



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

March 2022



March is the month when spring officially begins and Daylight Savings takes root typically around the second Sunday in the month. It can be a dramatic month with sometimes wild and shifting weather as Mother Nature tries to shed her winter coat. But as the seasons change from winter to spring, it is the perfect time to review the special days, holidays, awareness weeks, and observances for March.

March is also a month when people definitely start to feel a little happier and seem to smile more, knowing that Spring is around the corner. **Don't forget on Sunday, 27 March 2022 our clocks will go forward by one hour.** We can then expect the evenings to start getting lighter and the days will be longer. However, this means that some of us may be a little tired or disorientated on March 28, as we will all lose an hours sleep with the change of time.

1 March is St David's Day the patron saint of Wales - the founder of many religious communities, and the only native-born patron saint of the countries of Britain and Ireland. Daffodils are normally worn, being the national symbol of Wales. **17 March the Irish people celebrate the patron saint of Ireland with St Patrick's Day**- Millions of people around the world celebrate St Patrick's Day every year. It is a celebration of Irish history and culture, and is a national holiday in the Republic of Ireland and Northern Ireland.

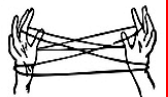
The Queen's Platinum Jubilee Celebration - Sunday May 29th - Lea Hall, Rugeley



A Gala Celebration in honour of Our Majesty Queen Elizabeth's Platinum Jubilee 1952-2022 will be held in the large function room at **Lea Hall, Rugeley WS15 2LB on Sunday 29 May**. All four MASE Groups, and a few special guests, will be invited to celebrate this wonderful, momentous, occasion. There will be transport organised to get people to the venue. The afternoon will start at **1:00 and will end around 4:30 pm. Carers please make sure you make a note in your diaries.** Michael, Pat, or Michelle at the normal MASE Groups will have a clipboard where you can put down your names and indicate if you require transport to the venue.

A little of reminiscence - Childhood Games of the Past when there were no I-phones!

Cat's Cradle: "Cat's Cradle" is a simple sequence game played with a looped length of string. The game is played with string or wool, which was passed between fingers and thumbs to achieve various creations. Two or more partners use the string to form various shapes, each building on the last. The goal of the game is to get to the last shape without making a mistake. Learning to play Cat's Cradle couldn't be easier - all you need is a piece of string, a steady hand and a friend to help you work through the different configurations. [If you are familiar with YouTube, there are instructions on how to play this game].



Conkers: Using the seed of Horse Chestnut Trees each Autumn. Attached to a piece of string, two children could play by 'cracking' your opponent's conker. Lots of cheating took place with this game as some children would soak their conkers in vinegar to make them hard and therefore easier to crack their opponents conker!



Marbles: Either played on a flat surface trying to hit your opponent's marble, or trying to use your skill to roll your marble into a specific place/hole.

Five Stones: Five stones is a fun, simple game that you could play alone or with friends. All you need to play are 5 small items, traditionally stones. The object of the game is to complete a series of moves without dropping any of the stones. If you do drop the stones, don't despair! While your turn is over, you can pick back up where you left off in your next turn.

Hopscotch: You would draw with chalk on the pavement or garden path a series of squares which were numbered. The game was played by throwing a stone, hopping onto the squares in competition with your friends.



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.

Keeping Safe

- 1. Personal alarms:** Very useful aids, as they may enable the person you're looking after to remain at home rather than go into a residential care home. Many social service departments view alarms as daily living equipment and provide them free of charge following assessment by an occupational therapist, or for a small weekly fee. Contact your Local Authority for more information.
- 2. Security:** A keyless entry system helps people who have difficulty using keys to open their front door. They are especially suitable for those who have to let in carers, or would benefit from instant home access in case of emergencies.
- 3. Lighting:** Ensure good lighting so that your cared for can see where they are going easily. Buying long life bulbs means they last longer and do not need to be changed frequently, but sometime they do not emit as much light.
- 4. Wires:** Tidy up trailing wires and clutter in walking areas and on stairs. You can get remote control sockets to minimise wiring.
- 5. Non-slip mats:** Use non-slip mats under rugs, in the kitchen, inside and next to the bath and on stair landings
- 6. Carpets:** Remove them completely, or repair a frayed carpet with strong tape
- 7. Steps:** Get a set of non-slip steps with a support handle, so that your cared for is not tempted to stand on a chair.
- 8. Smoke and Carbon Monoxide Alarms:** Fit smoke and carbon monoxide alarms, one on each floor, preferably mains operated or one with a ten-year battery and test them regularly e.g. do whenever the clocks change.
- 9. Keeping Warm:** Fit draught proofing to help seal gaps around windows and doors. Encourage your cared for to wear several thin layers of clothes rather than one thick layer. Bodily warmth then gets trapped between the layers.
- 10. Avoid burns:** Contact burns to people over 65 can prove to be fatal. The main sources include radiators, electric fires and cookers. Buy a cordless kettle or one with a coiled flex or a small electric urn for instant hot water. Use a fireguard and ensure nightwear is fire resistant.

*****A CHANGE TO OUR MONTHLY RAFFLES*****



Please note starting from **MARCH 2022** we are changing the rules for our raffles at each of the Groups. In future, and in fairness to the numbers attending the Groups, people will only be allowed to win one prize during any one month.

So, if your number is drawn out and you have already won a prize at any of the other groups you have attended, then as a courtesy to others, another number will immediately be drawn again. We hope you will understand why we are implementing this procedure as it gives everyone at the groups the opportunity to leave with a gift.



Please Beware of Scams - Some Statistics from Which Magazine



Did you know **£1.7 billion** was lost to Scams in the last 12 months. That's **£4.4 million** each day.

The number of cases of fraud that were reported in the UK in the last year was **820,000**.

Only this month one of our Ex Carers, was sent a text message saying 'Hi Mum I have dropped my mobile phone down the toilet, and I need to pay a bill at the bank and could you please send me your bank details. Could you also send me a photograph of your card. Thankfully the person who received the text got in touch immediately with her bank and they then referred it to the fraud squad. One of our professionals at the MASE had also received a similar type of text and she too reported it to the Police. The sad part is that 1 in 5 people will actually believe these texts and will hand over their personal information to **SCAMMERS**. We will continue to inform you of different types of SCAMS out there. Please Carers, keep alert, you have more than enough to deal with without some unscrupulous people attempting to steal your money!



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

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