



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

June 2022



It seems impossible that we have now entered the month of June! Where on earth have the last five months disappeared to? However, it is lovely to see the flowers beginning to burst out in a variety of different colours and the gardens look so welcoming once again. Let's hope we can start to sit out and enjoy our gardens in the coming weeks. June is typically the month with the most daylight hours and is the perfect month for the hopeless romantics out there.

June's flowers are rose and honeysuckle. Both symbolise all things related to love, desire, generosity and affection. The birthstone of June is primarily pearls which symbolises faith and purity.

CELEBRATIONS FOR A PERSON WITH DEMENTIA

There's no reason why people living with dementia could not be part of any celebrations taking place in their community during this special Jubilee period. People with a dementia should always feel included, valued and supported. So, it's important their needs are taken into consideration in the run up to any kind of event. These are some simple ideas to help someone with dementia feel more involved;

- Let the person with dementia know an event is coming up. This may help you to gauge how they feel about it and whether they'd like to be involved.
- Find out the details of any events and consider whether the person will feel comfortable there. Too many people, too much activity, lots of loud noises or sudden movements could be confusing and distressing.
- People with dementia may feel too hot or too cold but be unable to communicate that to you. Therefore, if the event is outdoors, ensure they are comfortable. Encourage them to bring layers, so they can cool down or warm up as needed.
- If the person appears agitated at the event, try to provide reassurance by talking to them calmly and finding out if something in particular is affecting them. A gentle touch or hug can also help if a person is distressed. Be prepared to leave an event if the person needs to.
- If the event is indoors, consider creating a 'quiet room' where the person can take a break. Being in a room with lots of people with music and multiple conversations taking place can be overwhelming for a person with dementia.
- If you're planning to put up decorations, do this gradually, ideally over a number of days, as people with dementia can find it distressing if their environment is changed suddenly.
- If you're catering, consider providing buffet-style finger food. A huge plate of food can be daunting for someone with dementia.

Millions of people joined in the wonderful celebration of the Queen's remarkable reign. We sincerely hope everyone who wanted to join in – including those with dementia – were part of this wonderful weekend. Wherever you were going and whatever you were doing, we hope you enjoyed yourselves and made the most of this once in a lifetime Celebration.

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.



What a wonderful afternoon we all shared at the MASE Jubilee Gala in honour of Her Majesty the Queen. It was an joyous afternoon of celebration and made even better as so many of you came dressed in Red White & Blue. We were proud of you all - thank you so much for making it such a special occasion. It was an afternoon we as Trustees will never forget; the atmosphere was 'electric' from the start to the finish.

Funding from the National Lottery Community Fund helped us to ensure our Gala was so successful. Sincere thanks to them for having confidence in MASE and the work we do.



Thanks also to Professor John Mohin OBE for his kind words and also to Matthew Ellis and his Wife Cath, who came along to join in the celebrations. There were other Dignitaries invited, who sent apologies at the 11th hour. It is really a shame, as it is only by attending these incredible events that people are able to see what friendships have been formed over the years and actually what the MASE means to our Carers and their cared-for and just how the Groups have changed their lives over the last 13 years.

Our photographer Steve, has already sent the photographs taken at the Gala and we will get them printed and put onto a Nobo Board for you all to see. Steve was very good and not intrusive in any way. We thank him for capturing the event so well.

Congratulations and our gratitude to everyone who started at 10:00 am on Sunday morning to ensure the room was decorated and ready for when people arrived. Our volunteer Mia for organising the flowers; what a special young lady she is! Mike & Michelle did a wonderful job selling raffle tickets - it was tiring work and they did a sterling job throughout the afternoon.

To the First Responders and St John's Personnel, thank you for joining in and helping our afternoon to run smoothly you were all wonderful.

Our Caterer Lisa and her helpers were very slick in serving the buffet and the Jubilee cupcakes from Georgina went down a treat. Sue, David (Trustee) and Roger also worked hard on the teas, coffees and soft drinks. Finally to all our MASE Volunteers, and in fact anyone else, who all helped us during the afternoon you were ALL outstanding.

Our three Entertainers, great friends of the MASE, Lola (& Kevin), Phil Aaron, and Paul Birch were all incredible. Thank you ALL for your support over the years.

Pat and Pam Volunteers were still in the Party mood on Monday 30 May at our Heath Hayes Group and carried on with the Jubilee celebrations.

Well done ladies - you are simply brilliant!!!



Beware of Royal Mail Scams

Royal Mail will **never** send texts advising people that they have a package that needs to be re-scheduled for delivery, as you were out when they tried to deliver. You will be asked to press on a link in the text whereby for a small sum you can pay for re-delivery. **Never press on any the link in an email you are unsure of.**



This text has not come from the Royal Mail and it is a SCAM, simply delete it.

Finally some tips to make a vase of flowers last longer



A teaspoon of sugar added to the water in the vase essentially feeds the flowers, helping to nourish the blooms so they will stay looking fresh for longer. Alternatively, try adding around 1/4 cup of lemonade to the water for the same effect. Another older method is to add a teaspoon of spirit (such as gin) to the water.

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

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