



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

March 2021



Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and hopefully temperatures slowly begin to rise. ... This time last year we were all thrown into the depths of despair with the outbreak of the Covid-19. This March many of you will have had your vaccinations and we are all hoping and praying for a return to semi-normal life in the coming months, which we hope will include re-opening MASE.

We applaud all Carers who have been simply incredible throughout this pandemic. Life has been turned upside down for you and yet the telephone calls we receive are never moans and groans; some are asking for advice, some are just simply calls to say 'hello' and actually to ask how we are coping with the lockdown. It is always good to hear from you and to be able to keep in touch.

We cannot wait for the day we will be able to re-open the groups again. It is hard to believe it is coming up to 12 months since we were all together. Stay positive everyone, we are sure it won't be too long before we will be together again. We are most definitely ready to re-start as soon as we are given the go ahead from the Government.

Over the past months sadly we have lost many MASE people; we know some Carers have gone through a really difficult time and probably wondering just what the future will hold for them. The MASE Trustees want to reassure all Carers you will always be welcome at our Groups. The knowledge, care and empathy you have given to your cared-for over the years, will be so valuable to people who are starting out on the dementia journey. Do not, for one minute, think that you will be pushed aside – believe us when we say you are essential to our groups and will always remain a part of them.

When a loved ones goes into a Care Home

If the person you look after moves into a care home permanently it does not necessarily mean that stops you being a Carer. Although with Covid-19 visiting is very difficult; you may still spend a lot of time thinking of the person you care for in their care home, helping with care and keeping the person you care for company.

Keep a Diary

It is always beneficial to keep a written note of your visits. Write down anything that you have discussed with the staff regarding the care of your loved-one. If you have raised any issues regarding things like the care plan, or personal cleanliness, make a note of it. It helps as an aide memoir should you ever need to revisit perhaps a complaint, or something you have previously raised during a visit.

Staying involved

Once the person you care for lives in a care home you should still be involved in decisions about their care. Talk to the staff at the care home and make sure they know that you are a Carer and wish to be involved. Carers remember 'you have to be the voice of your loved one'. You can ask the questions that you feel are relevant to the care your loved one is receiving. Always be firm, but fair, when asking questions.

Residents and relative groups

In normal times many care homes have a residents group and carer or relatives groups. These are a chance for you to have a say in what happens at the care home and to be involved with the quality of the care given. You get the chance to raise concerns and to ask for any improvements you would like in the future. This could be anything from staffing and personal care, to social activities and trips out. In light of Covid some care homes are using new technology to speak to carers on I-pads or even mobile phones. Carers if you do have concerns then you can always write a letter to the home, remember to always keep a copy for your own files.

Relatives & Residents Association

The Relatives & Residents Association is a national charity for older people in or needing care and their relatives and friends who help them. It has a helpline where you can get free, expert advice about anything to do with older people and care homes. It also has free factsheets that you can download, including ones about rights.

Details for The Relatives & Residents Association :

Tel: 020 7359 8148 Email: info@relres.org

(Remember to add them as a safe contact or check your spam/junk email folder for responses to enquiries)

Helpline: 020 7359 8136 (Monday – Friday 9:30am – 1:00pm) or helpline@relres.org

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.

Carers please be prepared

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 these difficult times it is imperative that you stay one step ahead of any unexpected eventualities .

1. At home always keep a small bag packed, and keep it in a safe place. In it put personal items just in case of an emergency. If you or your loved one has to be taken by ambulance into hospital, you will not be trying to get things together at the last minute. [Maybe keep a separate bag packed for you too in case you get ill at any time]
2. Always keep in the bag a list of **ALL** medication that is being taken. (Remember to update this list if your doctor revises you cared for's medication at any time. Also keep in the bag a note of any allergies.
3. It could also be a good idea to put in an envelope containing the personal contact numbers of your family.
4. A small washbag should be permitted when going into hospital. Things like a comb, soap, toothpaste and brush, perhaps some wet wipes, and if the person going into hospital wears dentures, the cleansing container, some denture cleaning tablets and some fixative, should it be needed.
5. If they have a mobile phone, computer or tablet, they could use these to keep in touch. Remember to put in a charger for the device too. Make sure you have also put all the important numbers in the telephone.
6. Carers it is always a good idea to keep a list of 'who to contact in an emergency' perhaps sellotaped under your home telephone. Again in the event of an emergency the Ambulance people can call on someone to assist in looking after your cared-for.

Please Note: During Covid there may be certain restrictions on items that can be taken into the hospital

When do we officially start British Summertime in 2021?



You might have noticed that while it's still cold and miserable outside – with the long winter nights in lockdown starting to drag – we are getting a tiny bit more daylight every day than we were just a few weeks ago. All of which means we are drawing ever closer to that happy time when the clocks go forward, we can then bid farewell to those long dark winter nights for another year and usher in the Spring – hopefully bringing the sunnier, warmer weather with it.

However, we still have a little bit longer to go, after a few cold and wet weekends recently across the UK – but just when do the clocks go forward in 2021? The date the clocks change is different every year as they traditionally **go forward** on the **last Sunday in March** and go back on the last Sunday in October.

This year the clocks will go forward at **2 am on Sunday March 28** – and they won't go back again until Sunday October 31. So although we miss an hour's sleep that night – hopefully all that extra daylight in the evenings will make up for it. Let's keep our fingers crossed for a gloriously warm summer this year - we certainly need and deserve it don't we?

To make you chuckle!

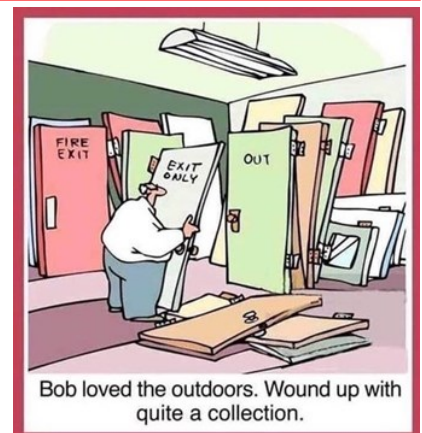


It takes five minutes to walk from the house to the pub.

It's a 35 minute walk from the pub back to the house - the difference is **staggering!**

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I have bought myself a seniors' GPS. Not only does it tell me how to get to my destination, it also tells me why I went there.



If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)

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