

Dear friends,

Can you believe we are already almost at the end of 2021 – and what a year it has been! Let's hope we never have another one like it.

As the world begins to open up we are starting to get lots of new referrals so it's been lovely meeting up again with members, old and new. Talking on the telephone, texting or even seeing people's faces on Zoom, can't beat getting together and sharing a coffee and of course, a biscuit or two. Because of family commitments I haven't been able to get all the groups yet, and I've missed seeing you all as much as you've all missed seeing each other. When I have been able to get out to a coffee morning it's been a joy walking in to a room full of chatter and, best of all, laughter. Someone once said "laughter is the best medicine" and I certainly agree!

Work on my house continues but I'm having a bit of a rest from builders now that downstairs is almost finished. I got the keys on December 23<sup>rd</sup> 2020 so, even though it is still a work in progress, there have certainly been a lot of changes in less than a year – we have so much more room now. It's taking the cats a while to get used to the changes and the new ways in and out of the house. My dad jokingly says he needs a sat nav on his walker to help him to get from room to room!

My daughter has decided she is getting married next summer and wants to have the reception in my garden. As most of you know, I love gardening so I've spent quite a lot of time thinking about what will be in flower on 2<sup>nd</sup> June. I'm still digging up brambles and more weeds than you can shake a stick at but, I'm under pressure now to get the garden ready for the big day. There's nothing like a deadline to keep you motivated, is there? 2<sup>nd</sup> June is the first day of the Queen's Jubilee Bank Holiday and plans are afoot to put on our own DSSL celebration that week. Something to look forward to next summer. As I'm typing this morning, summer feels a very long way away with the temperature below freezing – brrrrrrr!

Just before I close I have one more thing to talk about. Since starting our charity in 2011 we have been fortunate to have a small group of dedicated trustees who have helped the charity to grow into what it is today and from which we all benefit. Over the years, for different reasons, trustees have come and gone and at the moment our numbers are quite low. At the end of this newsletter you will see a "cry for help". If you have a little bit of interest or you know someone who might, please let us know. Danie, Sharon and I, or one of our wonderful trustees, would love to get together with you to tell you a bit more. Talking to us or even enjoying a coffee together will not mean you are in any way committed, but we really do need a couple more people. You have our numbers. I'll leave Danie and Sharon to carry on now but here's wishing you all the best for Christmas and a happy and healthy New Year. Kate xxx



Hi All

The last newsletter of 2021 already – where has the year gone?! It's been so good to have been able to get all, but one, of our groups back up and running over the year. The telephone calls over lockdown were better than not talking to you at all but nothing beats us all coming together to share time, chat and tea and biscuits. It's also been lovely to see so many new members joining us, making new friends and becoming a part of the DSSL family.

## **Art for All**

Monday, 20 December will be the last session of Art for All before we close for our Christmas break and will resume again on Monday, 10 January from 11:00 to 13:00 in Wake House, Bourne. If one of your new year's resolutions is to get out and about more and to try something new then please ring the office if you're interested in attending – 01778 426756. There's no need to be artistic (Danie and I definitely aren't!) just come along and explore your creativity!

## **Tai Chi**

The last session of Tai Chi will be on Wednesday, 22 December and will resume on Wednesday, 5 January. This group is currently full and we are unable to take any new members. If you're interested in this group then we'll be more than happy to put you on the waiting list.

## **Stamford Coffee and Chat**

So far the new day of the third Tuesday of every month hasn't put anybody off attending so we will continue with this at Blackstones Sports and Social Club from 10:00 to 12:00. The dates are set out below so get them entered on your calendar to make sure you don't miss them (assuming you're not waiting for Santa to bring you a 2022 calendar!) . Blackstones are only letting us book their club a few months in advance (instead of the whole year as we have previously done). December and January meetings have both been put in their diary so there's no problem for those two but, if for some reason, we are unable to book Blackstones for 18 February then we will, of course, let you know.

At the December meeting, we're bringing back the Christmas quiz but it'll be light-hearted so don't worry about filling your days with revision and I'm sure there'll be a festive treat or two to eat while you're thinking. The raffle will also be running so, if you have a little something you can bring as a prize, then that'll be really appreciated. Christmas jumpers are optional!

The dates for the Stamford Coffee and Chat are: 21 December, 18 January and 15 February.

## **Deeping Coffee and Chat**

There is still no plan to restart the Deeping Coffee morning but please come along to the Coffee and Chat in Stamford and/or Bourne – they're both friendly groups plus Danie and I will be there so there's at least two faces that you'll know.

## **Friendship Tea by Stamford Churches Together and Evergreen Care Trust**

There will be no Friendship Tea in December but will restart on Tuesday, 25 January from 14:00 to 15:30 at The Well, Barn Hill Methodist Church in Stamford. This is run on the last Tuesday of every month by Stamford Churches Together and Evergreen Care Trust. Danie and I will be attending on alternating months with Danie being at the January meeting.

## **Christmas Closing**

The office will be closed for Christmas from 17:00 on Wednesday, 22 December and we will reopen on Wednesday, 5 January at 9:00. Danie, Kate and I will have our mobiles switched off during this time but please leave a message if it can wait until we reopen. Please don't all rush to call us at 9:00 on the 5<sup>th</sup> though as we'll, hopefully, still be in sugar haze of mince pies and stollen!

Up until the 22 December, Danie and I are available on our mobiles if you need us, or just fancy a chat, and we will ring you back if you get our voicemail. Our numbers are:

Danie – 07539 243563 / Sharon – 07904 740110.

