

*From Kate:*

Dear friends,

10 years ago this month - May 2012 - Dementia Support South Lincs became a registered charity. Since January 2011 our charity has been supporting thousands of people living with dementia the best way we can. We have run hundreds of support groups, coffee mornings, therapeutic activities like tai chi, art, singing and even line dancing! We have organised social events, education events, coach trips and art exhibitions. We have attended conferences, become Dementia Champions and lead hundreds of Dementia Friends sessions making Bourne one of the first Dementia Friendly communities and Aslackby St James the first Dementia Friendly church in Lincolnshire. We started Square Hole Club for our early onset/early stage members in June 2013 and apart from during Covid, we have met twice a month ever since. And how many raffles do you think we've had? We should all give ourselves a big pat on the back!

None of this would have been possible without our trustees and our volunteers. We would like to take this opportunity to thank everyone who has helped us achieve this very important milestone - a decade of helping local people live as well as possible following their dementia diagnosis. Monday 16th May is the first day of Dementia Action Week and we have been invited to talk at a Dementia Awareness Event in Stamford about what "living well after diagnosis" means to our members. What would you say?

Some people think our little charity is part of a national charity like Alzheimer's Society or Dementia UK, and we receive money from them to run our groups, but no, we are completely independent. We apply for grants in our own right and organise our own fundraising events and we would like to thank everyone who has supported us over the years. To this end we are always looking for volunteers. If you would like to help us at one of our events, please get in touch. They are always a lot of fun. A few hours at one of our events would make a big difference - our summer garden party on June 30th in Edenham, the Harvest Lunch in Bourne on

27th September or our Christmas Fayre in Bourne (date to be confirmed).

Another way we raise money is through the lottery run by South Kesteven District Council. This raises us a vital couple of thousand pounds a year and you could win £25,000 every month. If you'd like to sign up, please follow the link.

<https://www.lotterysk.co.uk/support/dementia-support-south-lincs>

We are still working on our new transport project and thank you to members who have suggested local taxi drivers. We hope to have something in place in the near future.

What have I been up to? Well, we're moving ever closer to my daughter's wedding here in my garden on 2nd June so I'm working hard to get the garden as sorted as possible by then. As I write this morning it is finally raining for which I am very grateful – goodness knows what my water bill is going to be having had to water a very large area of turf for the last month or so – but I can't let it turn brown now!

Many of you know my dad lives with me and last week we celebrated his 99th birthday – not bad going for someone who was thought he might only make the proverbial “three score years and ten”. On Thursday he's off to his third veterans' garden party at Buckingham Palace – more about that next time and about my own little garden party at home.

One last thing to tell you about: our friends at Aslackby are organising their annual Driving Away June which is Fathers' Day. Over the years Aslackby have raised about £8,000 for what they call “classic or interesting cars” around the beautiful Lincolnshire lanes. You can enjoy a walk around a The Manor garden, a delicious afternoon tea. The cost of the penny raised comes directly to DSSL. Please enjoy this afternoon with us. There is a toilet in the church. Please ring the office on 01778 426756.



Don't forget to get in touch if you'd like to help out at one of our events or if you have any ideas for fundraising. We're always open to suggestions.

Looking forward to seeing you again soon, Kate x



*From Sharon:*

Hi All

And it's May already. Not sure where the months are going but it is so much nicer to see the sun (on most days!) and enjoy the longer evenings. As usual, you're all keeping Danie and I busy and it's great to see so many of you attending our various groups.

Our art and Tai Chi classes remain at full capacity but, if you would like to join us, then please let us know and we can put you on our waiting list. Due to the change of date for the Spring Bank Holiday for the Platinum Jubilee the art class on Monday, 30 May will run as usual.

**Stamford Coffee and Chat** runs on the third Tuesday of every month from Blackstones Sports and Social Club from 10:00 to 12:00 and the dates for the next few sessions are:

17 May, 21 June, 19 July and 16 August. We look forward to seeing you there!

**Deeping Coffee and Chat.** Good news!! Deeping coffee and chat is due to restart at the Deeping Community Centre and will run on the first Tuesday of every month from 1:30 pm to 3:30 pm – please note the change of date and time for those of you who previously attended this group. It will be good to see new and familiar faces and we are pleased to have all our groups now back up and running.

