



# The **MASE** Monthly Newsletter

## August 2017

Winners of Queen's Award for Voluntary Service



### The Holiday Season



**No holiday from loneliness for older people home alone for the summer:** While we often associate loneliness with the cold dark winter, summer can in fact be worse for older people left behind during the holiday mass exodus - not only of friends and family, but the usual 'friendly faces' in their local community. [The Silverline Helpline](#) saw a 7% rise in callers in the first week of the official Great British Getaway, and in July and August they get between 3000-4000 extra calls per month, which is comparable to Christmas volumes. There has been extensive media coverage highlighting the issue, urging people to look out for older citizens... and where appropriate refer them to [The Silver Line Helpline](#): that the reassurance of having someone to chat to at any time of day or night can often help cure the summertime blues.

**Telephone The Silverline Helpline: 0800 470 80 90**

### Fundraisers - Thank You to everyone !

Ann and Barry Bateman opened their beautiful garden on 1 July for the MASE. It was a warm afternoon, with food and drink and some lovely raffle prizes. The total amount raised was over £550.

Rosemary, Julie, Pauline, Gilly, Margaret, Eileen & Alison had three stalls in Cannock Market for 4 days at the end of July and raised a staggering £500.00. Setting up the stalls, the hauling of boxes and trolleys to get the items to the stalls, was really hard work and yet all done with a smile. Then actually laying out the stalls and finally selling the goods, all took time. Also a huge thank you to Doris and her husband Eddie from Cannock Market, who went the extra mile by putting all unsold items onto Facebook and eBay to raise even more money. Doris and Eddie will be joining us at one of the Monday Groups, to enable us show our appreciation for everything they have done. **THANK YOU ALL!**

### Gala Afternoon

What a wonderful afternoon of celebration we all shared on 9th July at the Aquarius!. As Trustees we can honestly say it was a huge success; seeing everyone so relaxed and happy made it so complete. Please take a look at our photograph album with all the smiling faces; the atmosphere of the afternoon has been well and truly captured..

To all our wonderful entertainers who gave up their Sunday afternoon to come along and keep us all singing and dancing we say a huge thank you to Phil Aaron, Paul Birch and 'little Miss dynamite', Debbie - the party atmosphere was incredible and a good time was had by all. We have had a video done of the afternoon and will shortly be getting copies for anyone who is interested. If you have a computer you will also find the link to the video on [www.themasegroup.com](http://www.themasegroup.com)

### British Citizen Award for Daphne And Elaine



It came as a huge surprise when Daphne and Elaine were notified they had been nominated by Carers Robert Pitcher and Mary Simpson for A British Citizen Award. The British Citizen Awards (BCAs) recognise exceptional individuals who work tirelessly and selflessly to make a positive impact on society. BCAs recognise 'everyday' people whose achievements may otherwise be overlooked.

On 6th July Daphne & Elaine went to the Palace of Westminster to attend a lavish Ceremony and to receive their BCA Medals. What a proud day it was for us all. Robert and Mary, Richard and Jim were also in attendance for the presentation of the BCA Certificates.

We were delighted to receive this recognition and to be nominated by our Carers made it even more special. Although the Medal and Certificate were awarded to Daphne and Elaine it was accepted also on behalf of Richard and Jim who are both always so supportive and encouraging; without them there would be no MASE Groups.

To all our Carers and your loved ones, this prestigious Award highlighted Alzheimer's/Dementia in front of many dignitaries in London and helped to raise the profile of this illness and the difficult journeys you all face on a regular basis.

We may have received the medal, which we will treasure always, but we salute you, our wonderful Carers; you are the real unsung hero's who do a fantastic job every single day.

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**Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.**

## For anyone who has a loved one living with dementia:



After spending more than 25 years working with people who are living with dementia, **Professor Graham Stokes, Bupa's Global Director of Dementia Care**, shares some advice for families affected by Dementia.

### 1. Try and learn everything you can about them

To truly understand someone with dementia, you need to know their life story. Loved ones often think they know the person inside out, but they usually haven't delved too deeply into certain areas or looked very closely at their loved one's life before they knew them. People are complicated - they have depth to who they are - and people with dementia are no different. As their dementia progresses, they might behave in ways that seem unlike them, or even bizarre, but there's always a reason. If you truly understand them and the life they have led, you will be far better equipped to make sense of it, work out what they're trying to tell you and help them.

### 2. The person you love is still there

Family carers are under a huge amount of pressure, and when loved ones start to act in unfamiliar or unpleasant ways, they often think, "the person I love has disappeared," or, "it's just not them anymore". However, if you can tap into who they truly are (which involves learning everything you can about them) you are very likely to find that the person you love has not disappeared, they are just behaving differently because they're trying to live in a world which feels unfamiliar and can be very frightening.

### 3. People with dementia can be very resourceful

Professor Stokes truly believes that a person with dementia tries each day to do exactly the same as everyone else. They wake up each morning and do their best, and they do this with an intellect which isn't what it was, whilst living in an environment which isn't always as supportive as it could be. Sometimes their efforts get them into enormous difficulty (and can cause great stress and worry for them and their families) but even when their dementia is quite advanced, they continue to try.

### 4. Know when you have had enough

As dementia progresses, family Carers take on more and more, often without realising how difficult it's become. It's a bit like being a parent. You don't see your own children grow, because you see them every day. It's only when you step back and someone else says; "haven't they grown?" that you realise they have. So, if someone asks me; "when do I know it's time for my husband/ father/ mother to live in a care home?" Really they already know... It's when they start telling themselves they can't go on. It's important not to ignore the voice in your head that's saying this. If you're struggling, say so and ask for help.

### 5. There are reasons to be hopeful

When Professor Stokes started specialising in the 1980s, dementia care was all about dealing with the symptoms of the disease. People living with dementia were living in hospitals, mental institutions and EMI (Elderly Mentally Infirm) units. Since then, there's been a transformation in care, understanding and attitude. The legacy of many people he works with today is that they're benefiting future generations in the way they might live. He would like to think that if he ever developed dementia he wouldn't be scared. He would hope that those who know him most might have a sense of what he thought, and of what would make him happy.

The message of person-centred dementia care is simple:

***Try to know the person, stay close to them and although they might seem different to you, they are still the same person. Let them live a life that you know they might want to live.***

If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)

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