

Dear friends,

If someone had told us last Christmas what we would be doing this year, we wouldn't have believed it, would we? Life has changed beyond what anyone could possibly have imagined, and it certainly doesn't feel as if we are out of the woods yet. One thing the last eight months has taught me is how important it is to stay in touch with our family and friends. For some of us, technology has helped but that is not the case for everyone. We hope that our phone calls, emails, and newsletters have gone a little way to keeping your spirits up.

In the last newsletter I told you a little bit about my parents staying with me during lockdown - well, a decision has been made that they won't be going back to London. These two town mice will be country mice from now on! A very big change for them, especially when they have lived in London their whole lives. I always thought I had quite a good understanding of what it was like to take care of someone living with dementia, having worked in the field since 1995. Well, now I really know what it is like to support someone 24 hours a day, every day. I am full of admiration for all you dedicated, hardworking carers. Doesn't the old saying go something like "You need to walk a mile in someone's shoes....."

Now I'm going to share a little secret with you. For a very, very long time - in fact since we moved back to England, we have wanted to buy the other half of our house. Well, without wishing to jinx everything, it looks like it is going to become a reality. This week my neighbour and I have signed contracts, so we are a big step closer to more than doubling the size of my house and garden, both of which need a lot of work as no-one has lived there for five years - but I'm up for the challenge. More to follow next newsletter.

I'm going to leave Danie and Sharon to tell you all about our plans to very slowly and cautiously restart a couple of our activities, so long as the government guidelines don't change again before Christmas. It seems weird to be saying this as the sun is streaming through the window and it's only the end of October, but I don't suppose we will be sending out another newsletter before the end of this very strange year, but here's wishing you all health and happiness as we move in to 2021 with everything crossed.

Kate Marshall  
**Dementia Specialist**

### Upcoming Social Events: Christmas Lunch

Thursday 17<sup>th</sup> December  
Waterside Garden Centre

It will be on a first come, first serve basis. Please call 01778 426756 to book

Hi All,

Bang, flash, wallop and there goes another couple of months since our last Newsletter. Sitting down and thinking about what to write in my piece for the newsletters have been a little tricky of late but, I have to say, it has been most welcome this time. I'm in the middle of constructing flat-packed bedroom furniture and I'm not sure if my back or my knees hurt more but I have to say that whoever invented the electric screwdriver is my hero!

Unfortunately, the only thing that has changed over the last couple of months is the weather but, thankfully, there is a small glimmer of hope on the horizon for those of you that used to come along to [Art for All](#), [Tai Chi](#) and [Stamford Coffee morning](#). With the help of a National Lottery Covid-19 grant, we have been lucky enough to receive, we are tentatively re-starting these groups again - albeit in a different way. They will be run adhering to Government guidelines and Danie and I will work hard to eliminate as many risks as we can so you feel safe and at ease when attending. However, please don't all rush at once as places are only open (for now) to those people who regularly attended the group pre-lockdown and will be run with strict limited numbers. Please note that we will be unable to provide lifts to and from the sessions. If you're interested in returning to any of these groups then please book a place by leaving a message on the office voicemail and I will return your call or contact Danie or I direct and we will talk you through how the groups will be run. To ensure we can correctly socially distance everyone, **please do not just turn up** - this is paramount to keeping everybody safe and, hopefully, moving forward. Unfortunately, if your name's not down then you're not coming in!! As of yet, there are no plans to restart Deeping and Bourne coffee mornings, singing or Square Hole Club.

A further piece of good news is that we have arranged a [Christmas Lunch](#) at Waterside Garden Centre but I'll let Danie tell you all about this since she's the Support Worker in charge of the Social Committee. As well as an opportunity to get together and eat Christmas lunch it will also be a chance to try your luck on the raffle as I'm sure you're all having raffle withdrawal symptoms by now!

Just to remind you what we look like here's the last photo the three of us had taken together. Not sure if we're the Three Wise Monkeys, the Three Amigos or Witches of Eastwick - I'll leave that for you to decide but if it's the latter bagsy I'm Michelle Pfeiffer!!

Well, back to the construction of first now I've sat down and had and/or Christmas lunch - it won't direction.

