

Newsletter January 2018



Dear friends,

Reading back through my last newsletter of 2017 I'm finding it hard to believe how much we packed into the last few weeks of the year. There was the Christmas Fayre, our annual Fish & Chip Quiz night, the Burghley Santa Fun Run, The Grand Christmas Raffle and the delicious Christmas lunch at the Toft Country House Hotel – not to mention our regular coffee mornings, tai chi, art for all and singing together groups. One way or another we managed to have lots of fun while raising quite a lot of money to enable us to continue to run Dementia Support South Lincs. A big thank you to everyone who came along and enjoyed these events and to all the people who helped to run them. We are very grateful for your continued support.

Kate Marshall
Memory Health Worker

Dates for your diary

So, moving on to 2018. The **support group/coffee mornings** continue to run as usual 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 – all of whom understand the challenges that living with dementia can sometimes bring. 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 upcoming groups are as follows:



❖ Stamford:	12 Jan 09 Feb 09 Mar 13 Apr
❖ Deeping:	15 Jan 19 Feb 19 Mar 16 Apr
❖ Bourne:	18 Jan 21 Feb 21 Mar 18 Apr

There has been a lot in the press recently about the benefits of singing. Our **Singing Together** sessions take place at **The Danish Invader, Empingham Road, Stamford PE9 2SX** on the first Thursday of every month from 1–3pm. These sessions have been running for over two years now and really are a lot of fun. I challenge anyone to leave the pub without a smile on their face. Again, everyone is welcome to come along whether you think you can sing or not!

Members of our **Art for All** group are busy getting ready for their next exhibition at **Stamford Arts Centre** during **Dementia Awareness Week (14–21 May)**. More information will follow in the next newsletter but in brief; we will be trying to run the art group, tai chi and singing together at the Arts Centre that week. We are also thinking of holding a shortened session of **Square Hole Club** and a daytime and evening **Dementia Friends** session. This will be a great opportunity to raise awareness in Stamford. The **Art for All** group meets at **Wake House in Bourne** every **Monday morning** between 11am–1pm.

Upcoming dates for your diary

Many of you will know that we share an office, and actually several members, with **Carer Sitter Service**. **CSS** provides a free "sitting" service for carers, allowing them time to go to appointments, continue hobbies or simply to have a bit of time to themselves, away from their caring role. They will be having a **coffee morning** between 10–12pm at **Wake House in Bourne** on **Tuesday 6 February** and everyone is welcome. If you'd like to know about **CSS** please ring **Marjorie** or **Carolyn** on **01778 420257** or come along to their coffee morning next month.

Our next big social event will be the **Valentine's Day lunch** on **Monday 12 February** at **The Danish Invader**. Please don't arrive before 12.30pm; carriages will be at 3.30pm. A buffet lunch will be served followed by 50s & 60s music and dancing. Please ring the office on **01778 426756** to book.

Kate Marshall ● Dementia Specialist

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Images Courtesy of Microsoft Office Imagery

We are very grateful to Chris, the manager, who will be funding the whole event for us – that is to say, not charging us for hiring the function room or the buffet. Some members have said they would like to make a donation which is, of course, completely voluntary, but we will collect donations from those who wish to make them and they will be shared equally between DSSL and a charity chosen by Chris and his staff. We hope you will all be happy with this decision. There will also be a raffle, the proceeds from which will go to DSSL. Hope to see you there.

Back by popular demand, we will be organising another **retail therapy** trip to **Springfields** in **Spalding** on **Tuesday 8 May**. This is a great time of year to visit Springfields, not only for the shopping and the pub lunch, but the tulips are usually at their best! Please ring the office on **01778 426756** if you would like to join us again this year. Please don't be put off if you don't have transport because we will car pool. Everyone is welcome.

The social committee is busy working on other events, all of which will be revealed as the year unfolds and more info will be following in the upcoming newsletters, but one more firm date to put in your diary is **Sunday 17 June** for the second annual **Aslackby Car Rally**. Last year's rally was a huge success and our friends in Aslackby are hoping to make it even bigger and better this year.

We are also working on a **summer garden party** and our annual **afternoon tea** at **Grimsthorpe Castle**... Sounds like a busy few months!

Finally...

For those who haven't had the pleasure of meeting her yet, I'd like to introduce you to our new Dementia Support Worker, **Sharon Scott**. Sharon came on board at the very end of last year and she has already become an asset to our team. We are very lucky to have found her. She has a great deal of experience in health and social care, recently working for Lincolnshire Partnership Foundation Trust and Alzheimer's Society. She brings with her up to date knowledge of dementia care in South Lincolnshire but more importantly, a warm and caring personality and a ready smile. We will see how well she dances at the Valentine's Day lunch! Welcome aboard Sharon.

Sharon, Danie and I hope to see you at one of the above groups or social events but we understand that groups aren't for everyone so, if you would like one of us to visit you at home, please ring the office and we will be happy to arrange it. We are here to support you in whatever way works for you. In the meantime, I think all that remains to be said, for the time being anyway, is best wishes for a very happy and most importantly, a healthy 2018.

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.