The dates for the next few sessions are: 7 June, 5 July and 2 August.

**Evergreen Care Trust's Friendship Tea:** The Friendship tea run by Evergreen Care Trust is having a relaunch and change of venue. The group will now be held at the Stamford Free Church, Kesteven Road, Stamford but the date of the last Tuesday of every month and time of 2 pm to 3.30 pm remains the same. There is plenty of parking and will, hopefully, be a good opportunity to get together for a chat over a cup of tea/coffee and piece of cake with members from Evergreen and the Stamford Churches. As before, Danie and I will be taking it in turns to



attend each session so you'll know at least one person there so come along and give it a try!

The dates for the next meetings are: 24 May, 28 June, 26 July and 30 August.



**Evergreen care trust**  
*promoting healthy ageing*

**RELAUNCH  
MAY 2022**

## Friendship tea

All welcome

**Stamford Free Church**  
**Kesteven Road, Stamford PE9 1SU**

**Last Tuesday of the month**  
**2pm till 3.30pm**

**Tea, cake and friendship**

For more information contact: 01780 765900  
office@evergreencare.org.uk

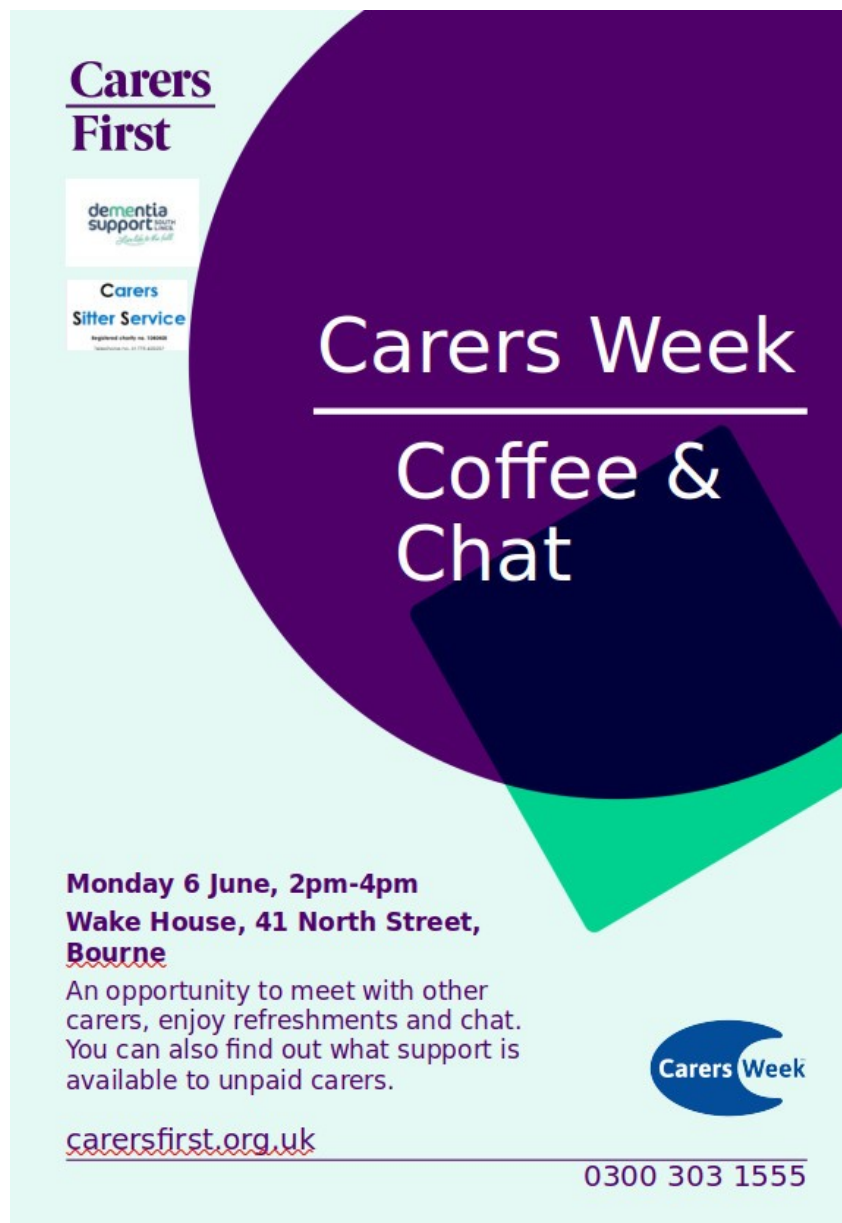
Working with local churches and

**dementia  
support SOUTH  
LINCS.**  
*Live life to the full*

Kate Marshall Dementia Specialist – 0787635611  
Danie Reeves Support Worker – 07539243563  
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t: 01778 426756 e: info@dementiasupportsouthlincs.co.uk  
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Registered Charity Number: 1162277

*Live life to the full*

Carers Week begins on Monday, 6 June and we have joined up with CarersFirst and the Carers Sitter Service to hold a couple of events to give us all an opportunity to get together to celebrate and appreciate all you unpaid carers. We will all be at Wake House, Bourne on Monday, 6 June from 2 pm to 4 pm



The poster features a large purple circle on the right side with the text 'Carers Week' and 'Coffee & Chat' inside. To the left of the circle, there are logos for 'Carers First', 'dementia support SOUTH LINCS.', and 'Carers Sitter Service'. Below the logos, the event details are listed: 'Monday 6 June, 2pm-4pm', 'Wake House, 41 North Street, Bourne', and a description: 'An opportunity to meet with other carers, enjoy refreshments and chat. You can also find out what support is available to unpaid carers.' At the bottom left, the website 'carersfirst.org.uk' is listed, and at the bottom right, the phone number '0300 303 1555' is provided. A 'Carers Week' logo is also present in the bottom right corner.

**Carers First**

dementia support SOUTH LINCS.

Carers Sitter Service

## Carers Week

### Coffee & Chat

**Monday 6 June, 2pm-4pm**  
**Wake House, 41 North Street, Bourne**

An opportunity to meet with other carers, enjoy refreshments and chat. You can also find out what support is available to unpaid carers.

