



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

October 2019

Don't Forget!



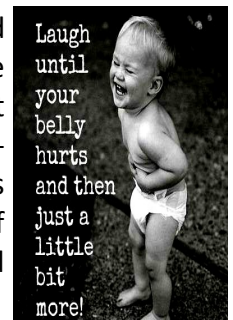
It hardly seems possible that we are about to turn our clocks back again at the end of October. This year they change on **Sunday, 27 October 2019**. This can be such a difficult time for Carers, as the days draw in so quickly and can become quite long. This is the time of year where sometimes a telephone call to a friend in the evening can help to avoid loneliness. It is difficult for people to get out and about; temperatures definitely drop, so do wrap up warm if you are venturing outside and please remember to go steady and stay safe. **Please Carers make sure you also remember to go for your flu injection.**

What are friends for

A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.

Dementia presents a particular problem to friends if you are not a part of the family. You might not know much about dementia yourself and the whole idea of it is terrifying. As a friend you want to help, but you are afraid of embarrassing the Carer, or perhaps making offers of inappropriate help; you really don't know what would make a difference. If you do want to offer help, it's really important to ask what would be most helpful. It might not be what you imagine. You might think getting in a bit of shopping would be good, when in fact shopping is the time out the Carer has to look forward to. Maybe offering a lift to the shops, or perhaps you could stay with the person who has dementia while the Carer goes out shopping on their own.

As the words disappear, non-verbal communication with a friend becomes more and more important. A hug, a handshake, linking of arms, all of these can communicate something to friends with a dementia. Smiles and just sitting together can be a great comfort too. Remember also to involve the person with dementia in your conversations; don't talk over them, or about them, include them in the discussions. Patience is the biggest virtue, speak slowly, and very clearly and remember also to keep a sense of humour. There is nothing as satisfying as genuine laughter, it can be very infectious and can leave the person with dementia feeling happy and with a 'feel good' feeling inside.



Applying for A Blue Badge



The Blue Badge scheme has recently changed and they have extended the disabilities to enable more people to apply for a Badge.

[You can now also apply for or renew your Blue Badge online](#)

Applications are processed by local authorities, when applying for the Blue Badges. In England, you may be charged a maximum fee of £10.00. The badge lasts up to three years. You can apply online at www.gov.uk/apply-blue-badge if you live in England or Wales.

In trying to find out if there is an easier way for you to apply for The Blue Badge scheme, we have been advised your local library will also help you to complete your form online.

A personal visit to Staffordshire County Council reception may also prove to be beneficial.

Daphne Sharp ☎ 01785 211140 or 07939 505455 MASE Co-ordinator/Trustee ✉ Daphne.scharp@ntlworld.com

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

Fantastic MASE Fundraisers

Robert Pitcher once again organised **Walking for Eileen** a sponsored walk in memory of his late wife Eileen in August. The work and effort put in by Bob was fantastic and his dedication in getting the walk so well supported was simply admirable. This year the figure raised was £3,450, which after we claim the Gift Aid of £750 will amount to a staggering **£4,200.00**.

Robert attends all the MASE Evenings as a valuable Volunteer and his commitment to helping Carers and their cared for each month is commendable. We send a huge thanks to Robert and all the many organisations who supported him.

A few Words from Robert: To all those that took part in the third "Walking for Eileen" event on Saturday 31st August, or sponsored, may I say a huge thank you. In spite of wet and windy weather approximately 100 people took part.



Thank you to Hednesford Lions and Hednesford Army Cadets for Marshalling both the 3.2km and 10km walks also thank you to Debbie from Cannock ASDA for supplying bottled water. It was also greatly appreciated that **Zaphne Stretton Cannock Chase Council Chairlady** and **Amanda Milling MP** gave up their time and supported the event.

You all have my thanks and appreciation. All proceeds from sponsorship will go to MASE (Monthly Alzheimer's Support Evening's).



"Walking for Eileen" will take place next year on 5 September 2020

The Reay Family [John, Lynne and Oliver] and Mum Beryl

This wonderful family took on The Great North Run Half Marathon to raise money for our MASE Groups; they also attend weekly 5K family runs where they started collecting sponsorships 4-weeks prior to the Marathon. In total they have raised **£1,300.00**. (which after Gift aid will add another £205.00) making a grand total of over **£1,500.00** for the MASE. John, Lynne, Oliver and Mum Beryl are all regulars to our groups and we are so grateful to the family for their support and the amount they have raised for our Groups.



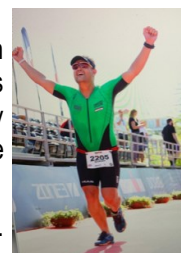
An Exhibition of Paintings by Dennis Harper

Dennis is a very talented artist and some of his incredible paintings were on display throughout September at Shenstone Library. Also for sale were paintings other artists had donated to the event. These also were to be sold in support of the MASE Groups. Dennis has been a friend of the MASE for many years and this year has donated most of the money raised from this exhibition to the MASE Groups. To date we have received a total of **£1,626.00**, with a further £800 (plus Gift Aid) anticipated, for which we are extremely grateful.

Graham Shapiro: Completes his sixth Ironman for the MASE

On Sunday 29 September Graham once again completed his 2 mile swim, 56 mile bike ride, and 13 mile run in what he could only describe as a 'Brutal' course. So much so that he has decided to put away the bike and is now retiring at the age of 50 from future events. Over the six years Graham has raised a great deal of money for our Groups and has been a great ambassador for our Charity. The total amount he will raise this year will be well over £2,000

Graham also created and has hosted the MASE Website for over 10 years now all at no cost to our Charity. This he will continue to do, as well as showing his incredible support for the MASE in many other ways.



We feel sure you will agree our MASE people have benefitted so much from everyone's kindness, generosity and hard work .

TO ALL OUR FANTASTIC FUNDRAISERS ON BEHALF OF EVERYONE AT THE MASE - THANK YOU

Future Dates for your Diary

December 13th - at The Polish Club, Stafford. From 7:30 until 11:30

Elvis Christmas Fundraiser—Tickets £10.00 to include buffet and as always a fabulous raffle. Tickets are available from volunteers.

December 22nd - at The Aquarius Ballroom Hednesford 6.00 pm until 9.00 pm

To end the year we have Tony Wall giving us a Christmas Evening with songs from Jim Reeves. There are tickets available at £3.00 This is to ensure we have an idea of numbers for the buffet. There will be hot and cold drinks and the Bar will be also be open .

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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