



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## November 2022



Another month has simply flown by and we are heading towards the end of the year so quickly. This is the month we need to reflect on people who are living on their own. Hopefully many of you have made new friends at the Groups and will be making telephone calls to keep in touch with new friends during the long, dark evenings.

With this in mind, included in our **NOVEMBER** Newsletter there are details on The Silver Line Charity, which is a really valuable helpline for older people. We do hope that some of you may benefit by contacting this organisation who will try help to you through the Winter evenings

## Living with Dementia

### Living with dementia

A person with dementia can still enjoy life, especially if they have the support of their family and friends. However, they might need to change the way they do things.

They may feel lonely, angry or sometimes confused.

The person with dementia may seem to change, but they are still the same person. They still have feelings and needs like other people.

### Respecting someone with dementia

Always treat the person with respect

Do things with the person. Don't always do things for them.

Support the person to make their own choices, such as the clothes they want to wear or what they want to eat.

### Dealing with Memory Problems

A calendar or a diary can help the person to remember dates.

Notes and labels can also remind the person where things are.

Photographs can help the person remember people and events.

### Listen to the person with dementia

Always try to listen carefully to the person who has dementia

Try to be patient. The person may have trouble remembering words.

Do your best not to interrupt the person—make sure you give them plenty of time to finish what they are saying.

### When talking to someone with dementia

Speak clearly and calmly; remember to be patient with the person.

Try to make eye contact. If the person is sitting down, lower yourself to their level.

Always try to include the person when in conversations with others.

### Keeping in Touch

People with a dementia can also get very lonely.

Try to visit the person as and when you can and spend some time with them.

If the person with dementia lives far away, phone them for a chat or even write a short letter to them.

### Keeping Active

Help the person to continue to enjoy things and keep active

Support them to do some physical activity like walking, perhaps dancing, or gardening.

## Fundraising Event 9 December 2022 - Mark Clay sings Elvis at Stafford Rangers

Mark has been a great Ambassador for the MASE and for many years has raised funds to support our MASE Groups. A sincere Thank You to everyone who has shown their support to these events over the years. Tickets for this evening are £10.00 This will include a light buffet. There will also be a great raffle during the evening. Please contact Daphne or Michael if you would like to purchase tickets.

**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 Silver Line Helpline



**The Silver Line Helpline was founded by Dame Esther Rantzen DBE**

The Silver Line Helpline is a free, 24-hour telephone service for older people across the UK. They offer friendship, conversation, and support for people aged 55 or over, especially those who may be experiencing feelings of loneliness and isolation.

**No matter who you are, how your day was or what's going on in your life, everyone needs someone to talk to.**

You can call **Silver Line** free every day of the year, at any time.

**Telephone: The Silver Line Helpline on 0800 4 70 80 90**

### How does The Silver Line help?

Loneliness can be very tough, and sadly many older people know this from experience. We all need connection whatever our age – especially if we live alone or far away from family.

**The Silver Line Helpline** gives anyone aged 55 or over the opportunity to exchange a friendly word, access support, or enjoy a long enriching conversation.

There are many different ways they can connect with you. Sometimes a quick “good morning!” might be all you need to get your day off to the right start. Another day, you might fancy a nice chat with someone about how the week’s gone; and once in a while, you may well need a good, long heart-to-heart with a ‘trusted friend’.

As we get older, these moments of connection can be harder to come by, but they’re just as vital as always. That’s why **The Silver Line Helpline** exists – a free telephone service for older people, offering conversation, friendship and support.

**Loneliness can strike at any time of the day or night** - When it’s very late or very early, it might not be possible to call a family member, friend or loved one. But when those feelings of isolation, worry, or loneliness strike, there is always someone you can call at **The Silver Line**. Please be assured all calls are confidential.

Whether you want to chat about your day, or talk about something that’s been weighing heavily on your mind, the conversations shared will stay between you and them, unless they feel there could be a safeguarding concern.

**The Silver Line** is like having a trusted friend – whatever you are chatting about, they will always have complete respect for your privacy.

## A salute to all Carers

Unknown and often unnoticed, you are all heroes nonetheless. For your care and continual guidance is Love at its best. Each day you face darkness of what each day will hold. Your courage, even in times of weakness, proves that you are bold. You hold shaking hands and provide the ultimate care, your presence, confirming, that you are always there. You are resilient, amazing, and each day you excel. Carers you are all wonderful and do so incredibly well!

To all our unsung heroes, who get little recognition for the endless hours they spend caring; we at the MASE salute you, and ‘Thank You’ for the hours of love, care and compassion you show every day to your loved-ones.

## Some Good News for The MASE

We are delighted that the National Lottery has awarded MASE a small pot of money towards the cost of running the monthly Groups. It is enough to take the pressure off the constant fundraising Trustees have to do, and after 13 years to have their support is wonderful. The money we receive will cover one quarter of our annual running costs. So although we can relax a little on fundraising, we still will depend on your kind donations in the red boxes each month, to ensure MASE groups can continue for as long as possible.

We have also been chosen by the Co-op Group Stores [blue cards] to be part of their Local Community Fund. As a Co-op Group Member each time you shop at a Co-op Group Store, once you have selected MASE as your local cause, money will then build up funds for our Charity which we will receive in a year’s time. To join up visit [coop.co.uk/membership](http://coop.co.uk/membership) and select **MASE** as your chosen Charity. Remember it is only the [Blue Co-op Group Card](#) that will support our Groups. Trustees will do their best to explain things in more detail to you at each of the Groups.

**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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