



# MASE Monthly Newsletter



## Proud Recipients of Queen's Award for Voluntary Service

### May 2021



The signpost shown on our Newsletter this month, highlights the many things the MASE started out to do over ten years ago. Trustees wanted to make a difference to Carers and their cared-for with any form of Dementia. We wanted to extend the hand of friendship to people attending the evenings, and to give them some sort of normality, whilst at the same time ensuring strong, and lasting friendships were formed. We also wanted people to go home at the end of the Groups feeling happy and content, knowing that they had enjoyed a light buffet, a sing-a-long and perhaps some had even had a little dance!

Sadly In March 2020 we had to close our doors due to Covid-19. The burning question for us now is 'just when can we re-open the groups?'. The honest answer is: 'When it is considered safe to do so'. The MASE Trustees have discussed this in some detail and we have decided to get some dates into the diary beginning from July 2021. Rest assured we will only open if we as Trustees of this Charity, feel it is safe for us to do so.

After a great deal of consideration, and of course plenty of planning, The MASE Groups will hopefully begin again in July on the proviso that there are no U-turns in the roadmap the Government has set out and that things will progress satisfactorily to bring us out of Lockdown safely.

There will however be a few changes. Stafford Group will **NOT** be re-opening in the foreseeable future; however we really hope that people from Stafford will join us at the Haughton Group, where they will be made most welcome.

Also, we will be relocating the Group in Rugeley to The Davey Room (The Restaurant) at Lea Hall. The date of this group will change from a **Wednesday** to a **Friday**. Our reasons for the move are that significant changes are to be made to the St Joseph's Hall, and what we did not want to do is restart the Groups and then have to relocate to somewhere else during the renovations. Once everything at the hall has been completed, we will then consider returning to the Church Hall on a Wednesday evening.

Please be assured MASE Trustees will do everything in their power to ensure the groups are safe. There will be changes made in respect of the way the food is presented and we will try to adhere to all Government Guidelines as we roll out the groups once again. Let's all keep our fingers crossed that with each week, confidence slowly returns, the Virus stays under control, and our MASE Groups can once again hold their regular monthly meetings.



## Poems written by Carers for the MASE

### Your Friendly MASE

The MASE is a friend to us all  
If you are feeling down with your mind in a haze  
Don't remain in a haze just call in on the MASE  
You can speak to the Trustees in sunshine or in rain  
They will always try to help ease your pain  
There are people at MASE just the same as you  
And MASE Volunteers are there to help you through.  
You will never regret the time you spend there  
With so many friends and memories to share  
There are refreshments and always plenty to eat  
With a lot of new friends for you to meet  
So don't stay on your own, pick up the phone  
At the MASE Groups you are never alone

**THE MASE IS ALWAYS THERE FOR YOU**

### Unprepared

We longed for relief from the lockdown  
But now that's it's looming we feel scared  
For everything's different, yet so little has changed  
We are **ALL** feeling a bit unprepared  
For almost a year in our cosy cocoon  
We had little to do but to worry  
It's strange to discover we are fine where we are  
That really, we are not in that much of a hurry  
We want to go back to the year before last  
Before this pandemic occurred  
Unsure that our lives will ever be the same  
As least that's as far as we've heard  
But thankfully relief will come in stages;  
A chance for us to adapt and prepare  
So, when we do emerge from our cosy cocoons  
Life won't really be so different out there!

**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.

## Please look after your feet! As we get older wearing sensible slippers is a MUST!



As we get older our feet change. Tendons and ligaments that link the little bones in our feet lose some of their elasticity. The result is that our toes spread out and the arches of our feet tend to flatten, resulting in longer feet and feet that have also grown wider. Poorly fitting footwear is responsible for approximately 24,000 falls in the over 65's each year, so as our feet change, we may need new sized shoes for our own safety.

Many people know that wearing slippers at home is a comfortable practice that helps keep your toes and feet warm, but there are also many health benefits of wearing slippers as well that you should be aware of. Keep in mind that just as with anything in life, not all slippers are created equal! Many slippers may keep your feet warm and toasty, but they lack the supportive infrastructure needed to give you the maximum health benefits and comfort that you deserve.

When you're provided with the right information, you'll be able to decide whether or not slippers could be a useful addition to your at-home routine and what you need to be looking for to make sure you're reaping the maximum benefits for your feet. People deserve to look and feel great with every step whether you're lounging at home or out on the town.

Slippers can be a game-changer for your relaxing routines, while also imparting many different health benefits that you may not be aware of. Have you ever spent the day walking around your home barefoot only to wake up the next morning with sore and aching feet? If you have, you're not alone! Many people don't make the correlation that their foot pain is due to walking on hard surfaces without having any supportive barrier protecting their feet and instead attribute it to something else they did the day prior. And no, socks don't count as a supportive barrier. Wearing slippers helps protect your feet from the ground and helps ward off foot pain, all in one cosy and comfy package! Comfortable slippers with specific infrastructures meant to protect your feet from shock absorption are what you need.

Many individuals suffer from swollen feet, whether due to a medical condition like diabetes or just a poor blood circulation to their lower extremities. What many people don't know is that wearing supportive slippers can help to encourage blood flow to your feet, which can reduce the amount of swelling they experience. In slippers designed to fit your foot perfectly and support its most vital structural elements, your foot can move and function in an environment that promotes healthy function. **If you're sick of having swollen feet, investing in good sound slippers is a must.**

## Museum of Cannock Chase - Memory Walk



**Event:** Dementia Forget-me-not memory walk

**Date:** Thursday 27<sup>th</sup> May, 2021 – Time: 11.00am – 12.30pm time to include refreshments

**Price:** £2.00 per person to include a cup of tea or Coffee and Biscuit

The walk is a gentle stroll around site looking at the Heritage of the site.  
Bookings to be made in advance but it is pay on the day. (through the Museum)



## Proposed Dates of Future Mase Groups for your Diaries

Cannock	Houghton	Rugeley	Hednesford
First <b>Monday</b> each month St Luke's Church Hall	Second <b>Thursday</b> each month Houghton Village Hall	Third <b>Friday</b> each month Lea Hall Restaurant Davey Room	Last <b>Thursday</b> each month Staffordshire University Academy
WS11 1DE 1:00 – 3:00	ST18 9EZ 7:00 – 9:00	WS15 2LB 7:00 – 9:00	WS12 4JH 7:00 – 9:00
12 July - 2nd Monday - July only	8 July	16 July	29 July
2 August	12 August	13 August - This month only	26 August
6 September	9 September	17 September	30 September
4 October	14 October	15 October	28 October
1 November	11 November	19 November	25 November
6 December	9 December	17 December	No Group

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

Registered Charity No: 1137193 - The Monthly Alzheimer's Support Evening Limited (MASE)  
Company Limited by Guarantee No: 7228424

**DISCLAIMER**— Every effort has been made to ensure that the information in this newsletter is correct at the time of going to publication. MASE Group accept no liability for the accuracy of the text. Company limited by Guarantee in England & Wales. Registered No: 07228424 Registered Office: 3 Hartwell Grove, Stafford ST16 1RW.  
MASE is a registered Charity - Number: 1137193 The Monthly Alzheimer's Support Evening Limited (MASE)