



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

September 2019

MP Mr Jeremy Lefroy visited the Stafford MASE Group on Bank Holiday Monday on 26 August. He sat with our Carers and their cared-for, and spoke to a couple of Carers who are currently having a particularly difficult time. He listened with great empathy and said he would look into certain areas of concern.

Mr Lefroy also spoke to us about a caravan which is available to unpaid Carers with an assessed need, on a not for profit basis. This lovely caravan/mobile home is located on Owens Caravan Park, between Towyn and Abergele. It is on a family run site which has a café and a laundrette close by and is perfectly situated for exploring the North Wales Peninsular.

A taxi from Abergele station will cost approximately £6.00. For more information on the site visit www.owenscp.co.uk. The caravan has one double bedroom, plus a twin bedroom and two toilets. Please note **NO PETS ARE ALLOWED**. There will be some leaflets with a picture of the caravan at each of the groups. If anyone is interested in this fantastic initiative please contact John on 07843 965 935.

Please Carers Be Prepared

Over the recent Bank Holiday so many of our people have been taken into hospital for one reason or another.

We are all at a very vulnerable time of our lives and are all guilty of saying 'it won't happen to me'.

Unfortunately things **can** happen to any of us at any time 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 the long waits that people are currently experiencing when waiting at A&E departments it is imperative that you stay one step ahead of any unexpected eventualities.

1. At home always have a small bag packed, and keep it in a safe place. In it put some personal items just in case of an emergency. If your loved one is then taken by ambulance into hospital, you will not be trying to get things together at the last minute.
2. Put in a small bottle of water and perhaps a packet of biscuits/or a bar of chocolate: things which could prove so beneficial during your wait. So many Carers say that they were never even offered a drink during their time in the various hospitals.
3. A magazine, or a book, just in case you are going to be there for a while.
4. A purse with some change so that you can at least buy a drink and also if you need to get back home you can always get a bus or call a taxi.
5. A small packet of baby wipes - which can be used to refresh both Carer and cared for.
6. A few small packs of tissues and perhaps even some peppermints/boiled sweets.
7. Also keep in the bag a note of any allergies or medication that is being taken by your cared for. All these things will be invaluable to a Paramedic/Doctor/Nurse if a person has to go into hospital.
8. A list of your own medications would be useful too.
9. Perhaps even a small box with your overnight medication just in case you have to remain at the hospital for any length of time with your loved one.
10. In your home set aside a drawer with fresh nightclothes for both male/or female; some toiletries, and slippers would also be a useful thing to keep in there just in case someone is rushed into hospital as a matter of emergency. There is nothing worse than having to ask someone to bring things into you from home and then having to rummage around in your home looking for these items. If you have the room, perhaps keep a second small bag packed in case an emergency. Again a list of any medication would be a great idea too. Remember : a few minutes of preparation now, when you are thinking clearly, could save so much inconvenience at a later date.



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.

Two very different Poems written by a person with Alzheimer's
One written by Ivan Molyneux who cared for his late Wife for many years.

Last Month Daphne gave a presentation on the MASE to a Group of Senior Citizens in Handsacre.

Just before the presentation, sadly one of the group suffered a stroke. To keep things as normal as possible, and as the lady was being looked after in a side room, Daphne was asked to continue with her talk. When the Ambulance Crew arrived they took the lady off to hospital. **I am pleased to say she is now back home and recovering from her ordeal.**

However, throughout my presentation a gentleman who has Alzheimer's was continually writing – I had no idea as to what! However at the end of my presentation this is what he handed to me read.:

What's the matter with ME

Please, can I come and sit by your knee?

Give me a hug

Let me feel I'm alright

How nice you seem to be

What really is the matter with me?

Sometimes I don't know where to put my feet

Your nearness is really a treat

I'm starting to feel a lot better

Make a small donation to help meet your goal

£40,000 to run the groups is such a lot

Wish I had the means to put plenty in the pot

That little word, and it's meaning, HUG!

For both you and I can read

H is for help

U = You and Me

G is for God we all can share

For that is the power which is everywhere

I am sure you will be as amazed as I was, when reading this gentleman's very touching and poignant words.

To : My Carer

From : Your Loved One

Please do not ask me to remember

Don't try to make me understand

Let me rest and you are with me

Kiss my cheek and hold my hand.

I am confused beyond concept

I am sad, sick and lost

All I know is that I need you

To be with me at all cost.

Please don't 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.

Please remember that I need you

So look after me like you do

I know you love me dearly

And there's not much that I can do

But my Carer I want you to know

With all my heart I love you too

PLEASE DON'T CRY

Ivan nursed his wife for many years with Alzheimer's and is a really caring and special person. He writes some lovely poems and because they come from his heart they are very sincere. He knows only too well the heartache that comes with this debilitating illness, so we felt sharing his words may help some of you who are on the Dementia journey.

Ivan is at most of the Groups and is always happy to sit and talk to people who are struggling and need have someone to chat to.

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

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