

## Dear friends,

Here we are now almost six months into “lockdown” – who would have believed it? How long will it go on – that is a question we would all like to be able to answer. We want to get started on the “new normal” but now, being able to do that safely, just doesn’t seem possible. The trustees, Danie, Sharon and I have been meeting regularly via Zoom and discuss ways to restart the support and activities we have all come to rely on and enjoy, but, at the moment, we feel we have to hold tight.

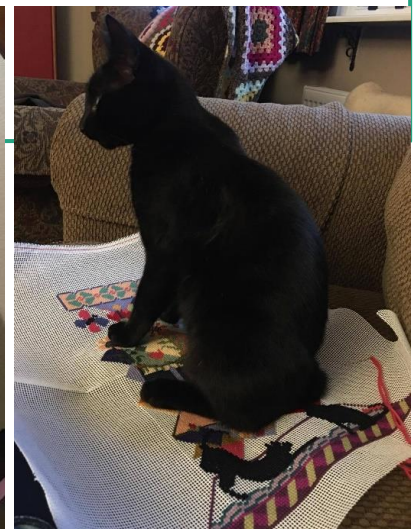
We will be following government guidelines and as soon as there is a change, you will be the first to know. In the meantime, we will continue with the phone calls, our website, Facebook and will always be available by email or text.

So, what have you been up to since we last met? I have my parents staying with me, remember, they just escaped from London the day before lockdown. Not being able to go out-out has meant I’ve been able to get out into my garden most days. For the first time, I’ve been here to water my tomatoes and cucumbers and what a difference it has made. I’ve been feeling very pleased with myself that I have grown cucumbers that look like the ones you get at the market, but they taste so much better. I took up the sunflower challenge too and my four sunflowers have grown to about 10 feet (in old money). Unfortunately, Hurricane Ellen is now blowing a gale and they might not be standing by the end of the day.

I know we have missed out on so many lovely things we had planned over the last few months and the next few, but we must stay positive. The Harvest Lunch will not go ahead in September, we almost certainly won’t be able to have the fish and chip quiz in October, the Christmas Fayre is off in November, but we are holding out hope for December. We won’t be able to have our usual Christmas lunch together, but we are hatching a plan to go to Waterside for a Christmas afternoon tea – Covid-secure of course. In the meantime, stay safe and know that you are always in our thoughts and prayers.

Kate Marshall  
**Dementia Specialist**

We thought it would be nice to share some pictures of our pets for you to enjoy. If you would like to share any photos of your pets or what you’ve been up to during lockdown email it to us at [info@dementiasupportsouthlincs.co.uk](mailto:info@dementiasupportsouthlincs.co.uk) and we will include it in our next newsletter and/or on our Facebook page.



Hi All

So another couple of months have gone by since our last newsletter and, unfortunately, I'm still crossing out the events in my diary that we've had to cancel or put on the back-burner. My social calendar is having the same treatment and, typically, it was rather full this year. On the plus side, pretty much everything I had planned has been rearranged for next year so, not wanting to wish my life away, I'm looking forward to 2021! Kate, Danie and I are thinking constantly about how we can all safely get back together again. Hopefully, with the ease on restrictions and the opening up of venues, there may be a glimmer of hope but, for now, we feel this isn't something we're able to comfortably do. There are several ideas of running some of our groups in different ways, but we ultimately must follow Government guidelines. We'll get there!!

Danie and I are still doing the ring-around phone calls which I hope are of some benefit – even if it's the peace and quiet when the call has finished for those unfortunate souls on my list! Don't forget you don't have to wait for me to call if you want to speak to me. Please ring my mobile 07904 740110 if you'd like to chat as we're still working from home.

Many months ago, we met with our friends at Sortified with an idea for a project they had called 'Positive Conversations'. Sortified is a Bourne-based organisation that creates and produces projects to help with social and economic outcomes for people and communities.) After lots of careful planning to get the project started, both by Sortied and ourselves, everything was thrown



in the air and had to be redesigned after the beginning of lockdown. Eventually, Positive Conversations was run through a closed Facebook page and contained, amongst other things, a series of videos from Clinical Psychologist Dr Ally Tomlins giving hints, tips, and exercises to help carers to have positive conversations. The project concluded with a webinar called 'Having Conversations When Dementia Is Around' with Dr Ally and our members had an opportunity to ask her questions (A webinar is an online event which is shown to a select group of people.) If you have access to the internet, the webinar is available on You Tube. Once on the You Tube page, search 'Sortified Positive Conversations Webinar' and click on the blue box with 'Sortified' written in it – it's definitely worth watching if you're able to. Many thanks to those lovely ladies who volunteered and took part in this project – it would not have been half as beneficial as it was without your input into the discussions.

All the very best.

Sharon Scott  
**Dementia Support Worker**

To save you all having to look at another picture of me in this Newsletter, here is a picture of my gorgeous dog Norbit who's having a whale of time flying his ears in the sea breeze at a recent trip to the coast.

A few months have passed by again since our last newsletter but it's hard to believe it's nearly 6 months since we last saw you.

With our events currently cancelled, we'll be back bigger and better next year and make up for all the ones we missed this year. Sharon, Kate, and I are in regular contact and we're thinking of you all and when we might be able to resume. We miss you and when regulations allow us, we look forward to catching up with you all again.

My social calendar has also taken a knock this year with a planned trip to Portugal not happening now and more importantly, neither is my Honeymoon to the Caribbean. Never mind, I'm sure we'll get to go next year but for now, I'll just have to look in my wardrobe at all the lovely holiday clothes I bought.

My Husband has gone back to work after 4 and a half months off. The house feels a little bit emptier with him not here all day, but it means that Hugo the dog can be up on the sofa as much as he likes!!

Nathan and I took Hugo to Bradgate Park on the outskirts of Leicester at the beginning of August. If you have never been, I thoroughly recommend!! It is beautiful with ruins of a church, Yeomanry war memorial and a Deer park. The Deer roam free and are very friendly, they come very close to you. No petting aloud though!

Sharon and I have been making regular phone calls to you and it has been lovely chatting with you all and putting the world to rights. I've heard so many wonderful things that you've been up to, with social distanced walks, family gatherings (all social distanced of course!). Although the Coronavirus has made this year a very scary and strange time for us all, you have been amazing throughout with your positivity.

Please feel free to call me anytime (07539243563) if you need a chat, I'm here to help.

Keep an eye on our Facebook page for regular updates, pictures, and news. Thank you for all your voting so far in the Deepings Business Awards. Last year we were runners up in the Charity of the Year and Community Champions, we've been nominated again this year. So, a big THANK YOU again!

Take Care

Danie Reeves  
**Dementia Support Worker**





Finally...

We will continue with our phone calls, emails, texts, and Facebook but please feel free to contact us, even if it is just for a chat, on the numbers below:

Stay safe everyone, Kate, Danie and Sharon xxx

**Danie: 07539 243563**

**Sharon: 07904 740100**

**Kate: 07876 635611**

We are always looking for volunteers and trustees who may like to take a slightly more active role behind the scenes or on the front line with Dementia Support South Lincs. The Trustees usually meet once a month at the Cedars Care Home in Bourne, or at the moment via zoom. We are always looking for volunteers to help at events and activities and support our members. If you would like any more information or know someone that would be interested, please get in contact.