



MASE Monthly Newsletter - May 2019



Proud Recipients of Queen's Award for Voluntary Service

The MASE Celebrates 10 Years



MASE Trustees would like to say a huge thank you to everyone that attended the 10th Anniversary of the Groups, at Lea Hall, and who helped to make it such a resounding success.

We were all so proud to see our Carers and their cared-for, together with some of their families, at the Anniversary. Standing back and watching you all dancing and singing, made us even more determined to ensure the groups will continue for as long as possible.

It is so sad really, that the MASE has never been classed as one of the big players in the field of Dementia Care, but seeing the vast number of people on Sunday 7 April who turned up for a MASE Celebration, surely must put our organisation in the ratings. 325 people attended this spectacular afternoon of fun and enjoyment. When you see the photographs taken, they captured the very essence of many friendships that have been formed over the years. The video will hopefully be ready for mid May and we will get copies made of it so that for £1.50 people can purchase a memento of a truly wonderful afternoon. You are all so special, how honoured we feel to have you in our lives.

Recent Television Programme 'Singing for Dementia'

A recent research review published in 2018, looked at music therapy trials in nursing homes or hospitals, found that the sessions improved symptoms of depression and behavioral problems in people with dementia, but said more research was needed to determine the duration and other effects.

Other reviews have found evidence that music therapy can help decrease agitation, and that music therapy is effective for reducing behavioral and psychological symptoms of dementia.

The right song can instantly transport someone back in time, eliciting strong emotions even if the person hasn't heard it for years. Music has the ability to reach right inside the brain and pull out old memories we thought were long gone applies to people with dementia too, not only to those without it.

Relatives of someone with Alzheimer's can be surprised to discover that their cared-for can even remember every word to a song they knew when they were 17, despite struggling to remember what they did yesterday.

This is because dementia causes particular problems with short term memory, making someone forget if they eaten breakfast, or showered, for example – while long-term memories may remain intact, at least in the early stages of the journey.

Whilst we found the programme fascinating and incredibly well put together, strangely enough this is what the MASE has been doing now for 10-years, and we have proven over those years just how beneficial music is to people with a dementia.

Funnily enough there is still research being done on this issue; we have spoken to 'the powers that be' as to just how successful our groups have been with little or no response. Yet because an Actress puts her name to a Dementia Choir the newspapers are full of her wonderful achievements.

Are we cynical? Yes we are. Our major supporter over the last four years has been the Mid Counties Co-operative – other than their help, we have had to work incredibly hard to ensure our groups continue. No core funding and totally dependent on a team of incredible volunteers, we have proven to our MASE people that everything has been done with strength, determination and good hearts.

We still hope that one day our Secret Millionaire will drop into a Group and the MASE could then soar to even greater heights. In the meantime let's all keep our fingers crossed for that day to come!!!!

Daphne Sharp ☎ 01785 211140 or 07939 505455

MASE Co-ordinator

✉ Daphne.ssharp@ntlworld.com

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

Tesco Bags of Help Grant Scheme



We are absolutely delighted to advise you that we have been accepted by Tesco Bags of Help Grant Scheme and have been put forward to a customer vote in **four** Tesco Stores for **May & June 2019**. The Stores involved are:-

Tesco Superstore Cannock WS12 3YY

Tesco Great Wyrley Express WS6 6LA

Tesco Hednesford Superstore WS12 1DW

Tesco Cannock Express WS11 4AL

The vote consists of tokens being put into the collection boxes.

The first place is £4,000, the second place is £2,000 and the third placed charity receives £1,000.

So Carers if you are shopping in any of these stores, and you think the MASE deserves to win one of these Awards, be sure to get your tokens and put them in the MASE box at each respective store.

We sincerely thank Tesco for this wonderful opportunity and will, of course, keep you all informed as to the outcome



Let's not forget our Carers

Dementia is both unforgiving and horribly cruel. It destroys people with merciless efficiency dismantling their minds piece by piece. Watching someone you love go through it is a unique kind of torment.

They are there... but not there. Carers are powerless and can only watch as their loved-ones slip away slowly to an unknown place where they cannot follow.

Husbands speak of a wife's 'horrible moments of confusion, which they describe as heart-breaking, and the utter reliance they have on their partners'.

This also lays bare what an incredible responsibility it is for one person to shoulder: to know that when someone is acutely distressed, confused and disoriented, their only source of solace is the presence of their partner.

It is a burden that tens of thousands of Carers bear willingly, 24/7, but we should never underestimate the pressure that they are constantly under.

Just think how difficult it must be for often frail, elderly partners with limited resources, or no family network to call upon.

They work tirelessly, out of a sense of love and duty, to look after often fractious and distressed individuals, with little respite. Without these Carers the NHS would fall apart under the demands of caring for people with dementia.

Yet the physical and emotional cost to Carers is high, and it is inevitable that their selflessness can eventually take its toll. Many Carers fear getting ill themselves, as without them how would their cared-for be affected. Without their daily reassuring from their Carer, the cared-for would become even more confused and scared.

Respite care is a vital part of the social welfare system if we are to support Britain's quiet army of Carers. We need it more widely available and to publicise it more.

IT IS IMPORTANT THAT WE NEVER FORGET OUR CARERS ALSO NEED CARING FOR TOO.

Date for your Diary

5th July at Stafford Rangers - Julie Perry is holding a fantastic musical extravaganza and is fundraising in support of the MASE. Phil Aaron will be the guest artist together with a variety of singers and dancers (including our very own volunteer Freya) to entertain you. Posters will be at all MASE Groups; **Julie Perry/Volunteers** have tickets for sale.

If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

Registered Charity No: 1137193 - The Monthly Alzheimer's Support Evening Limited (MASE)

Company Limited by Guarantee No: 7228424

DISCLAIMER— Every effort has been made to ensure that the information in this newsletter is correct at the time of going to publication. MASE Group accept no liability for the accuracy of the text. Company limited by Guarantee in England & Wales. Registered No: 07228424 Registered Office: 3 Hartwell Grove, Stafford ST16 1RW.

MASE is a registered Charity - Number: 1137193 The Monthly Alzheimer's Support Evening Limited (MASE)