[carersfirst.org.uk](http://carersfirst.org.uk)

0300 303 1555

Carers Week

Deeping Community Centre Carers Week Coffee and Chat is on Friday, 10 June from 11 am to 1 pm. We would love for you to come along and join us for tea/coffee and cake. No need to book, just turn up.

A poster for Carers Week Coffee & Chat. The background is light blue with a large purple circle on the right. Inside the circle, the text 'Carers Week' is written in white, followed by 'Coffee & Chat' in a larger white font. To the left of the circle, there are logos for 'Carers First', 'dementia support SOUTH LINCS.', and 'Carers Sitter Service'. Below the logos, the event details are listed: 'Friday 10 June, 11am-1pm', 'Deepings Community Centre, 2 Douglas Road, Market Deeping', and a description: 'An opportunity to meet with other carers, enjoy refreshments and chat. You can also find out what support is available to unpaid carers.' At the bottom left, the website 'carersfirst.org.uk' is listed, and at the bottom right, the phone number '0300 303 1555' is provided. A 'Carers Week' logo is also present in the bottom right corner of the poster.

**Carers First**

dementia support SOUTH LINCS.

Carers Sitter Service

**Carers Week**

**Coffee & Chat**

**Friday 10 June, 11am-1pm**  
**Deepings Community Centre, 2 Douglas Road, Market Deeping**

An opportunity to meet with other carers, enjoy refreshments and chat. You can also find out what support is available to unpaid carers.

[carersfirst.org.uk](http://carersfirst.org.uk)

**0300 303 1555**

**Carers Week**

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Registered Charity Number: 1162277

*Live life to the full*

Carers Coping Toolkit Project. Thanks to a very kind donation from Alan Boswell Insurance Advisors Ltd, Peterborough we will be running another Carers Coping Toolkit project. The original project was funded by a successful bid from the NHS way back in 2019 and all the carers who attended found it really useful and enjoyed a bit of time for themselves out of their day. The Alan Boswell funded project was due to start back in March 2020 but, unfortunately, lock-down hit and we had to cancel. Thankfully, everything is now back in place and due to start on Friday, 17 June and will run every Friday morning for six weeks. Each session will be an introduction to a range of activities; including Tai Chi, relaxation and meditation to name just three. These sessions will provide the carer some well-deserved timeout whilst learning techniques which are proven to reduce tension and improve relaxation. A 'tool' will be provided from each workshop to enable the activity to be carried out at home. All we ask is that you're willing and able to commit to most, if not all, of the sessions.

