

Dear friends,

Since my last paragraph in the DSSL newsletter, there have been several changes here at The Elms. I just reread the last newsletter where I was telling you my parents would not be going back to London and that a long-held dream of mine was starting to come true – I was well on the way to buying the house next door. The sad news first: my mum came to the end of her very long dementia journey on the 21st January. She was still here at home with us, tucked up in her bed in the kitchen. Understandably, my dad took a turn for the worse having lost his sidekick, but I'm pleased to be able to say he is bouncing back and last week, on that lovely warm day, he was out on his mobility scooter. Now for the good news: on 23rd December I got the keys to the house next door. Since then, we have filled four giant skips and turned the house into a building site. Planning consent was granted in March so we can now start bringing together the two houses and gardens. It's been a long time coming I feel very lucky that my dream has come true. Now for another dream – that Danie, Sharon and I can finally start planning getting back together with all of you. As you would expect, we have lots of ideas but we still have to follow government guidelines, but it certainly feels closer than ever!

Kate Marshall
Dementia Specialist

Just a little something to make you smile 😊
Love Sharon x



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Live life to the full

Hi All

We've had it all since our last newsletter way back in November. There have been floods, snow, gusty winds and sunny days but spring is here and who's not enjoying getting their washing dried outside - or is that just me letting you know how incredibly sad I am?!

From the telephone conversations Danie and I have been having with you the COVID-19 vaccines have been rolled out well and the majority of you have had your first one. Apart from the reassurance of being well on your way towards being protected it seems a lot of you also enjoyed getting out of the house and some of you even went across the border into other counties - what a big day out that was!

So, what have I been up to since our last instalment? Pretty much like everyone else - not very much! I am thankful for the internet and being able to share my lockdown haircut with all my online meeting buddies. If you're on Facebook then you'll know this has been another lifeline. If you are, don't forget to 'like' the Dementia Support South Lincs page so you can see our posts and find out when we're beginning to reopen our activities. As to when that might be I'm afraid the answer for now is 'how long's a piece of string'. If you feel you could use a little extra help with improving your IT skills then Age UK Lincolnshire currently runs a Strengthening Connections project. Unfortunately, this project is due to finish at the end of this month but it is hoped another project, with a similar focus, will take its place. If you're interested in finding out more about improving and widening your IT skills on your device at home then please Google Age UK Lincoln & South Lincolnshire or call them on 03455 564144.

You might also be interested to know that our very own Ray from Tai Chi is running, amongst other things, a monthly free zoom session which can be found through Ki-Ways on Facebook. Give Ray a 'like' and have a look and see what you think - I'm sure you'll get the Tai Chi bug and we'd love for you to join us at Wake House for our weekly Tai Chi sessions when we can get going again. Alternatively, have a look at his website at www.ki-ways.com. Personally, I hope it's not too much longer as I'm getting as stiff as a board without it!

Lastly, a couple of newsletters ago, I mentioned about the 'Positive Conversations' project we did with Sortified CIC in Bourne. Don't forget to check that out which you'll find via Google or You Tube - it's a very good piece and made with input from some of our lovely members.

Apologies to those of you not on the internet but if you'd like further information on any of the things, I've mentioned above then please just give one of us a ring and we'll happily go through it with you.

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Hi Everyone!

Lots has been happening since our newsletter back in November so before I forget Merry Christmas and Happy New Year! Hope you're all still keeping to your New Years' Resolutions??

It's nice to see now that the clocks have gone forward that we've had some nice weather, let's hope that it continues and we can get outside for warmer walks! With that being said, I have been walking a lot with my dog Hugo and he hasn't been overly impressed that we keep going on the same walk, he is itching to get back into the field and run around like a mad thing! He's been a great support since Covid 19 began, he's also now very needy and cries when I leave the room which he never did before. I think I'll have to start going out every so often on my own and see if there is any destruction when I return!

If any of you are online, I highly recommend looking at Foxdale Equine Assisted Learning Centre, based over in Oasby, Lincolnshire. They have a Facebook page and regularly post pictures of their beautiful horses. For those of you who do not know about Foxdale they are an independent charity and create a fantastic environment in the fields, being at one with nature and their beloved horses. We have worked with Foxdale for probably 5 years maybe more, we have visited their centre and spend some lovely hours surrounded by the fantastic team and wonderful horses. If you are not online and would like some more information, please get in touch.

There is lots of exciting things going on behind the scenes and in our next newsletter all will be revealed! Finger's crossed that it isn't too long until we can all get back to together. I know we keep saying that but with lots of you having the vaccinations and the world opening up a little more each month, let's hope it isn't too long.

Sorry, there isn't too much to tell you. I think like everyone myself and Nathan are just plodding along enjoying walks with Hugo and probably 10 trips a day to the fridge! There isn't much else going on!

Keep smiling, keep safe and we miss you all lots and look forward to speaking to you with the phone calls Sharon and I continue to do. However, if you want to speak to us about anything, don't hesitate to give us a call.

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