



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

June 2021



Will our lives come back to some sort of normality this month? We sincerely hope and pray that they will. This has been such a dreadful time for everyone and we are proud of the way you have all coped over the past 14 months. Now we have to be positive and get our lives back on track. Laughter, chats, and friendship are important to us, so let's keep the MASE dates firmly in our diaries and practice 'Mind over Matter' - if we concentrate on the forthcoming Groups then we have a chance of laughter, and reminiscence but most of all being with our friends again. A new month, a new chapter in our lives, and new hopes for the future. We hope June 2021 gives you all courage, strength, confidence, patience, self-love and inner peace. May each day in June fill your days with hope, love, sunshine and energy. We are all desperately in need of fun and laughter in our lives - the MASE volunteers are ready to make sure that happens when hopefully the MASE Groups open again in July, and we will once again capture the essence of friendship! Keep those thoughts in your mind everyone - **we are nearly there!**

Also, enclosed with your Newsletter today is a leaflet about the 'Staffordshire Together for Carers Service' which has taken over from the Carers Hub. This is a useful leaflet and has many good contact numbers in it for you. The leaflet contains a wealth of information and we hope you will find the content helpful. Please Carers get in touch with this organisation, introduce yourselves to them, to see if they can offer any help and support to you on your journey with Dementia.



Staffordshire Together for Carers Service

SCAMS

We make no apology for covering Scams again this month. Vulnerable people are being taken in every day; please don't let it be YOU. A scam is a type of fraud in which someone steals your money or your personal information. You can be scammed online, in person, over the phone, or through the post. Scams can be difficult to recognise, but there are things you can look out for.

Recognising a scam at the door:

- Someone knocks on your door and says you have a clip missing from your gutter, or a slate on your roof looks loose, or your roof needs repairing.
- You can guarantee you will not be dealing with a genuine company
- **NEVER EVER** deal with tradesmen at the door.
Politely, but firmly turn callers away. Use a white lie if necessary saying :
'All handiwork around the house is done by my Son-in-Law who is a Policeman'!!!
- Never listen to people when they say 'if you pay cash we will reduce the cost and will not charge you any VAT! This should always ring alarm bells.
- **NEVER** tell a caller that your husband/wife has Alzheimer's, or any other illness. This makes you even more vulnerable.
- Put a sign on your door saying **'WE SAY NO TO ALL DOORSTEP CALLERS'**
- Always make sure you close and lock your door and ensure they remain locked at all times during the day.

Recognising a scam on the telephone: These people are experts at taking money from older people

If, when answering the phone, there is a 5 second delay before someone speaks, the call is probably not from this country: just put the phone down immediately.

If you answer a call and they say there is a problem with your computer; put the phone down immediately; the longer you stay on the phone the more vulnerable you become.

If you get a call from **AMAZON PRIME** be warned this is a hoax. Put the telephone down immediately.

[Amazon very, very rarely make telephone calls, if ever](#)

NEVER ENTER into a telephone conversation with anyone you are not familiar with; sometimes by keeping you on the telephone for a certain length of time valuable information can be accessed.

The people who make these calls are devious, unscrupulous characters who do not care how much hurt they cause. Please do not be fooled by them!

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.

The road is never long between Friends



*Sometimes in life, you find a special friend;
Someone who changes your life just by being part of it.*

Someone who makes you laugh until you can't stop;

Someone who makes you believe that there really is good in the world.

Someone who convinces you that there really is an unlocked door just waiting for you to open it.

For people living with dementia, maintaining meaningful friendships can be a difficult task. A dementia diagnosis can turn someone's world upside down and it's at this time that friendship is valued the most, not only to offer comfort and support but to help to maintain an essence of normality. It is a sad fact though, many friendships break down after someone has been diagnosed.

- Two out of three people living with dementia have lost friendships following their diagnosis.
- 60% of people living with dementia felt reluctant to attend social situations after their diagnosis.
- 91% of participants felt there was not enough public knowledge of dementia and what it's like to live with the illness.

These findings show that more must be done to improve public understanding of attitudes towards dementia, so we are able to help friendships adapt following a diagnosis and throughout the illness. Here are some hints and tips on how to provide emotional and practical support to people with dementia, at all stages of the illness.

- Find out more about dementia and how it's likely to affect their everyday life.
This will help you to support your friend and make you more prepared for changes in the months and years ahead.
- Accept the person your friend is now; try not to draw comparisons with how they were before developing dementia.
- Make sure to talk directly to your friend, especially in social situations.



Some other uses for everyday things

Epsom Salts: Can be purchased cheaply from supermarkets and can be used as a fertilizer to improve your tomato crop. It will also give roses a boost resulting in deeper colours of both leaves and flowers.

Orange Peel: Aphids and ants really do not like the scent of oranges, so you can bury the peels shallowly in your garden soil, or shred pieces of peel and scatter that across your garden.

Beer: Place some beer in a bowl and leave in your garden, the smell lures slugs away from your plants

Rhubarb: The leaves are poisonous and should never be eaten, but when you boil rhubarb leaves in stainless steel pots and pans, it can help to give them a beautiful shine. Remember to wash them well after though to remove any residual oxalic acid.

Denture Tablets: Ceramic and glass flower vases get stained inside. Fill with water, add a couple of denture cleaning tablets, wait an hour and then rinse out thoroughly. Your vase will be clean and sparkly for the next bunch of flowers!

To make your vase of flowers last longer: A teaspoon of sugar added to the water in the vase essentially feeds the flowers, helping nourish the blooms so that they stay looking fresh for longer. Alternatively, try adding around 1/4 cup of lemonade to the water for the same effect.

Proposed Dates of Future Mase Groups for your Diaries

Cannock First Monday each month St Luke's Church Hall WS11 1DE 1:00pm – 3:00pm	Haughton Second Thursday each month Haughton Village Hall ST18 9EZ 7:00pm – 9:00pm	Rugeley Third Friday each month Lea Hall—The Davy Room WS15 2LB 7:00pm – 9:00pm	Hednesford Last Thursday each month Staffordshire University Academy WS12 4JH 7:00pm – 9:00pm
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

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