All the very best for the season.

Sharon xx



Hi Everyone!

Hope you are all well and looking forward to Christmas gatherings. Have you put up your tree up yet or decorations? We haven't done ours yet, Nathan isn't overly keen on putting them up until we've had our Wedding Anniversary, can you believe it's been two years!!? So, I'm slowly bringing in the Christmas decorations ever so subtly!

The weather has certainly changed since we last wrote to you and I've now noticed I need lots layers when walking the dog first thing in the morning. I walked one morning and it was 3.5 degrees!! That's a bit fresh for my liking but doggo had to walk and I certainly felt good once I'd come back. A nice hot chocolate to warm me up when I got back definitely hit the spot!

### **Bourne Coffee Morning**

It's been lovely to see you all returning to the Coffee Morning, for those of you who haven't been yet it's a lovely group at the Bourne Corn Exchange on the 3<sup>rd</sup> Wednesday of the month. Our last Bourne Coffee Morning for the year will be on the 15<sup>th</sup> December and runs from 10am to Midday.

Bourne Coffee Morning returns in the New Year with the following dates:

19<sup>th</sup> January, 16<sup>th</sup> February and the 16<sup>th</sup> March 2022.

At the Coffee Morning in January we will be having some visitors from Lincolnshire Partnership Foundation Trust coming to talk to the group regarding Young on-set Dementia, the use of digital help for Older Adults, Clinical Pathways in Mental Health for Older People and Frailty Services and finally a Short – Term Intervention Ward. The ladies visiting would like to hear your views or comments on the above topics and hope to help shape the service they currently have. If you can make it, we look forward to seeing you.

### **Singing Together**

First of all, I'd just like to thank Marion for giving us 6 wonderful years of playing the keyboard for our Singing Together group. Marion has decided to step down as our pianist due to other group commitments, we wish her all the very best and don't be a stranger! Come back and visit us anytime.

Singing Together will continue to run as normal January with maybe a few surprises planned for next year but we'll keep you guessing for a little while longer!

Danish Invader are incredibly kind to us, we have never had to pay for venue hire or use of their urns and mugs. The hospitality trade has been hit quite hard during the pandemic and we feel as a way to give back to the Danish Invader Team, it is only fair we buy a drink from them. You can order Teas,

Coffees or soft drinks (or beers!!), Whatever takes your fancy! But whatever you decide to drink, I promise we'll bring the biscuits!

Singing Together will continue to meet at the Danish Invader on the first Thursday every month 1pm-3pm. Our last date before Christmas is the 2nd December. We will return in the New Year with Singing Together from the 6<sup>th</sup> January 2022, 3<sup>rd</sup> February and 3<sup>rd</sup> March 2022.

## **Valentine's Dance**

Now that social restrictions have lifted, we are happy to announce that the Valentine's Dance is back!!! The Valentine's Dance will be held at the Danish Invader on Friday 11<sup>th</sup> February 2022 from 1.30-4.30pm. The Danish Invader are kindly providing the food and the music for this event and we are incredibly grateful. If you have any dietary requirements, please let us know at the time of booking and we will be happy to accommodate you.

Tickets are £5 per ticket and you can get your name on the list at any one of our regular groups; if you are unable to attend our groups, please call 01778 426756 to book your place. Payment of tickets is needed prior to the event.

We look forward to dancing the afternoon away with you all.

That's all for me to tell you about at the moment. I look forward to seeing you all over the festive period but if I don't manage to, I wish you a wonderful Christmas and a very Happy New Year.

Danie xxx





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**Do you have a few hours to spare each month? Would you like to be part of a friendly team making a real difference to people affected by dementia? If so, we'd love you to join our band of Trustees!**

We are looking for new Trustees to join our existing team. We are a small, friendly bunch, seeking other members of the public to join us on a voluntary basis. By becoming a Trustee, you will be part of a caring team which drives the continuation and improvement of the charity forward. The Trustees meet once a month on a Tuesday morning in Bourne to discuss and make decisions about the previous month's activities as well as future projects, financial matters, policies and procedures. Some knowledge of dementia would be useful but is by no means essential - we are really just looking for people who would like to get involved with this wonderful charity - working as a team discussing and making decisions on current and future projects, in a truly sociable atmosphere.

Dementia Support South Lincs is a local independent charity that supports people living with dementia in Bourne, Stamford, The Deepings and surrounding villages. This small charity began back in 2011 and has grown from strength to strength, helping more and more families all the time. We run monthly coffee mornings in Stamford and Bourne, a Singing for All group and weekly Art for All and Tai Chi sessions, where we encourage members to share experiences, offer friendship and provide an opportunity to support each other. We also arrange regular social events including a Valentine's Dance, Summer Garden Party and various seasonal lunches throughout the year enabling members to come together from our various groups, let their hair down and make new memories.

Dementia Support South Lincs' ground-breaking USP is the Square Hole Club, which is a twice monthly day club for people with early onset dementia (under 65s) and/or those in the early stages. These days are filled with themed and stimulating activities enjoyed by all members whilst allowing their carers to take a much-needed break.

Our Dementia Support Workers also offer home visits and telephone support giving guidance and advice throughout their journey, and produce a quarterly newsletter for over 200 families in the local community.

**We hope that the above has inspired you to find out more! We'd love to hear from you if you'd like to get involved or have any questions.**

**Please contact Dementia Support South Lincs at:**

[info@dementiasupportsouthlincs.co.uk](mailto:info@dementiasupportsouthlincs.co.uk)