

Dear friends,

Looking back at my piece in our last newsletter this morning, I can't quite believe how much has happened since May!

My dad should have been going to a Buckingham Palace garden party for veterans, but sadly wasn't quite well enough to make it, my daughter's wedding came and went, Aslackby held the Driving away Dementia car rally (I think for the fifth time) and eighteen of us danced the night away at the Deepings Charity Ball.

As usual the car rally was a huge success. Thank goodness it was a lovely day and members old and new turned up to see the cars, to have a walk around a couple of the Aslackby gardens and of course, enjoy a yummy afternoon tea together in the sunshine. A big thank you to everyone who supported this annual event and to our friends in Aslackby who made it happen. £1,800 was raised for our charity.

What can I say about the Deepings Charity Ball? Let's start with a big thank you to everyone who donated prizes for the tombola. We did manage to get just over the 100 in the end and it took a few afternoons to wrap them all up in cellophane to make them look pretty. Another thank you to our tombola volunteers who not only collected them, bought them, wrapped them, stored them but then came to the ball and helped to sell the tickets. What a DSSL team effort! In total, the ball raised £3,600 for our charity.

Our charity has to rely on donations like this to make all the wonderful things we do, happen, from our monthly coffee mornings, our therapeutic activities like art, tai chi and singing and our social events like the summer garden party – not to mention paying our wonderful dementia support workers, without whom nothing would be possible. While I'm in "thanking mode" let's also mention all those who support us with monthly donations. If you or one of your family members would like to support us in this way you can download the form from our website [www.dementiasupportsouthlincs.co.uk](http://www.dementiasupportsouthlincs.co.uk) or we will have some of them at our upcoming coffee mornings. Remember, every little helps.

This leads me on to another thank you – Sharon has now left us but she will always be with us in our hearts. She spent a wonderful four and a half years working with our charity for which we are most grateful. However, moving onwards, as we have to, Danie and I have been interviewing candidates and we are thrilled to tell you have offered the job to another very experienced lady and she has accepted the job. I will leave her to introduce herself to you a little later in the newsletter. She will be coming to as many groups and activities as possible in the coming weeks so you will all get a chance to meet her. You will also be seeing a little bit more of me as we transition from the told team into the new team and I'm really looking forward to this new chapter.

The first of our social events, our summer garden party at Edenham village hall, was another success. Almost forty members and volunteers got together for an afternoon of fun and games and of course a delicious afternoon tea. Coming to one of these social events is a great way to meet up with old friends and to make new ones. We are hoping to get our numbers back up again after the restrictions of Covid and of course, the lockdown.

One last thing – the dementia support workers are here for you all. We are happy to stay in touch by phone, email, text or to meet up with you face to face either at your home, in our office in Bourne or maybe at a local café or garden centre. Give us a ring at the office on 01778 426756 anytime and we will always get back to you. The office isn't manned every day but the messages are checked daily so please don't hesitate to give us a call if you have a question or you would like to meet up outside of one of the groups or activities.

Looking forward to seeing you soon, Kate x

Hi Everyone

Hope you are well and keeping safe in this warm weather, it's lovely to see the sunshine but it's getting a bit too much now we could just do with a good thunderstorm. And I have to say if it does rain I might just stand out in it to cool off a little bit!!

### Bourne coffee morning

We've been really busy lately at the Coffee Morning, which is lovely to see you all. The group has a really nice friendly vibe and if you are thinking of popping along, please do. We always have tea and coffee and of course biscuits!

We continue to meet at the Bourne Corn Exchange on the third Wednesday of the month, 10am-midday. The next few sessions are as follows, 21<sup>st</sup> September, 19<sup>th</sup> October and 16<sup>th</sup> November.

Hope to see you there soon!

### Stamford coffee morning

Stamford Coffee Morning continues to be a big a success with lots of you attending and creating a fantastic atmosphere and forming friendships. A big thank you to Blackstone's Sports and Social Club for hosting us every month, we are very grateful. We meet at Blackstones on the third Tuesday of the Month 10-12pm. Our next few meetings are: 20<sup>th</sup> September, 18<sup>th</sup> October and 15<sup>th</sup> November. Look forward to seeing you there.

### Deeping coffee morning

Deeping Coffee Morning was the last activity for us to get up and running again post Covid restrictions, it has had few attendees since restarting but I'm hopeful that with a new date and change of times it will grow in due course. The new date for the Coffee Afternoon is the first Tuesday of the month 1.30-3.30pm at The Deepings Community Centre. The dates for this are as follows: 6<sup>th</sup> September, 4<sup>th</sup> October and 1<sup>st</sup> November. I hope you can join us on these dates and always drinks and biscuits are provided, I may even bring some chocolate biscuits if that helps to persuade you!!

### Singing Together

Singing Together continues to grow from strength to strength with the fabulous Tuneless Choir (Kenny and Linda) for leading our sessions. A big thank you to them for providing the music and the props, providing a great atmosphere for everyone attending. We couldn't run singing without them so a huge thank you to them for all they do for us. If you have any songs you'd like to sing, please let us know in advance and we'll see what we can do.

