

## Newsletter July/August 2015

Dear friends,

Time to send out my newsletter again – I'm writing this on the eve of the longest day, it's pouring with rain and quite chilly and I'm wondering when summer will actually get going. If it doesn't hurry up, summer will be over before it has even started!

Not long now until we join Margaret Taylor's group on their annual pilgrimage to Skegness. We are very well represented this year with 15 of our members signed up. It has got to be summer by then – please!

*Kate Marshall*  
Memory Health Worker

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### Dates for your diary

#### July

##### Support group/coffee mornings



As always these will run on the **2nd Friday** of the month at **Stamford Health Clinic** on Ryhall Road, **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** but please feel free to call in any time. From time to time we have an activity, entertainment or a speaker but primarily it is a chance for people to get together with others on the same journey. I am always at the coffee mornings and look forward to seeing you there.

Please try to come along to the **Deeping group on Monday 20 July**. Sue Harris, one of the marketing managers from **Wiltshire Farm Foods** will be joining us and she will bring us some samples to try. It will be a chance to find out more about this meal delivery company that we all hear so much about.

##### Art for All

At the end of June we will be coming to the end of this terms Art for All sessions. Classes start again on **Monday 14 September** and will run until **19 October**. We will have a week off for half term and then start again on **Monday 2 November**, ending on the **7 December**. One of the projects the group will be working on is a DSSL calendar. We plan to have it ready for sale at our Christmas coffee morning in November.

##### Tai Chi

Tai Chi continues weekly on **Wednesday** at **Wake House** between **2-3pm**. If you haven't tried it yet, come along and have a go. Ray Pawlett, our instructor, has adapted the classic tai chi moves to suit our group. We'd love to see you. Tea and biscuits are served at the end of the class (of course).

**Evergreen Care Trust** in Stamford is one of our biggest supporters. We would not be where we are today without Evergreen. This year their **Vintage Afternoon Tea** will be on **Friday 3 July** between **2-4pm** at the **Evergreen offices** on the Stamford Hospital site. If you're in Stamford that



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

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afternoon, you might like to call in. All of the proceeds from the tea and the Bring & Buy sale will go to Evergreen Care Trust.

## August

We have a few things coming up in August – we have been chosen as one of the two charities to be supported by **Deepings Raft Race** this year. The race takes place on **Sunday 2 August**. We will have an information stand which we need to man all day and are looking for volunteers to take a two hour slot. Please let me know if you can help on **01778 440153 / 07867 635611** or by email at [k.marshall18@btinternet.com](mailto:k.marshall18@btinternet.com). I've told the Raft Race Committee that we will have about eight volunteers on the day.

It's all happening that weekend in Deeping because on the same **Sunday, 2 August**, **David Spencer** of the **Royal Antediluvian Order of Buffaloes**, who has also chosen Dementia Support South Lincs to support in his year of office, will be having a **hog roast in Deeping**. If you are interested in attending please let me know.

At **2pm on Tuesday 11 August**, **Neil Sands** and his two lovely ladies, will be performing again at **Bourne Corn Exchange**. This show is all new and called '**Here Comes Summer**'. I have ordered 20 tickets so please ring me as soon as possible if you would like to join us.

## Upcoming dates for your diary...

On **Wednesday 16 September** there will be no coffee morning as we will be holding our **Harvest Tea Dance**. We are very grateful to the social committee who have been working behind the scenes booking the **Corn Exchange**, arranging the food and getting **The Zimmers** to come along and entertain us. There will be more about this event in my next newsletter but makes sure you save the date in your diary. You won't want to miss it!

## A message from our Trustees...

Those of you who attended our annual general meeting in May might recall that our trustees asked for your consent to change the 'backroom administration' of Dementia Support South Lincs. We have also mentioned this intention in previous newsletters. The trustees are pleased to report that the Charities Commission has now registered these changes. Rest assured that as far as you are all concerned it will be 'business as usual'. It was just the boring paperwork that needed updating. **Representatives of the trustees** will be at the **Bourne meeting on 19 August** to tell you more about it.

## Buckles' legal corner

### Where there's a Will...

It is estimated that around 70% of the adult population do not have a Will. Without a Will the law decides who will inherit your estate, who will look after any minor children, and who will administer your estate. Making a Will allows you to make all of these decisions yourself, as well as:

- Providing for an unmarried partner, step-children, friends or charities who are NOT provided for by the general law;
- Ensuring that your estate will be administered as quickly as possible;
- Protecting your estate for future generations be that from inheritance tax or care home fees;
- Protecting your estate from the unnecessary payment of Inheritance Tax or Care Home Fees

If you already have a Will, and your circumstances have changed, then you should update your Will. Life events such as births, deaths, marriages, divorce, retirement and buying or selling a house can all impact on the value of your estate and the way you wish to leave it. We recommend reviewing your will every few years to ensure it reflects your intentions and look at how any changes may affect it.

Future events may result in you becoming unable to make decisions for yourself due to physical or mental incapacity, whether brought on by an accident, illness or old age. A Lasting Power of Attorney can help in these situations by giving someone else the authority to make decisions on your behalf. A Lasting Power of Attorney can be made in relation to your 'Property & Financial Affairs' and 'Health & Welfare'.

Please contact **Stephen Duffy** (01733 888879, [stephen.duffy@buckles-law.co.uk](mailto:stephen.duffy@buckles-law.co.uk)) for more assistance.



## Finally...

If I haven't been out to see you recently and you would like to have a home visit please let me know and I will be happy to arrange a date. Otherwise, I look forward to seeing you at one of the groups or activities or, of course, you can always contact me by phone, text or email.

If your circumstances have changed and you would like to come off our mailing list at any time, please let me know.

**Happy summer!**

*Kate Marshall*  
Memory Health Worker