



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

September 2020

Hello everyone - it seems impossible that we are now heading out of August and into September. We know that some of you have experienced difficult times during the past few months, that is why we must all keep our fingers crossed, and as long as nothing changes, if all goes to plan, we will be restarting two Cannock Groups in October.

These two groups will be by Invitation only. There will be a mixture of Carers and cared for, and also Carers who have been on their own during the lockdown will be invited along. The MASE will continue to offer the hand of friendship to anyone who has been isolated during the past few months.

Daphne will be ringing people during September to enquire if they would like to come along to one of the Groups. We would ask for your patience; our promise is to get as many people back to the Groups as soon as it is safe to do so.

Monday 5th October from 1:00 – 3:00 and a second group on Friday 9th October from 1:00 – 3:00

Please be assured the Hall will be ready for you to come to, and will be thoroughly cleansed beforehand with an anti-viral spray making sure it is ready for our people to come into.

A Fogging Machine has been purchased which will enable us to completely sterilise the chairs/tables and the Hall before the groups start.

Masks will be available if people feel they want to use them - this is optional.

We are just in the process of checking as to whether the volunteers will need to wear masks.

There will be 6 tables of 4 people only = 24 in total (this is necessary in order to ensure we adhere to the Social Distancing rules.) Automatic hand sanitisers will be on each table.

One volunteer will be allocated to each table – they will each only look after the table they are allocated to.

Two volunteers on the door will check the temperature of people coming in. This will be done with a simple click and is not invasive at all. Sadly, no person with a high temperature will be allowed in.

Tea/coffee or cold drinks will served by your volunteer – there will be no movement of people around the room other than the volunteers and of course if people need to take their loved-ones to the toilet.

A light, sealed box of food, will be served to each individual. This will contain some assorted sandwiches, a piece of cake and a pot of fruit. There will be background music, maybe a game of Bingo and a light quiz.

There will be a raffle for Carers - again it will be drawn as before and each prize numbered 1 - 10.

Your table volunteer will collect your prize and deliver it to you if you have a winning ticket.

We cannot wait to spend some time with you all. We look forward to a lovely afternoon where friendships can be rekindled, we can share experiences of the lockdown, but most importantly an afternoon where we can laugh together and enjoy the company of others.

Walking for Eileen—Saturday 5 September 2020



On Saturday 5th September Robert Pitcher will be holding his 4th Walking for Eileen tribute/fundraising 10 km walk over the beautiful Cannock Chase.

Robert usually strives for as many walkers as possible, but 2020 the year of Corona Virus, and to comply with social distancing, this year it is unfortunately restricted to Robert and a few others. Again all proceeds from sponsorship is going to MASE. So if you would care to sponsor Robert you can do so via his Just Giving page: <https://www.justgiving.com/fundraising/rob-pitcher3>: or at any MASE meeting.

Please contact Robert direct if you need any further information:

Robert's contact details: Mobile 07821 808036 or Home: 01543 270539 Email: walkingforeileen2020@gmail.com

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

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

For Legal Advice or Explanations - Contact Julie Perry



Following on from my recent legal article regarding Wills and Lasting Powers of Attorney, most people understand and appreciate the importance of Lasting Powers of Attorney but just a couple of things I want to share with you.

Even if you are a third-party signatory on a bank account or you become a joint bank account holder a property & finance Lasting Power of Attorney may still be required to deal with anything else. Only recently I received a call from a lady because although she is the joint account holder with a family member, she is unable to discuss that family member's property tenancy agreement, cancel utilities etc.

Turning to health & welfare Lasting Powers of Attorney, a number of people do not consider these documents important because they think that they can make decisions on behalf of family members automatically and that is incorrect. Have you ever tried getting results from the doctors on behalf of someone else? Or have an input into a loved one's care, treatment etc. Sometimes it is not possible to do anything without a health & welfare Lasting Power of Attorney in place.

It is always better to be safe than sorry. Make your Will and put Lasting Powers of Attorney in place for your finances and health to ensure your affairs are in order.

Here are some valuable tips:

If you already have a health & welfare Lasting Power of Attorney in place make sure you do the following:

- Give GP's surgery a copy of the registered document
- If you are attending a hospital appointment or your loved one is rushed into hospital as an emergency tell staff that you are your loved one's attorney.
- If you can, scan a copy onto your mobile phone so that if your loved one is admitted to hospital in the middle of the night and you are asked if you have Lasting Powers of Attorney you can show the copy on your mobile phone. A decision regarding their care may need to be made immediately.
- If you can't scan a copy onto your mobile phone make sure you keep a copy in your emergency bag that Daphne often talks about at the Groups so you have it with you and you don't have to hunt around for it when you are in a state of crisis.
- On a little card perhaps the size of a bank card put that you have a health & welfare Lasting Power of Attorney in place together with the Attorney's name and contact telephone numbers. Keep the card in your wallet, purse or handbag.

If you would like to discuss your Will or obtain advice about ring fencing assets and/or advice on Lasting Powers of Attorney you can contact Mrs Julie Perry from Jackson Perry Legal Services Limited either by email: julie.perry@jacksonperry.co.uk or telephone 01785 255010.

This is a very important message - Carers please always be prepared

I make no apologies for reinforcing this message to Carers again in our September Newsletter. It is so important that you be prepared for any Emergency medical situation.

REMEMBER YOU WILL NOT BE ALLOWED TO GO INTO HOSPITAL WITH YOUR LOVED ONE DURING THIS PANDEMIC.

So please understand the importance of always being prepared for the unexpected. We are all guilty of saying 'it wont happen to me', but unfortunately occasionally things **DO** happen and it is always better to be prepared, than to be rushing around at the last minute trying to get things organised. In view of a change in admissions to hospital, only one person can go in the ambulance, which is why it is important that you stay one step ahead of any unforeseen eventualities. At home keep a small personal bag for each of you packed and ready. Choose two different colours so that you know which one is yours, and which one is for your cared for. Keep them in a safe place in case of an emergency. If you or your loved one is taken by ambulance into hospital, you will not be trying to get things together at the last minute. Keep in both bags a note of any allergies or current medication that is being taken. All these things will be invaluable to a Paramedic/Doctor/Nurse if a person does have to go into hospital. **One word of caution Carers ALWAYS remember to UPDATE any medication changes made to the paperwork in the bag.**

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

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