

Newsletter November/December 2015

Dear friends,

Well, it's that time of year again – Christmas is almost here! We have been working very hard on the upcoming social events and hopefully, there will be something for everyone to enjoy during the run up to Christmas and in the New Year.

I'd like to say a big thank you to everyone involved in putting on our Harvest Tea Dance and to all of you who supported the event. From what I hear, and from the photos taken on the day, it seems a great time was had by all. Heather and I were not able to be there because we were in London at the Alzheimer's Society Dementia Friendly Awards. You can read about our day in Pat Johnson's newsletter, enclosed here with mine.

Kate Marshall
Memory Health Worker

Dates for your diary

November

Support group/coffee mornings

The coffee mornings, open to carers and their partners, will take place this month on **Friday 13** at **Blackstones' Sports and Social Club** in **Stamford** and on **Monday 16** at **Deeping Community Centre** with a visit from **Allison Gray**, Dementia Specialist Nurse at **Peterborough Hospital**. These social gatherings run from **10am-12pm** and are a great way to get to know people and learn more about our charity.

Art for All

Our Art for All group, which meets on **Monday mornings** at **Wake House** in **Bourne**, has been working on a calendar which will be on sale for **£5** each at the **Christmas Fayre**; I will also have some available to buy at the coffee mornings. If you would like to know more about the art group please ring **Barbara Barker** on **01778 392895**.



Tai Chi

Tai Chi continues to go from strength to strength at **Wake House** every **Wednesday** afternoon between **2-3pm**. If you'd like to know more please ring me on **01778 440153**.

Fish and Chips Quiz Night

On **Friday 13 November** we have our annual **fish and chips quiz night** at **Deepings Sports and Social Club**. Tickets are **£10** each and can be booked with **Janet Bird** on **01778 560962**. **Deepings Rotary** will be holding a quiz on **Saturday 14 November**. For more information about this please ring **Mary Martin** on **01778 343927**.

Christmas Fayre

On **Wednesday 18 November** at the **Bourne Corn Exchange** we will have our **Christmas Fayre and Coffee Morning**, from **10am-12pm**. There will be lots of stalls selling local arts and crafts – a great opportunity to do a bit of Christmas shopping. Tickets for our **Grand Christmas Raffle** will be on sale too. We have some wonderful prizes this year including a beautiful hand made quilt donated by the **Hi Jack Quilters** of **Deeping** and afternoon tea for two at **The Angel Hotel** in **Bourne**. Offers of cake to sell are welcome. Please contact **Sue Blessett** on **01778 590312**.

Kate Marshall ● Memory Health Care Worker

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

Images Courtesy of Microsoft Office Imagery

December

Support group/coffee mornings

In December, these will take place on Friday 11 December in Stamford and on Monday 21 December in Deeping. If you're free, please do join us for coffee and seasonal refreshments.

Neil Sands' Christmas Memories Concert

I have booked 25 tickets for Neil Sands' Christmas Memories Concert at Bourne Corn Exchange on Monday 7 December at 2pm. Please ring me on 01778 440153 if you would like to join us. The tickets are £10 each.

Sweet Chiming Christmas Bells Concert

On Saturday 12 December at 11.30am the Greenwood West Gallery Choir will be putting on a free concert, for our members only, at Aslackby St James Church, the first Dementia Friendly Church in the county. The concert is called "Sweet Chiming Christmas Bells" and it will be followed by seasonal refreshments. For more information and to book tickets please contact me on 01778 440153.

Burghley Santa Fun Run

On Sunday 13 December we will again be taking part in the Burghley Santa Fun Run. Please don't be put off by the word 'run'. We all go at our own pace and, so far, none of our team has ever run! Our team is called "Memory Box" and if you'd like to join us, we'd love to have your company. You will need to enter via the website www.stamfordsantafunrun.com, click on 'Enter the event' and then 'Register'. Enter your details to create your profile. Check the details are correct and then register. On the next screen you will enter the team name "Memory Box". If you don't enter the team name you won't be included in the DSSL listing. The cost is £14 for adults and £7 for children. This covers the costs of staging the event and your Santa suit and also contributes to the Rotary Charity of the year. Any additional sponsorship you raise comes straight to our charity. If you would like to take part but do not have access to the internet please contact Trish Lord by telephone on 01778 347624 or email her at trishlord@btinternet.com and she will be able to help. We will have information and sponsorship forms at the Christmas Fayre.

