



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

July 2019

Poignant Words

Do not ask me to remember
Don't try to make me understand
Let me rest and know you are with me
Kiss my cheek and hold my hand.

I am so confused beyond your concept
I am sad and sick and lost
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me
Do not scold or curse or cry
I can't help the way I am acting
I can't be different, though I try,

Just remember that I need you
That the best of me is gone
Please don't fail to stand beside me
Love me please til my life is gone.



SUPPORT STAFFORDSHIRE

Countywide Support for the Voluntary, Community and Social Enterprise (VCSE) sector

Support Staffordshire held their Annual Award Ceremonies for the Voluntary Community across different areas last month.

MASE volunteers were nominated in three areas. We were **WINNERS** in Cannock Chase and Stafford & District, and received a **COMMENDATION** in South Staffs.



CONGRATULATIONS to ALL Volunteers in Cannock, Haughton, Rugeley, Stafford and Hednesford. You are so special and our MASE Groups are something to be very proud of. You are the backbone of the Groups and the Trustees thank everyone involved for the time and effort that goes into making each Group so successful. The MASE team has at long last gained acknowledgement for it's dedication and professionalism to Carers; a plaudit which is so thoroughly deserved.

A lovely accolade for all our volunteers!

I have just come back from taking my mum to our first MASE group meeting and I was very impressed with the dedication, hard work and organisational skills of all the volunteers. I was a little nervous how mum would react as she is in denial, but we both loved our evening. Everyone was so friendly and welcoming, the food and drink was plentiful and good quality, great raffle and singing was perfect. It was so nice to see my mum enjoying herself and having fun again.

Dealing with Dehydration in the future



Dehydration is a common issue for older people and especially those with dementia. Often people living with dementia will forget to drink or will not be interested in drinking. Unfortunately this can lead to confusion and even hospitalisation.

This effect is often exaggerated as the symptoms of dehydration can be confused with the symptoms of dementia. This makes it more difficult to spot dehydration in people living with the condition.

What are Jelly Drops?

Jelly Drops are hydrating treats for people with dementia. They were designed by Lewis Hornby in response to his grandmother's struggle with dehydration. The house name 'Pattinson's' has been named after Lewis' grandmother.

When will they be available to buy?

Jelly Drops are not currently available to buy, but Lewis has now been joined by a fantastic team who are working extremely hard to make Jelly Drops ready to purchase as soon as possible. Jelly Drops should hopefully be available towards the end of 2019.

Daphne Sharp



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

5 things we need the Government to do to improve the lives of people with dementia

By 2025, the UK Government really needs to:

1. Increase funding for research.

Right now, dementia costs the UK economy £26bn each year – projected to grow to £30bn by 2025. If government put the equivalent of 1% of this toward research – £260m – it would triple current investment in dementia research.

This would help accelerate the search for breakthrough treatments to improve the lives of people with dementia.

2. Drive a movement of people to make research breakthroughs possible.

Thanks to funding increases from government and funders like Alzheimer's Research UK, the number of dementia researchers doubled between 2008/09 and 2014/15.

This led to a nearly doubling of the speed of research discoveries. These include the discovery of new genes driving Alzheimer's that are directing the search for new treatments today. *However, there is still progress to be made: for every dementia researcher there are four cancer researchers.*

Government should also ensure all people diagnosed with dementia can take part in medical research. We want to see the number of people with dementia enrolled in dementia studies reach 20% by 2025.

3. Diagnose diseases like Alzheimer's earlier.

For people with Alzheimer's and many other dementias, the first signs of disease begin in the brain decades before symptoms appear.

Alzheimer's Research UK is committed to improving how we detect the diseases that cause dementia, working to identify them before symptoms start.

By working with government, industry and healthcare professionals we can bring forward the day when this can happen effectively. This will help widen the search for new treatments and dramatically improve their chances of success.

4. Spread the word about prevention.

Research suggests that up to a third of dementia cases could be linked to risk factors that we can control. Many of these are the same as the risk factors for cardio vascular disease

However, only a third (34%) of people think it's possible to reduce their risk of developing dementia. This compares to 81% who think it's possible to reduce their risk of developing diabetes. With help from the government, we can spread the word about the ways to look after your brain health throughout life.

5. Prepare for a life-changing treatment for dementia.

There are currently no treatments that can slow the progression of diseases like Alzheimer's or delay the onset of the disease. Government and the healthcare sector must prepare for the cost and resource implications of a future treatment for dementia. By doing this work now, we can ensure people who would benefit from these treatments can access them quickly.

The CD of the MASE 10th Anniversary

The CD of our 10th Anniversary Event in April has now been completed. There are copies for you to purchase as a memento of what was a truly fantastic afternoon. The CD's will be on sale at £2.00 this will help us to recover some of the costs incurred in the making of the actual video taken at the Anniversary and transferring it then to the CD's.

The CD completely captures the essence of what the MASE stands for; showing people laughing, dancing and having a wonderful afternoon together. No-one watching it would be aware of the difficult journeys you are all on.

Carers we salute you ALL for the wonderful work you do, for the love, care and commitment you show to your loved ones and for doing it all with a smile. You are all incredible.

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

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