The group has become quite large so we continue to use the Function Room at the Danish Invader and we meet every month on the 1<sup>st</sup> Thursday of the month 1-3pm. The next few dates for your diary are: 1<sup>st</sup> September, 6<sup>th</sup> October, 3<sup>rd</sup> November.

## Social events

Since I last wrote to you we have had our Garden Party at Edenham Village Hall. It was a great event with fantastic food provided by The Catering Crew. For those of you who didn't come, the food arrived in individual boxes with a selection of sandwiches, a piece of cake and a scrummy scone with clotted cream and jam. It was delicious! We also had outdoor games such as Jenga and Hoopla.

A big thank you to those who helped set up and decorated the venue, laying all the tables out and providing drinks etc. It was a fantastic day with beautiful weather too. Now onto the next event.....

The Harvest Lunch! The Harvest Lunch this year will be held at the Sugarmill in Bourne. They have enough space for all of us and are offering a great selection of food for us.

If you would like to attend please let me know by calling the office phone on 01778 426756 or seeing me at one of our regular events. I will be taking the bookings and a pre-order of your food along with a £5 non-refundable deposit. The choices for your lunch are: Hunter's Chicken, 4oz Gammon Steak, Cod and chips and finally, a Vegetable & Lentil Chilli. With a choice of Chocolate Fudge Cake, Jam Sponge Pudding or Ice Cream Sundae, for desserts. When placing your order with me, please can you inform me of any dietary requirements you may have. Thank you.

We also have a Retail therapy trip planned to Springfield's in Spalding on the 29<sup>th</sup> November. Please put this date in your diaries but we let you know more details, such as times etc. nearer to the date and in the next newsletter.

## Art For All

Art For All has currently stopped running for the Summer but will return on the 5<sup>th</sup> September at Wake House and runs from 11am to 1pm every Monday. However, this class is fully booked but I do have a waiting list in place so if you would like to attend, I will put your name down and when a place becomes available, I'll be in touch with you.

In the meantime, if you have any old magazines with scenery or pictures of animals that you are no longer using or will be recycling and would like to donate them to the Art group, please get in touch and I will arrange a pick-up time with you.

## Tai Chi

Tai Chi continues to run during the summer with our classes being ran by Ray Pawlett from Ki-ways. Ray has been running our classes for us for 10 years now and we are very grateful to him for running such a great class. You can do Tai Chi standing or seated and Ray has adapted his Tai Chi movements to enable anyone to attend of all abilities. Unfortunately, this class is also at Full Capacity and again, a waiting list has started. If this is something you are interested in, please get in touch and I will add your name to the list and as soon as we have an opening, I will call you and invite you to attend a session.

I think that's everything covered but if you would like anymore information about anything in this newsletter or a home visit/phone call, chat or a coffee date, please feel free to get in touch. Our details are at the bottom of the newsletter. I look forward to hearing from you or seeing you at one of our events.

Take care, keep cool in this heat and I'll see you soon.

Danie xxxx

P.S. I'd now like to introduce you to Lindsay our New Support Worker. Following a little note from Lindsay, we also have a few words from Sharon.

Thank you for all of the support you have shown Lindsay since she started, I know a few of you are yet to meet her but you will in due course.

Hi, I'm Lindsay Dementia Support South Lincs new Support Worker. I'm married with three daughters and 3 beautiful grandchildren not to mention three Shih Tzu's who keep me on my toes. I was born and raised in and around Stamford and have been working within social care for 20 years.

I am a Dementia Friend and have lots of experience supporting people and their loved ones along each Journey.

I really look forward to meeting all of you and being a listening ear, a hug or just a giggle.

Lindsay x

Hi All

I couldn't leave you all without taking the opportunity of saying a few things before I exit stage right. To those of you that I haven't seen or spoken to in the last couple of months then you won't know what I'm talking about! After much deliberation I decided it was a good time for me to leave DSSL after 4.5 years and am now into my second week of my 'sabbatical'. It hasn't been particularly relaxing so far as there's been much furniture removal and sorting out while the plasterer is skimming over my bumpy walls! No plans for my next job as yet but I know I won't get paid to sit around and talk whilst drinking tea/eating biscuits ever again – never mind being part of some very funny and bizarre conversations!!

I wanted to say a very big thank you to everybody that very generously contributed towards my leaving present and to those of you that gave me cards and gifts. With the collection money Danie bought me a spa experience for two with treatments and afternoon tea – a perfect gift. I have asked Danie to be my plus one and I'm really looking forward to hanging out with my 'partner in crime' again whilst being pampered and enjoying afternoon tea. I'm sure she'll tell you all about it after we've been. The remainder of the collection money I will put towards a very generous gift voucher the DSSL Trustees gave me for John Lewis. I'm planning a day trip to visit a store and buying something expensive and luxurious☺.

Living local, I'm sure I'll see some of you while we're out and about plus I'll continue to be that proverbial black penny and turn up at a group or event when you least expect it – you have been warned! Until that time, thank you for letting me be part of your lives and I wish you all the very best.

Sharon xx

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