



MASE Monthly Newsletter - May 2018



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

A-May-Zing - Co-op Charity Partner for 2017 & 2018

The Midcounties Co-operative



Cannock Chase Regional Community are proud to advise we have raised

€10,000

for M.A.S.E. our 2017 Charity partner.

Thank you to all of our Members and Customers for supporting us through the year.

Sincere thanks go to the Team at Cannock Chase Regional Community who have this year raised a staggering £10,000 for the MASE Groups.

The determination to raise this incredible amount of money has come from a supreme effort made by all staff at the branches. We have always been made welcome at the Co-operative stores, where we have been asked to promote the MASE Groups; the friendliness of all the staff has been overwhelming. To put this donation into context £10,000 will run two MASE Groups for one year.

Some Breaking News: It has also been confirmed that the Cannock Chase Regional Community will be continuing their support to the MASE again in 2018!

A Carer's Prayer



Please let me be kind when tiredness
 overwhelms my weary brain and turns my legs to lead.

Let me be brave when truths must be conveyed,
 confronting the past and all things left unsaid.

Let me fight on for you when various rules
 make nonsense of your rights, and reinforce your fears.

Grant me the stamina to speak and deal with fools,
 remaining calm when biting back the tears.

Help me to know somehow that life goes on
 beyond this time of stress and sleepless nights.

Help me to smile and love you in the midst
 of the many endless, pointless and exhausting fights.

And when the caring ends, help me to remember to be
 kind, in my guilt and weariness, to me.



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

Daphne Sharp
Elaine Dunlop



01785 211140 or 07939 505455
01785 823110 or 07812 440226

MASE Co-ordinators
MASE



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Afternoon Gala - Sunday July 22nd at The Aquarius Ballroom

Don't forget to put this date in your diary as we will be once again holding a MASE Gala afternoon from 2:00 pm - until 5.00. We hope to bring together all five groups for an afternoon of enjoyment. Our entertainers will be: **Jamie - Jessie - and Paul Birch**

There will be a raffle and we will also be drawing the winner of our lovely Doll Lily Rose, who is dressed in a beautiful outfit, knitted by Jackie a Carer from our Rugeley Group.

There will be a buffet and refreshments; our photographer Sam also will be there to capture the afternoon for you all. 'Jane' will be coming along to give us all a few lessons in Line Dancing!! What better way to spend a Sunday afternoon?

If you have difficulties in getting to the venue speak to Daphne or Elaine. To help us with the catering requirements for the afternoon there are clip-boards at each MASE Group, so please ensure your name and the number of people attending is on the sheet you attend.

Spring Cleaning or maybe thinking of Downsizing

Step 1: Examine the contents of each of your cupboards; do I really use it, do I need it, could it be of benefit to someone else?

Step 2: Keep three bags ready. One for charity, one for the bin and one for friends. Anything you are not keeping can then go straight into the relevant bag.



Step 3: Promise yourself to do one cupboard a day.

Step 4: Make a list of every piece of furniture by room and decide what to keep – let friends and family know what you are not keeping and after that perhaps a gift to charity would be a good idea.

Step 5: Working with perhaps a friend, or relative will mean the job can get done quicker and can actually make decluttering fun.

Step 6: The kitchen. Most people will say we use everything in the kitchen. Only when you empty a cupboard do you find a huge casserole that you haven't used for years. Plastic containers, with numerous lids, none of which fit the trays – should be thrown out. Keep only the plastic containers with the lids that fit. Be ruthless, if you haven't used a dish, a pan, or a container for 6 months then probably time to get rid of it.

Simply Fine Dining offers the very best in catering for private events

We are constantly being asked who does the catering at the MASE. **Lisa from Simply Fine Dining** has supported the MASE for well over nine years. The quality of food is exceptional, and Lisa will always go the extra mile to make an occasion feel special.

The delicious food is always combined with top service and a winning smile. Buffets are freshly prepared and Lisa will cater from small numbers of people to larger events if needed. If you need to make your event special you will always get the incredible attention to detail you require and the worry will be taken out of your catering requirements at a price to suit you.

You can contact Lisa on 07815 624128

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)

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