All the best

Sharon Scott  
**Dementia Support Worker**



Since our last newsletter landed on your doorstep, what's been happening? September brought new and exciting things in our household, no before you all get excited, I'm not pregnant!! Hahaha!

Nathan and I have booked a few nights away in December in Hebdon Bridge for our 1<sup>st</sup> Wedding Anniversary. It's a converted barn with a log fire and a Hot Tub too! It's hard to believe in a month's time, we'll have been married a year! All things being well and no more spikes in the virus, we hope to be there exploring Hebdon Bridge and the surrounding area with Hugo. He loves a good walk and with all new places, come so many new smells! As the nights draw in and the fluffy jumpers and coal fires return, I've rediscovered my slow cooker! Dug out and dusted off my slow cooker recipe book and I'm loving it!! After a long day, it's lovely to come home to a house smelling of beautiful roast dinners, lasagne's and even pudding's which are ready to eat. That's what winter is for right?!

November marks a year ago since I went on my Hen Do and although I don't wish to bore you with all the details, this year, one of my Bridesmaids and I, were hoping to go Portugal and have a Hen Do Round 2! This basically means, go to a spa, chill out and drink lots of Sangria whilst getting a Tan or in my case burning and looking like a Lobster! But that's on the back burner for now. Portugal, I'll see you in September 2021!

So what's instore for this month?! Personally, it means lots of crisp mornings walking the dog and wrapping up warm in thousands of layers! You will be pleased to know, we'll be resuming some of our activities, not all but some. **It will be on a phone call booking basis only!** This is due to the restrictions currently in place by the Government. [Art For All](#) and [Tai Chi](#) are the two activities resuming for now, unfortunately Singing Together group won't be starting for some time, until Boris tells us otherwise ☺ These two groups are currently open to those people who attended these activities pre-Covid. If you wish to attend, please call the office phone **01778 426756**. I'm sure at the beginning of lockdown, we told you that Sharon and I had divided your information up between us? Well, we have now swapped! So for those of you who have been speaking to Sharon, you'll now be speaking to me; we thought we'd mix it up a bit for you so you didn't get too bored of hearing our voices!

Sharon and I have been to Waterside Garden Centre quite a few times now and have visited their restaurant nearly every week since September. They have been so good to us and have provided us their events room at the back of the restaurant for our coffee. They have now released their Christmas Lunch Menu! Yum yum!! It will consist of a main and a pudding.

Thursday 17<sup>th</sup> December at Midday is our Christmas Lunch, so put it in your diaries and please call us on **01778 426756**. **It will be on a first come, first serve basis**, due to the social distancing rules. This also means we are not able to provide lifts to and from and includes any of the activities we will be running. Apologies, but I'm sure if you would like to attend, Call Connect or local taxi firms may be able to help you. We will inform you of the menu once you have reserved your place and we will keep a record of chosen meals. So lots of things for you to think about but don't wait too long if you wish to be on the attendance list, please call us on **01778 426756**.

Take care of yourselves, wrap up warm and we hope to see you all very soon.

Danie Reeves  
**Dementia Support Worker**

Christmas Tree Picture taken last year at the Christmas Tree Festival in Bourne. Decorations made at our very own Art For All Group



## Finally...

Some members of our Square Hole Club have been sharing some jokes (good and mostly bad!) on a WhatsApp group we set up and we thought we would share some of them with you:

A man was going bald so he had rabbits tattooed on his head. From a distance they looked like hares.

Two parrots were stood on a perch. One turns to the other and asks "Can you smell something fishy?"

Have you ever tried archery blindfolded? You don't know what you're missing.

What kind of classical music do vegetables like? Anything by a string courgette.

What blood group does a bad speller have? Typo

What did the fish say when it swam into the wall? "Dam"

What do you call a garden centre with more than one entrance? Variegated.

How do you make a water bed more bouncy? Add spring water.

When does a bad joke turn into a 'Dad' joke? When the punchline become apparent.

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.

t: 01778 426756

e:

w: [dementiasupportsouthlincs.co.uk](http://dementiasupportsouthlincs.co.uk)

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*Live life to the full*

I asked the guy at the garage why it used to be 10p to put air in your tyres and now it's £1. He shrugged and said "inflation".

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 Reeves: 07539 243563

Sharon Scott: 07904 740110

Kate Marshall: 07876 635611