FYI – Your Santa suit can be collected from Borderville Sports Centre, Ryhall Road, Stamford PE9 1US between 5-12 December. The opening times are as follows: Mon-Fri from 2-4pm and Saturday & Sunday from 10am-1pm.

Buckles' legal corner



What does 'next of kin' mean?

The phrase 'next of kin' can be used in a variety of situations, but most commonly it arises when talking about someone's medical treatment or care. In these situations, it is a common belief that someone's closest relative is their 'next of kin', and will have some authority or power when it comes to making decisions about that person's treatment or care. Unfortunately, this is not the case at all. The phrase 'next of kin' does not mean anything in law or come with any legal powers.

The actual position is that health and care professionals such as doctors and social workers can make decisions about a mentally incapable person's medical treatment and care. In making these decisions, the health and care professionals should consult with those people who are close to the person concerned (whether close relatives who most people would call 'next of kin', or someone nominated by the person concerned), so that they can be involved in the decision-making process. That said, the final decision rests with the health and care professionals involved.

However, there is a way to appoint someone to make medical and care decisions on your behalf in the event of future mental incapacity. This is known as a Health & Welfare Lasting Power of Attorney (LPA), which needs to be signed whilst you are still able to make the decision to do so, and so planning ahead is important.

For our guide to creating a Lasting Power of Attorney, please visit our website at www.buckles-law.co.uk or call Paul Belliere-Wilson on 01780 484531.

Christmas Lunch

This year's Christmas Lunch, which is open to everyone, will be at Toft Country House Hotel and Golf Club on Wednesday 16 December. Waitrose in Stamford would like to sponsor some of the cost of the meal. We will be one of their charities in November so please remember to put your green tokens in our slot. Although we do not know how much the donation will be, the committee has decided that we can reduce the cost of the Christmas lunch from £14.95 to £10 each!

For those of you who have already paid, we will reimburse you when we see you. If you would like to book your place then please ring Janet Bird on 01778 560962 before the 25 November. The Grand Christmas Raffle will be drawn after the meal.

To note...

As well as our newsletters we are also enclosing a book of five tickets for our Grand Christmas Raffle. Please don't feel you have to buy them but those of you who are not able to get to our various get-togethers have in the past said you felt you missed out on the chance to take part. You can hand in the counterfoils and the money at any of the groups, Art for All, or Tai Chi, or send them to Heather Gilling at 28 Westfield Way, Langtoft, Peterborough PE6 9RH, before 14 December.

If you would like more tickets for your family and friends then please ring Heather on 01778 342421. Alternatively, I will have some at the group meetings.

Some exciting news...

Drumroll please... We will soon have our own office!

We have decided to share a room at Wake House in Bourne with the Stamford Carer Sitter Service. This will enable Danie Crawley and me to work more closely together and for Danie, in time, to take on more responsibilities. Unfortunately we will have to change our telephone number, but for the time being calls will be redirected by BT from our 01778 440153 number. As soon as we have the office set up we will let everyone know and you will be welcome to visit us.

Finally...

Well, I can't believe this is my last newsletter of 2015. As we go into 2016 there will be 'more of the same' with the coffee mornings and the social events, but also some new things.

We are establishing a support group just for carers. This is something we have talked about for some time and carers have told me they would like the opportunity to talk more openly without their partners, about the challenges they face. I am hoping to start the monthly group in February at the Cedars Nursing Home in Bourne. More information will follow in the New Year. If, in the meantime, you would like a home visit or you have something you wish to talk about and you are not able to come to any of the groups, please contact me by telephone on 01778 440153 or email me at k.marshall18@btinternet.com so a date can be arranged.

It feels very early to be saying this, but here goes, Merry Christmas and all best wishes for a very happy and healthy New Year, Kate.