



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

August 2020

A Sincere Thank You

Our world is in quarantine
Due to a global virus
So what is much needed
Is something to inspire us.

Nothing could be greater
Than our brilliant NHS
Whose dedication to caring
Brings such happiness.

As well there are the volunteers
Of every age and creed
Selflessly doing what they can
To give to help to those in need.

To these and many more
We offer deep appreciation
And pray when this is all over
We will rebuild our nation.

In knowledge that this crisis
Has brought out the very best
It has created many heroes
Each one is truly Blessed

These have been long and lonely months for so many of you. So hopefully our Newsletter this month will drop a little ray of sunshine into your day. These are our proposals for moving forward with the MASE and getting our groups back, providing of course that there is no spike again in the virus.

We are proposing to open The MASE in St Luke's Hall, Cannock on:
Monday 5th October from 1:00 until 3:00 pm

We will also be opening second group in St Luke's Hall, Cannock on:
Friday 9 October from 1:00 until 3:00 pm

There will be no entertainment, but we will have some light background music, and maybe a small quiz. This will be an opportunity for you all to have a good chat with each other. Individually sealed plates of sandwiches and cake will be available, together with drinks. Most important of all is you will be with your friends once again.

Carers will have to take responsibility for looking after their cared for, and of course social distancing measures will be put in place. Everyone will be expected to follow the hygiene procedures especially when visiting the toilets.

Six tables will be laid out with four people to each table - making it 24 people in total. The room will be fully sanitised before you come in and we will need to take your temperature with an infrared forehead thermometer when you enter the hall. Handwash and sanitiser will be available on each of the tables. An Invitation will be sent out to people asking them to join us at the two Groups in the first instance.

Our Volunteers will also be there to make you feel at home and comfortable. Face masks will NOT be obligatory but if you would feel more comfortable wearing one then that will be acceptable. We will have done all the risk assessments on the Hall and can assure you that your safety is paramount to us. You are after all very precious and it will be so lovely to see you again.

Comments on the Jelly Drops



A big thank you to all our Carers who have tried the Jelly Drops. The cost of a box of 7 trays [which can last up to 14 days] has caused many Carers to think seriously about whether they can afford them. The feedback so far has been very positive, but the main concern is most definitely on the price. Perhaps relatives/friends could be persuaded that instead of buying gifts of chocolates when they visit, they could in fact help towards the cost of the Jelly Drops! This is only a suggestion and may or may not help. I have fed back to the company your concerns on the price. If you have tried the Jelly Drops please send me your comments on the product by email if possible.

Carers Please BEWARE of scam telephone calls

Carers please be aware that any telephone number starting with **0018** should NEVER be called back. Why you ask? Because returning the call will prove to be very expensive.

There is a Website '**Who Called Me**'. You can go onto the site and type in the number you are unsure of. This site ranked the prefix **0018** as '**dangerous**'.

Callers from **0018** numbers may also try to steal your bank or credit card details, perhaps by pretending to be from a legitimate company. Do not answer, do not call them back, and block the number if you possibly can.

Calls to 01, 02 and 03 numbers are included in phone contracts, 0800 and 0808 are free, BUT **084, 087, 118 and 09** can cost an arm and a leg. Call an **070** number (notice how close this is to a normal mobile number) and the charge will be extortionate.

The people making these calls are ruthless and certainly have no conscience. All they are interested in is taking cash from innocent people, so let's make sure we are not one of the people they defraud!

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.

Horse Fair Care Home - Residential, Dementia & Respite Care



If you are looking for some short-term Respite Care, Horse Fair Care Home in Rugeley is currently offering reduced rates. By making a telephone call to the Manager you will be able to discuss current charges and see if there are vacancies to suit your requirements. We are aware that many Carers have experienced some difficult times during Lockdown and are desperately in need of a well deserved break.



Horse Fair Care Home has a good reputation and over the years MASE has benefitted from various fundraising activities they have put on in support of our Groups.

A warm and friendly welcome will always await you there, from the Receptionist, to the Carers and Activity Co-ordinator. The Home has a real community spirit and provides the best of care, with restaurant-style dining and a stimulating programme of events and activities each day. The well-being of residents is at the heart of all they do; ensuring their people are fulfilled and benefit from their time spent at the Home.

For further information on the current rates available call 01889 721752 or search 'Horse Fair Care' online.

Wearing a facemask is now compulsory, so how do you stop your glasses steaming up?



Putting on a face mask has become a daily routine for many, but it can create a problem for those who wear glasses, if their lenses fog up obscuring the view. Here are some tips for wearing a mask safely:

1. Stop your mask slipping by wrapping the elastic or string, around the sides of your glasses rather than your ears - just make sure you are careful when taking off your spectacles.
2. Pull your mask further up on your nose and place your glasses on top of the mask. This will help to 'seal' it, stopping warm air from your breath escaping and steaming up the lenses.
3. Give your glasses a home-made, anti-fog coating - wash them with soaping water and dry them. The soap will leave behind a thin film that should stop the glasses steaming up.
4. Take some tissue and fold it into a rectangle. Tape it along the top of the mask. The tissue will catch extra moisture that would otherwise leave your glasses fogged up.
5. If you have glasses with nose pads, these can be gently bent to make your frames sit a little further away from your face.

A lighter look at life during lock down to make you smile.

- ★ Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad.
- ★ I didn't mention anything to the washing machine as she puts a different spin on everything.
- ★ Certainly not to the fridge as he is acting cold and distant.
- ★ In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to suck it up, but the fan was more optimistic and hoped it would all soon blow over!
- ★ The toilet looked a bit flushed when I asked its opinion it just didn't say anything, but the door knob told me to get a grip.
- ★ The front door said I was unhinged; so the curtains told me toyes, you guessed itpull myself together.! 😊

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

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