

dementia  
support SOUTH  
LINCS.

*Live life to the full*



Dear friends,

It feels like only five minutes since we sent out our January newsletter, and now it is almost Spring. Where does the time go? Maybe washed away in all the rain we've had this Winter. Well, it's been a busy couple of months since Christmas with our regular coffee mornings, activities and events and as usual there are lots more things coming up – some old favourites but also some new places to visit.

One old favourite is the 8th annual Aslackby Village Car Rally. This is a very important annual fund raiser put together by a group of volunteers/supporters in the village. As usual it will take place on Father's Day **Sunday 21st June**. Maybe you or someone you know might want to bring their car along or perhaps you'd just like to join us for a delicious afternoon tea in the Vicarage garden. More details to follow but a date for your diaries.

Some of you are very familiar with Aslackby and the easy access services and events held here, mainly in St James the Great Church (the first dementia friendly church in the county). Here is a quote from one of our members who recently came to an event "I love going to St James Church. It's beautiful and the welcome is second to none. So good to see the gang ....I didn't have cakes but they looked gorgeous". Cake is always on offer in Aslackby!

We hope you'll join us in Aslackby from time to time. The next thing will be the Easter Fire service on Sat **4th April at 6pm** – also know in Aslackby as Sausage Saturday as sausages are served after the service. I'll be there because I live next door to the church so you'll see a friendly face if it's your first visit. If you'd like to know more give me a ring on **07867 635611**. Everyone is very welcome.

Dementia Action Week last year was an extravaganza of events and activities at The Red Hall in Bourne. This year it won't be quite so grand but we still have plenty of things planned which Louise will tell you about below. One of our events will be a talk/Q and A session for carers at 2 o'clock on **Friday 22nd May** at Wood Grange Care Home in Bourne. Some of you will have met our health care student, Tiegan, at coffee mornings and activities. She will be joining me that afternoon. Between us we hope to be able to answer your questions and also share ways in which some research is showing, we might be able to protect ourselves from certain types of dementia.

Ok, that's enough from me – over to Danie, Dee and Louise.

See you soon, Kate x



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Coming up soon....

## Dementia Action Week 18<sup>th</sup> - 22<sup>nd</sup> May

Each year, Dementia Action week gives communities across the UK an opportunity to come together to raise awareness, challenge stigma, and improve understanding of dementia. For us as a dementia charity, this week is especially important because it shines a light on the everyday experience of people living with dementia and families who support them.

Whether you are living with dementia, care for someone who is, or simply have an interest in learning how to make our community more dementia-friendly, we warmly invite you to join us at one of our events this week;



**Tuesday 19th May** - Stamford Coffee Morning / Board Game Session  
Blackstones Sports and Social club **10am -12pm**

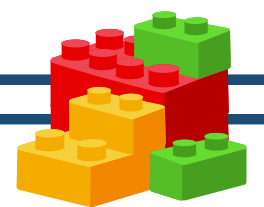
**Wednesday 20th May** - Bourne Coffee Morning / Quiz & Raffle  
The Corn Exchange **10am -12pm**

**Thursday 21st May** - Carers evening support group  
The Cedars Care Home in Bourne **6.30 - 8pm**



**Friday 22nd May** - Q&A session with Kate Marshall Dementia specialist  
Wood Grange Care Home, Bourne **2pm**

## LEGO MANIA 2026



LEGO Mania will be arriving at Wake House on **Sunday 7th June 10am - 3pm**. We will be having an exhibition area, where we can display all of your hard work and we will have a building station, where you can create even more fabulous creations.

Refreshments will be available on the day along with some tickets for our wonderful raffle. This is a free event but donations are always welcome to continue the services that we provide.

## Fire Safety Talk



**Wednesday 17th June** - Bourne Corn Exchange, **10am - 12pm**

We are holding this in Bourne due to lack of space, members from Stamford, Langtoft and Market Deeping are also welcome to join us.

## Aslackby Car Rally

**Sunday 21st June** - 3pm Start  
Aslackby Village - **£9** Afternoon Tea  
or **£40** - Drive two cars including two  
Afternoon Teas.

## DSSL Summer BBQ

Join us for some summer fun at  
The Black Horse in Baston - **30<sup>th</sup> June**.  
**£19.50** per head - 12pm- 3pm



## A Big Thank You to..



### Valentines Sing & Dance

The Valentine's Dance, was a huge success and I hope you all thoroughly enjoyed it. The Danish Invader did a fantastic job of hosting us and providing such amazing food too, so a huge thank you to them!

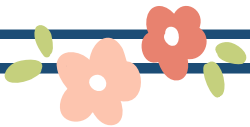
**£147** was raised on the day from the raffle, which will be used towards entertainment for future events. We are incredibly grateful to how much you support us and thank you so much for attending. We look forward to welcoming you at other social events.

