



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

March 2023



In the UK the clocks go forward one hour on the **last Sunday in March**; this year the date falls on **March 26th**. It is time once again to try to work out which of our electronic gadgets automatically adjust for clock changes, and which do not. British summer time (BST) officially starts at 1am on Sunday 26 March, when the clocks will go forward one hour to 2am. Yes, we lose an hour. but just think of the lighter nights, warmer days, the beautiful, colourful, plants that will be peeping through the soil heralding Spring is here!

When a loved-one goes into Permanent Care

When your loved one moves into a permanent care home, it does not necessarily mean you stop being a Carer. With Covid still around visiting may be restricted a little, and you may spend a lot of time thinking of the person you care for in their new home. When you do visit make sure you stay happy and bright, try to help with your loved one's care and keep them company by chatting to them or reading to them.

Keep a Diary

It is always beneficial to keep a written note of your visits. Write down anything that you have discussed with the staff regarding the care of your loved-one. If you have raised any issues regarding things like their care plan, or personal cleanliness, make a note of it. It helps as an aide-memoir should you ever need to revisit perhaps a complaint, or something you have previously raised during a visit.

Staying involved

Once the person you care for settles in their care home you should still be involved in decisions about their care. Talk to the staff at the care home and make sure they know that you as a Carer still wish to be involved in any major decisions. Carers remember **'you have to be the voice of your loved one'**. You can ask the questions that you feel are relevant as to the care your loved one is receiving. Try to remain firm, but fair, when asking any questions. Remember to write down any responses given by the staff.

Residents and relative groups

Many care homes will have a residents group and Carer or relatives groups. These are a chance for you to have a say in what happens at the care home and to be involved with the quality of the care given. You also get the opportunity to raise any concerns and for you to suggest improvements you would like in the future. This could be anything from staffing and personal care, to social activities and trips out. After Covid some care homes are using new technology to speak to carers on I-pads or even mobile phones. Carers if you do have concerns then you can always write a letter to the home, remember to always keep a copy for your own files. Please think careful as to how you word your letter, try not to ruffle any feathers with the staff, always try to remain firm but fair.

MASE Trustees try do their best!



MASE Trustees have to consider many rules and regulations to ensure we conform to ALL necessary safety requirements when running our four Groups.

However it gets very difficult, when Trustees have to repeat the same request over and over again. We would ask you to remember **Covid is still out there** and we are trying our very best to provide a safe Group for you all.

To be clear, when we request no more than 6-8 people around one table, it is for a reason, and we are not trying to be difficult. The MASE Public Liability Insurance would not cover us if one of our volunteers accidentally spilt a hot drink on anyone, because they are having to reach across others to put a drink down - we are simply **NOT** covered for this. So we would respectfully ask that everyone adheres to all past and any future requests that have/will be made over the next few months, in particular regarding the number of people sitting around one table.

Catering - all biscuits are individually packed to stop contamination passing from one person to another. The wrappers are then disposed of in a safe and appropriate way. The cakes are in bio-degradable plastic containers, which come as an additional cost to the MASE. This presentation of cakes is in the interests of all our people and avoids anyone handling the cakes, other than the person eating the cake and the Caterer (who has her own Health and Hygiene Certificate). Finally, to put your minds at rest, all the cake containers are made from 90% recycled PET, the boxes are fully recyclable and use up less energy and raw resources in production than virgin plastic alternatives. Switching to these packs has helped us to reduce our environmental impact and do meet the demand for more earth-friendly packaging.

Trustees/Volunteers work incredibly hard to ensure the success of our Groups; and sadly the last few months have proved to be very difficult. Please be assured we are **ALL** volunteers and give up our time to look after everyone, we are always there for you and do our best for everyone. We would respectfully request that any future requests made are conformed to. Thank You.

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.

Some Ideas for around your home after a diagnosis of Dementia

Front of house

- Make sure the outside of your home is recognisable and avoid making any changes.
- Get a large door number and avoid changing the colour of the front door

Stairs and hall

- Use one colour for all carpets or flooring – patterns can look like an obstacle or a step that the person needs to avoid.
- Shiny flooring can also look wet or slippery, so stick to matt surfaces where possible
- Mark out the edges of any steps or stairs with a brightly coloured tape.
- Paint door frames and light switches a different colour, so they stand out from the wall

Bedroom

- A wardrobe full of clothes can feel overwhelming to a person with dementia – switch to a simple, single clothes rail.
- Use pictures to show what's in each drawer, like socks, underwear or jumpers
- Mirrors can be confusing, as the person with dementia may not recognise themselves or think someone else is in their home. Cover mirrors up when not in use.

Bathroom

- Swap the toilet seat and towels for brighter colours, as contrasting colours can be seen more clearly and may help avoid accidents
- Put labels or better still small pictures on the door – like a sink, a toilet, or a bath, to help the person with dementia navigate around their home more easily

Living room

- Good lighting can help a person with dementia find their way around – increase natural light during the day and fit high wattage bulbs in the main lights
- Remove rugs or stick down the edges – falls are common in the living room. Clear away any wires and remove unnecessary furniture that could easily be tripped over
- People with dementia can struggle with TV remote controls. Covering up small buttons they don't use with stickers can really help

Kitchen: Try these simple – yet effective – changes to help make everyday life a little easier.

- Make things easily accessible. Put labels on the front of cupboards showing what's inside. Pictures may be more helpful than words, such as a can of beans on the food cupboard
- Keep any frequently used items on the kitchen worktop, like cups, teabags and spoons
- Label the taps with either 'hot' and 'cold' or red and blue colours
- Using plain coloured plates can help food stand out. Sometimes food (ie porridge) cannot be seen when in a white bowl, try using a red bowl (or any definitive coloured bowl) instead.

The Coronation of King Charles III



As this is such a special occasion the MASE Trustees have decided it is a good opportunity for us to all get together with a Gala Celebration for our new King Charles III.

We are planning to get all the groups to come together once again on **MONDAY 8TH MAY**. This will be at Lea Hall again, in the big room upstairs. The afternoon will start at 1:00 pm until 4:30 pm.

We will, as always, be having a paid raffle - There will be some lovely prizes—tickets will be £1 per strip.

The format will be the same as the Jubilee Celebration held in May 2022. However this time we have two new entertainers; Gemma who will sing all the old songs and also play some music to get you all up dancing. Ben, who plays the saxophone, will also be entertaining us during the afternoon. Paul Birch will again be ending the afternoon for us in his own inimitable way!

What better way to celebrate not only the Coronation, but another Bank Holiday. We need to finalise the whole programme, but can guarantee it will be a feel-good afternoon for us all. More information later.....

Michael will be taking names from you over the coming months. He also need to know if you will require transport to and from the venue.

Please remember to save this date in your diaries.

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

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