

Newsletter Summer 2017

Dear friends,

Summer has definitely arrived and I think we've had some of the best summer days ever this year. Luckily one of them fell on the day we spent cruising on the Rutland Belle. It definitely could have been a bit cooler for the Aslackby "Driving away Dementia" car rally but I think it was better to have too much sun than a rainy day! We also had a balmy evening for the Deepings Sports and Social Club annual charity ball – so much hard work goes on behind the scenes to make events like this run smoothly. We are very grateful to everyone involved with these three summer events, not least because the car rally raised **£1,200** and the ball raised **£5,000** for our charity, and great fun was had by all! Without financial support like this we would not be able to run all the groups, activities and social events our members have come to rely on, as we receive no statutory funding. There are too many people to thank individually but you know who you are.

I've received lots of photos of your sunflowers and I can't believe how tall some of them have grown. If you're able, have a look at our Sunflower Challenge Facebook page and you'll see some beautiful specimens that are over 10ft already! Please keep sending them in. The Sunflower Challenge awards will be presented on the 14th September when you will also be able to hand in your sponsor forms and any donations you may have collected. Keep watering!

Kate Marshall
Memory Health Worker

Support groups/coffee mornings



We run monthly support group/coffee mornings in The Deepings, Stamford and Bourne. These groups are open to carers, their partners living with dementia and former carers. Everyone affected by dementia is welcome. They are a great opportunity to hear more about upcoming activities and events, meet up with old friends and make some new ones. Danie Crawley and I facilitate the groups with the help of our trusty volunteers.

We meet between 10am–12pm on the 2nd Friday of the month at Blackstones' Sports and Social Club, 28 Lincoln Road, Stamford PE9 1UU; the 3rd Monday of the month at Deeping Community Centre, 2 Douglas Road, Market Deeping PE6 8PA; and on the 3rd Wednesday of the month at Bourne Corn Exchange, Abbey Road, Bourne PE10 9EF (park at the back in the market car park). The dates for the upcoming groups are:

- Blackstones' Sports and Social Club: 11 Aug / 8 Sept / 13 Oct
- Deeping Community Centre: 21 Aug / 18 Sept / 16 Oct
- Bourne Corn Exchange: 16 Aug / 18 Oct

The Alzheimer's Society in Lincoln is putting on another series of Carer Information sessions in Bourne. These sessions are for carers whose partners have been diagnosed in the last couple of years. They will run over four weeks at Wake House on Tuesday 1st, 8th, 15th and 21st August between 2–4.30pm and will cover types of dementia, communication, legal issues, benefits etc. Please contact Rowena or Helen at the Alzheimer's Society on 01522 692681 if you'd like more information and to book on the course.

**Alzheimer's
Society** | **Leading the
fight against
dementia**

Art for All

Our weekly art group, lead by Barbara Barker, will be shutting down for the summer. We will start again on Monday 11 September. The members will have a busy autumn planning our tree for the Methodist Church Christmas Tree Festival and working on the 2018 Dementia Support South Lincs calendar. We have some exciting news for next year's Dementia Awareness Week – this year we held a very successful art exhibition at Wake House but in 2018 we have been offered the gallery at Stamford Arts Centre! Filling the space will be a challenge for the group but we know we will be able to rise to it. More information about this great opportunity to follow in the new year.

Singing Together

Our Singing Together group has been meeting at The Danish Invader, Empingham Road, Stamford, PE9 2SX on the first Thursday of every month since January 2015 and it has gone from strength to strength. Please don't be put off by thinking you can't sing so it won't be for you – everyone can enjoy music, whatever the stage of their dementia. Come along and try it, I guarantee you will leave with a smile on your face.



Tai Chi

Ray Pawlett, a former British Tai Chi champion, has been involved with our charity for many years now and has adapted some of the tai chi sequences for people of "all abilities". Ray leads sessions for us every Wednesday afternoon between 2–3pm at Wake House, 41 North Street, Bourne PE10 9AE. Tai Chi helps with balance, coordination, improves strength and aids relaxation. The exercises can be done standing, seated or a combination of both, so why not come along and give it a try.

Upcoming dates for your diary

Christmas Fayre

This year we will hold our Christmas Fayre on Saturday 4 November at Bourne Corn Exchange between 10am–3pm. This is another opportunity to meet up with friends for coffee and cake but also to do a bit of Christmas shopping. This year there will be several new stall holders and, of course, some of your old favourites. We are also hoping some members of Bourne's Tuneless Choir will join us to sing some seasonal songs and carols. Once again, a big thank you to everyone who has been working so hard behind the scenes. Hope to see you all there.

Harvest lunch

Following the Christmas Fayre will be our annual Harvest Lunch, which sounds a bit out of order, but it's true! As always, it will be held at Bourne Corn Exchange and everyone is welcome. The cost will

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 **Paul Belliere-Wilson** on **01780 484531** or alternatively visit www.buckles-law.co.uk.



be £7.50 each. We hope you will be able to join us on Wednesday 20 September at 12.30pm for this very enjoyable afternoon with music provided by The Fruitcake Band. Don't forget to wear your dancing shoes! Because of this lunch, THERE WILL BE NO BOURNE COFFEE MORNING ON 20TH SEPTEMBER. Please see Kate or Danie at the upcoming groups or activities to put your name on the list or ring the office on 01778 426756 no later than 11th September.

Dementia
Support
South
Lincs



HARVEST LUNCH

Wednesday 20th September 2017

12.00 - 3.30 pm

Bourne Corn Exchange

Dancing to Fruitcake Band – Country Music

Tickets - £7.50 each

(contact Kate or Danie via office number 01778 426756)

**PLEASE NOTE THERE WILL BE NO COFFEE
MORNING ON THIS DATE**

Christmas lunch, SAVE THE DATE

It seems crazy talking about Christmas in the middle of a heat wave, but the social committee has already booked our Christmas lunch at Toft Hotel on Wednesday 13 December. There will be more information to follow on this in the next newsletter and we are also already thinking about this year's Burghley Santa Fun Run on Sunday 10 December. We have taken part in this annual Rotary fundraiser for probably the last five years. This year will be no exception but we will be "running" in memory of one of our dear friends, Trish Lord, who we sadly lost so suddenly earlier in the year. We will always remember her love of "bling" so this year we will run not only in our Santa suits, but also with as much "bling" as we can muster, including tiaras! Again, more information to follow in the next newsletter.

Finally...

Danie Crawley and I are here to support you in whatever way works for you and your partner. We understand that coming to groups, activities or social events doesn't work for everyone so please feel free to ring 01778 426756 or email k.marshall18@btinternet.com any time and we can talk to you on the phone, arrange to do a home visit or meet up with you somewhere else. We are here to help, even if that just means listening. Hope to see you soon.

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

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