### Quiz & Supper Night

On the **10th of March**, The Five Bells in Morton, hosted a quiz and supper night and chose to raise funds for our wonderful charity. We held a raffle on the night, shared our leaflets on each table and talked to many lovely people.

The grand total raised on the night was **£562.50**

We are so so lucky to have such a loving and caring community. A big thank you to Harrison and Dunn, Sainsbury's in Bourne, Tesco Superstore in Bourne, Stephanie's Flowers, Wright Care at Home and Medlink Pharmacy for donating some great prizes for our raffle.



### A Day at the Pictures

Members of Dementia Support South Lincs recently enjoyed a wonderful day out at **The Light Cinema**, Wisbech, creating meaningful moments and shared experiences in a welcoming environment. The choice of film was of course **Mamma Mia**, a great favourite for many of us! After such a successful day we are now planning another trip in the near future and hope to share details very soon.

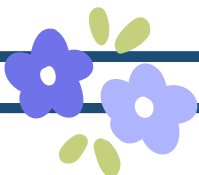


### Important updates :

Lincolnshire County Council have unfortunately decided to make cuts to some Dementia Services. To reiterate, we **DO NOT** receive any statutory funding from Lincolnshire County Council or any other government funding; all funding we have is raised through our events, pots of funding such as Len Pick Trust, National Lottery to name a few.

We felt the need to let you know as some of our members have asked us, if our services are being cut and we definitely aren't going anywhere! The cuts do not affect us and we will continue to run our services as normal.

**Please, if you do have any questions, give us a call 01778 426756.**



### Notice of Increase to Voluntary Donations

For many years we have kept our voluntary donation at £3 per session for our art group, Tai Chi, singing group and coffee mornings. We have tried hard to maintain this amount for as long as possible so that everyone can continue to take part in our activities. However, due to rising costs of room hire, refreshments, staff and art materials, we now need to make a small adjustment.

**From MAY onwards we will be asking for a voluntary donation of £4 per person per session.**

As a small charity, we rely heavily on the generosity and support of those who attend our groups. These contributions help us to continue providing a welcoming space where people can come together, be creative, and enjoy time in each other's company. We very much appreciate your ongoing support and hope you understand the need for this small increase so that we can continue running sessions for everyone.

### Potential New Pop Up Art Group

We are currently working on a new project with our Art specialists and hope to brief you all on our new plans very soon. Thank you for your patience.



## Art for All

Every **Monday**, Wake House - From 11.00am - 1pm

## Langtoft Coffee Morning

Every 2<sup>nd</sup> **Tuesday**, Langtoft Village Hall - From 11am to 12.30pm

## Stamford Coffee Morning

Every 3<sup>rd</sup> **Tuesday**, Blackstones - From 10am to 12pm

## Tai Chi with Ray

Every **Wednesday**, Wake House - From 2 - 3pm

## Bourne Coffee Morning

Every 3<sup>rd</sup> **Wednesday**, Corn Exchange - From 10am to 12pm

## Singing for Fun - Stamford

Every 1<sup>st</sup> **Thursday**, Danish Invader - From 1 - 3pm

## Square Hole Club

Every 2<sup>nd</sup> & 4<sup>th</sup> **Thursday**, Deepings Sports Club - From 10am - 4pm

## Evening Carers Support Group

Every 3<sup>rd</sup> **Thursday**, Cedars Care Home - From 6.30 - 8pm

## Reminder..

We kindly ask that all members arrive no more than **5 minutes** prior to their scheduled group time. We are not insured to have members in our groups any earlier, so we appreciate your cooperation in helping us keep everyone safe and covered.

**Please also note: there is currently a waiting list for our Art group, Tai Chi and Square Hole Club.**

Please let us know if require any further details on any of our groups.

**TEL: 01778 426756**

## Buckles Legal Corner

### Becoming a Court Appointed Deputy

In the absence of a Lasting Power of Attorney or Enduring Power of Attorney, no one can make decisions relating to the assets or wellbeing of a mentally incapable person until a Deputy is appointed by the Court of Protection.

A Property & Financial Affairs Deputy will usually be needed unless the mentally incapable person has no property or savings, in which case someone can become their 'appointee' to deal with their DWP benefits.

Healthcare professionals can make health and welfare decisions in the best interests of a mentally incapable person, and so a Health & Welfare Deputy is unlikely to be appointed by the Court unless the decision is difficult or complex, or someone disagrees with a course of action, or the person needs on-going help with decisions.

To apply to be a Deputy, the Court needs a great deal of information about the mentally incapable person, to include an assessment of mental capacity, and the proposed Deputy. Once the Court has received the application, the timeframe for them to deal with it depends on a number of factors, including the workload of the Court, which often experiences significant delays. The appointment of a Deputy can take from six months to a year to complete.

Signing a Lasting Power of Attorney in advance of becoming mentally incapable avoids the need to deal with the Court at all. For more information, please contact Sara-Rose Whitehead on **01733 888877** or alternatively visit [www.buckles-law.co.uk](http://www.buckles-law.co.uk)