don't think we will let you get away so easily – Kim, Heather, Trish and Pat – we are working on a way to get everyone together to thank you properly, just not sure how and when yet! Luckily they have all said that, even though they are no longer going to be trustees, they are still going to be involved and ready to help out when and where they can. If there is anyone else out there who is thinking they might like to step into their shoes, we will welcome you with open arms.

I'll look forward to seeing you again soon, Kate.