If needed, alongside these sessions, there is a separate activity group for the cared-for which will be planned and run by me and Danie. However, as you can appreciate, we do need to consider the needs of each cared-for person to ensure we have a compatible group but we will do our best to ensure you're able to attend. As always, afterwards, we will all come together and enjoy the obligatory cup of tea and biscuits!

Places for the workshop are limited, particularly for the cared-for group, so please book your space by ringing the office on 01778 426 756 or speaking to Danie or myself. There will be another Carers Coping Toolkit project, also funded by Alan Boswell Insurance Advisors, run later in the year if June and July is not a good time for you.

That's all from me for now. All the best.

Sharon xx



*From Danie:*

Hi everyone.

Hope you are all well! It seems ages since we've done a newsletter but it really isn't! This year is flying by already and we're starting to have some lovely weather, which always cheers me up!

### **Bourne Coffee Morning**

Bourne Coffee Morning has become increasingly busy over the past few months and it's lovely to see but as we continue to increase in numbers, we continue to play around with the layout to make sure we can all see each other, talk to each other as well as move around if necessary; so please bear with us whilst we do this but we also value your opinion. If the layout we've created doesn't work or feel right please tell us as it's important we make it work for everyone.

We continue to meet at the Bourne Corn Exchange from 10.00 to 12.00 and the next few sessions for the Bourne Coffee Morning are: 15th June, 20th July, 17th August. We hope to see you there!

### **Singing Together**

Singing Together continues to grow from strength to strength! We are now quite a big group and meet in the Function Room at the Danish Invader on the 1st Thursday of the Month, 1-3pm. A Big Thank You to Linda and Kenny from the Tuneless Choir who without them, we couldn't run the group! The song choices, the props and all-round fun that they bring to the group, is fantastic and we hope you agree!

Please note there is no Singing Together on the 2nd June! – this is due to Queen's Jubilee. Singing will return on the 7th July, followed by 4th August and 1st September.

### **Social Events**

In the last newsletter, I wrote a little bit about the Garden Party being held on the 1st June, unfortunately, we've had to rearrange the Garden Party to the 30th June. The Garden Party will start at 13.00-16.00 and will be held at Edenham Village Hall. The event promises to be a fun

filled afternoon, with outdoor games and Afternoon Tea provided by the Catering Crew.

Bookings are now being taken and tickets are priced at £10 per person, book your place early to avoid disappointment, as this event usually sells out quite quickly. Please call the office to book your place on 01778 426756 or you can see us at one of our groups.



Since our last newsletter, we have had our Fish and Chip Quiz! I'm pleased to say we raised a lot of money; I am waiting on a final figure which I will share with you as soon as I have it. One figure I do know, is the amazing people who were at the event, raised £243 on the Raffle alone! A big thank you to the Social Committee, the volunteers who played a massive part and without them, we wouldn't have had such a successful event! A big thank you to The Boundary for providing lovely Fish and Chips for 74 people! And finally, to Deeping Sports and Social Club for allowing us to use their venue and to the staff who supported us on the night. A huge thank you to everyone involved.

We have lots of social events in the pipeline for this year including a Harvest lunch, Retail Therapy Day and much more however, we will keep things under wraps for now and build up the suspense! We'll let you know when these events are available to book, in future newsletters.

## **Office Closure**

Please note that we will be closed on the 2nd and 3rd June for the Queen's Platinum Jubilee Bank Holidays, therefore we will close on Wednesday 1st June end of business day and then we will re-open on Monday 6th June. We will respond to emails and phone calls on Monday 6th June.

I think that's it from me for now. Take care and enjoy the beautiful weather and I'll see you all soon.

Danie xx