



MASE Monthly Newsletter - June 2020



Proud recipients of The Queen's Award for Voluntary Service & the British Citizen Award for work in the Community

All Standing Together - June 2020

Our neighbours are out on their doorstep,
Others we can see waving too.
Everyone in the street seems to be standing outside,
We all know what to do.

The sound of clapping and saucepans being beaten,
People cheering despite all the stress.
In the evening light we all come together
To say a huge **'THANK YOU'** to our NHS.

To our doctors, nurses and all key workers
We are so grateful for all that you do.
Your courage, strength and devotion to duty
Is an inspiration to help us come through.

Waving to our neighbours, as we can't go and
have a chat.

We must stay in our own doorway
But we are together all over the country
Because this is the only way!

So let's all stay strong and hold onto the future,
Look ahead to the rising sun each day
In honour of those who have passed away
And ALL pray for better days to come!

With each month that passes, it is difficult to know what to say to you all in the incredibly difficult times we are going through.

However, this poem is lovely and I felt was very suitable for me to share with you all.

MASE Trustees are in awe of the way you have all dealt with this unprecedented state of affairs. We are very proud of you and simply cannot wait for the day we send out the news to say we will be starting the MASE groups again. Unfortunately we are unable to say when that will happen and know that our patience will be tested over the coming months, of that we can be sure.

However, it is better to keep the lock-down for a little longer, and get rid of this dreadful virus, rather than to lift the lock-down and for the virus to come back even stronger. You have all dealt with the past few months admirably and we know that you will stay calm if we do have more weeks/months ahead of us.

On a personal note we are encouraged by the fact that the phone calls we receive are light-hearted, and more often than not, the chat ends with laughter. **Please stay strong everyone.** We are here at the end of a telephone if you do want to give us a call.

Like many others, we watched the coverage of **Captain Tom Moore** making 100 laps of his garden, which brought tears to our eyes.

Tom has been made an **'Honorary Colonel'** and is now also to become a **'Knight of the Realm'**, which is so well deserved. **Sir Tom** raised over **£33 million**, for our NHS, and celebrated his 100th Birthday on 30 April. What a true inspiration this gentleman is to us all and what a 'Beacon of Good Practice' he has shone out to the world, showing true British grit and determination in order to achieve his fantastic goal.



To quote the words of Sir Tom: **"Tomorrow will be a better day".**

Extra Care Outreach Services from Chrysalis Lodge Day Support Carers if you are struggling please give them a call they could prove to be invaluable to you!

'Hello' everyone from Chrysalis Lodge Day Support in Abbots Bromley. The Day Centre is closed at the moment due to the Covid 19 Pandemic, but we would like to tell you of our Outreach service that we are providing during these uncertain times. Our fully trained staff can provide a sitting service to enable Carers to have some downtime from their caring role.

We can also offer support with shopping and medication collection. There is a nominal charge of £14 per hour to cover our costs. **Please contact Lynn or Paula for any further details on 07593 275380.**

You are under no obligation for any enquiries you make and who knows it could take a little bit of pressure off you in these testing times. Keep smiling and keep safe and hopefully we will see you all in the near future.

With good wishes from all at Chrysalis Lodge.

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

TRUSTEES: Daphne or Richard: ☎07939 505455 Mike Creek: ☎01785 663596 Dave Degg: ☎07974 983459 Dave Godden: ☎07968 848120

Carers a Note of Caution! COVID-19 is a killer virus we cannot see or control

Legal
Advice



These are unprecedented times with a great deal of uncertainty and confusion. Many of us will be reflecting on our lives, our family & friends and what is important to us. Why not use this time whilst we are in lockdown to consider your affairs, which is something you can control?

Making sure you have Lasting Powers of Attorney in place for Finance and Health & Welfare decisions have never been more important than they are at the moment.

Do you have a Will? If you do, does it still reflect your wishes? If no is the answer to either of these questions you are urged to take action now and protect your assets and give your loved ones clear instructions as to what you want to happen when the time comes.

Julie Perry of Jackson Perry Legal Services Ltd who provides free legal advice at our monthly meetings is still working and supporting our community. All initial appointments are conducted by telephone and then social distancing is always paramount when signing documents.

If any legal matter is worrying you, give Julie a call on 01785 255010, or email - julie.perry@jacksonperry.co.uk

Church of England's 'Daily Hope' Phone Line

Have you heard about the Church of England's 'Daily Hope' phone line?

Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

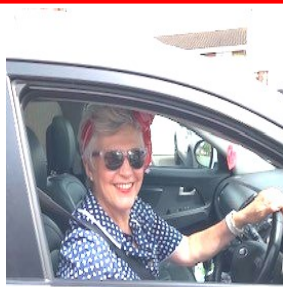
The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

More details available on the C of E website:

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/daily-hope-phone-line>
Please pass this information on to anyone who you think may be interested



VE Day Celebrations with Meal Deliveries



Our lovely Caterer/Chef Lisa, definitely helped to make the VE Day Celebrations extra special, by dressing up in true 40's style to deliver a variety of home-cooked meals/desserts, together with a very special Red/White & Blue cupcake (made by Joanne) for some of our Carers and their cared for.

As the Groups are currently suspended, MASE Trustees tried to come up with a way in which they could assist Carers and their loved ones during the lockdown period. The offer of a home cooked meal and dessert was considered by all Trustees and agreed that it was a way the MASE Charity could continue to show support to our most vulnerable people. Over the past five weeks 70 cooked meals each week have been delivered.

Meals are cooked each Friday morning and placed into sealed containers. They are then taken to St Luke's Church Hall, Cannock, where two other drivers, Dave and Mike, collect, distribute and deliver the meals to our people in the Cannock/Great Wyrley/Hednesford/Rugeley areas. Finally, Lisa then delivers some meals around the Stafford area. The service has proved to be a great success and will continue for as long as possible.

We need to thank the team of dedicated people behind the success of this venture; ranging from the planning & preparing of meals, discussing menus for the week, printing menus, and then the timings of the deliveries, co-ordination of the drops, ensuring they are carried out smoothly and efficiently. Our thanks go to **absolutely everyone** involved in making this a very slick operation. We must also not forget the incredible person who peels **56lbs of potatoes** each week! The feedback received has been lovely and we know, from comments received over the weeks that the service provided has been greatly appreciated by our Carers and their cared for!

If you have a computer please take a look at our website : www.themasegroup.com

DISCLAIMER— Every effort has been made to ensure that the information in this newsletter is correct at the time of going to publication.

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