



# The **MASE** Monthly Newsletter

## January 2018



Proud Recipients of Queen's Award for Voluntary Service

### Happy New Year



New beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a **New Year**. There are the superficial, yet purposeful, promises we make to ourselves. We resolve to get in shape, lose weight, improve career paths, and the like. Then, there are the heartfelt promises we make to others, whether out loud or in our minds. We want to care more, express love more, reverse bad feelings in old relationships or seek out new loving relationships. Whatever the words are that you whispered at mid-night on 31 December, may they bring you a year where you find fulfillment, the inner strength to cope with the many trials that will test you, and above all the patience to deal with your everyday lives.

### New Year's Resolutions for Carers to Consider

1. Give yourself permission to not keep the following resolutions, or to keep a few of them in the coming year.
2. When you feel you are imperfect, you must remember that guilt is not an option as long as you know you did the best you could, given the circumstances.
3. You must find time alone for yourself, even though at times that seems impossible. It could mean that you ask for help from the family, or other people and sources you have never considered before.
4. Regardless of how deserving the source, you must say NO to any requests for your time, when you know you can't add any more to your plate.
5. Remember that family members and friends do still deserve some of your time. This may mean a little less of your attention will go to your cared for, but that is OK, you are only human.
6. Follow through your own health care appointments, including dental appointments and eye examinations. These are so important to you as a person.
7. Please find a way to monitor your own energy levels, so that you can recharge your batteries before you hit a point of exhaustion and burnout. After all what good will you be to your cared for if you are completely worn out.
8. Remember that your cared for didn't choose their illness, or disability, that they are now having to live with. But also remember that YOU didn't choose this life for your cared for, so don't be a martyr to their illness.
9. Remember that taking care of your own needs isn't selfish. Taking care of yourself benefits everyone you love.
10. If you feel depressed, or have anxiety, or if other health issues become apparent to you, please seek the appropriate help. You are so valuable to your cared-for, so you must keep well.
11. Be open to alternative ways of caring for yourself. This can include massage, aroma therapy, perhaps some form of meditation, exercise, attending a support group, or seeking out some respite care. Never be afraid to ask for help.

This list is merely a starting point for you all. What resolutions would you add for yourself? Which of the above will you discount? Write your list and hang it in a prominent place, you can work towards these goals a little bit every day.

**REMEMBER:** Happiness isn't about perfection, it's about having realistic expectations. We all have room to adjust our expectations to more closely match reality and that change alone can help us have a happier and more productive year ahead.

Daphne Sharp ☎ 01785 211140 or 07939 505455  
Elaine Dunlop ☎ 01785 823110 or 07812 440226

**MASE Co-ordinators**  
MASE

✉ Daphne.scharp@ntlworld.com  
✉ Elaine.dunlop12@btinternet.com

## Silverline Helpline Dedicated to Help Older People



The Silver Line Helpline is the only national, free and confidential phone line dedicated to older people, which is open every day and night of the year.

**A specially-trained helpline team is on hand for you 24 hours a day:**

- ★ Offering information, friendship and advice
- ★ Linking callers to local groups and services
- ★ Offering regular friendship calls
- ★ Protects and supports older people who are suffering abuse and neglect

**You can call them at anytime and from anywhere in the UK.**

**There is no question too big, no problem too small and no need to feel alone.**

## The Dementia 2020 Citizens Panel for England

Have you, or has somebody close to you, been diagnosed with dementia in the last few years? If so, your help would be greatly appreciated. An evaluation of dementia services with people who have a diagnosis of dementia and their carers is being carried out. The questionnaire focusses on two key areas - the diagnosis process itself and the support received after the diagnosis. Please pick up a form and complete it and help play a direct role in improving services for the future. A stamped addressed envelope is in the form for your convenience. Thank you for your help and support.

## Traders struggle at Cannock Market



The footfall in Cannock Indoor Market is down by 10% following controversial changes which included rent rises for traders who were also asked to open up on an extra day. Unfortunately one quarter of the traders have now left the venue and the amount of unused units makes the Cannock Market look deserted and empty and people are asking if it is closing down. However this is not the case, and we ask all the people of Cannock & surrounding areas to pay a visit to the indoor market as often as you can.

Please do not allow this wonderful market to be run into the ground; it is a really valuable commodity to the people of Cannock. The prices are excellent, the quality of the items for sale are first class, and the friendliness of the stallholders is always so evident.

Cannock Market and the stallholders have supported the MASE over the past two years and continue to do so out of the goodness of their hearts. So come on people of Cannock, let's return the favour and encourage friends and family to walk around the stalls and see and purchase the quality of goods on sale.

The MASE has also in the past used empty stalls to raise much money with Tombola's and also by selling 'Pre-Loved Items'. The money from the Wishing Well at the front of the market raised £220.00. This money has been donated the MASE for the past two years and we understand will also come to us again next year. Thank you to everyone who put money into the Wishing Well for the Cannock MASE. Our thanks to Doris, Eddie and Linda, who after a disastrous flood in the market in December **STILL** went ahead with a tombola stall and raffle for the MASE and raised a staggering £850.00. Sincere thanks also go to Management Team at Cannock Market for their continuing support and all the market traders who always make us so welcome.



**Doris**

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