



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

April 2023



Another month has flown by, but at least we will be getting some warmer weather, lighter nights and hopefully some sunny days. It has been a difficult time for many of our Carers and in the last month we have lost so many of our people. This is a time for us to make sure we keep in touch with Carers who have lost a loved one; encourage them, that when the time is right, their friends will still be at the MASE Groups and a warm welcome will ALWAYS await them. These are the people who can actually also help others who are on the dementia journey and will become a valuable asset to our MASE people who are still looking after a loved one with Dementia.

ONCE AGAIN YET ANOTHER SCAM ALERT!!



The people who are being caught by scams is again increasing. We have to understand the people behind the scams have absolutely no scruples at all. They don't care how old you are, or what problems you have going on in your lives, they are simply after your **BANK or CARD DETAILS**. Please Carers, think once, then think again, before you give out any information to anyone at the end of a telephone. No reputable company will EVER ask for your card details, or your Bank details. However genuine the caller sounds **PUT THE PHONE DOWN**. In a recent call received by one of the Trustees, the person said they were trying to protect the older generation and were offering a simple, reliable item that would ensure older people were kept safe at all times. All they needed were some personal details and a card for a one off payment and the information would be sent out immediately?!?! Many of you will say 'it's a SCAM!' But a more vulnerable/lonely person will carry on with the call. We urge everyone reading this Newsletter to be extra vigilant when receiving calls from unknown callers, offering you as an older person some help. These people have no hearts, they will be charming, and will try to trick you into giving them your personal financial details and then will clear your bank account. If you are unsure of any call received, do not engage in any conversation, simply put the telephone down. Scammers focus on old people and at MASE we have been made aware of dreadful scams on some of our most vulnerable Carers who have in fact lost a great deal of money. **Please let us make sure they do not succeed in the future! If you do get a suspicious call, or if you think you may be the victim of a scam: DIAL 159 - this is a dedicated help line where you will get some support.**

Helpful coping strategies for Carers

Follow a daily routine

This can stimulate your memory and help you feel calm and balanced. If there are regular things you need to remember, like locking doors or giving medication, write them on a notice board and pin them up somewhere prominent.

Go easy on yourself

It's OK to take your time over essential tasks that you might have done more easily in the past.

It's also fine to ask someone to repeat themselves if you haven't understood, or have forgotten something they said.

Carry a notebook

This can include lists of people's names, telephone numbers and daily tasks – you can refer to it if you as a Carer sometimes have trouble remembering things.

Stay in touch with friends and family

Maintaining a social life can help prevent you from becoming isolated.

Keep important items like keys, spectacles or your notebook, in the same place.

So you get in the habit of knowing where to look for them.

Write down telephone numbers of important people

Including your friends, family, GP, and care staff (such as your CPN) - on a pad near the phone. Another good idea is to write emergency contact numbers on a label and stick it under the base of your telephone. How often do we look for our note pads and find they have been taken away from the telephone and left in another room?

Finally—remember that dementia is an illness

It is not your loved-ones fault that they have difficulty remembering things, or expressing themselves clearly to you. This is an illness that needs patience, support and most of all love for the person with the dementia.

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.

Dealing with Guilt

People who care for someone with dementia often talk about feeling guilty, even if others are reassuring them that they are doing the best they can. These are just some of the issues that can cause guilt. It is so important for Carers to deal with these feelings.

As a Carer, you are likely to feel a wide range of emotional responses to your situation – both positive and negative. This is because although caring can be very rewarding, it is also hard work and can be extremely stressful. Some of the emotions that arise, such as grief and anger, are healthy responses to challenging circumstances. They can be useful, helping us to move forward. But other emotions, such as guilt, can be destructive, leaving us feeling powerless or 'stuck'.

Guilt can be a very tiring emotion, consuming energy that you need for other tasks. If you have identified that you have feelings of guilt, you have already taken the first step towards addressing these feelings.

The next steps are to:

- * Work out where these feelings are coming from
- * Realise that you are not alone in feeling this way
- * Find ways to develop a more positive attitude and to be more forgiving of yourself.
- * Sometimes if you are angry or upset, think before you speak, it is better not to say anything at all!



How you treated the person before they were diagnosed

Many carers feel bad about how they behaved towards the person before they were diagnosed with dementia. You may have reacted with irritation or criticism, or you may wish that you had made more of the time you spent with the person when they were well.

Try to remember that everyone gets frustrated with their partner or family members from time to time. You weren't to know that they had dementia, and you couldn't have foreseen what the future held. Dementia can have a profound effect on a person's personality, and without advice or guidance this can be very difficult to understand.

You sometimes may have unpleasant thoughts and feelings

At times, you may feel that you don't even like the person you are caring for very much, let alone love them, and you may feel embarrassed or disgusted by their behaviour. You may sometimes want to walk away from your responsibilities. You may worry that you are only caring for the person out of a sense of duty now that they seem so helpless and vulnerable. These feelings are common and quite normal, but they can be very difficult to accept and many carers may feel ashamed or guilty. Remember too that it's alright to make mistakes: no-one can get it right all the time. There is no such thing as 'the perfect Carer', and it is important not to be too hard on yourself. Please Carers stay strong and try to remain positive! Also don't be afraid let your family and friends know if things are getting too much for you. A problem shared with others can sometimes help you to off-load some of your frustrations and concerns. Your role as Carer is vital to the person you are caring for; but if it is really getting too much for you, then speak to your GP and ask for some help and advice.

The Coronation of King Charles III



Thanks to support from **the National Lottery Community Fund**, on this very special occasion the MASE Trustees decided it would be a good opportunity for us to all get together to Celebrate our new King Charles III. We are planning to get our four groups to come together once again on **MONDAY 8TH MAY**. This will be at Lea Hall, 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 of five numbers.

There will be hot pork baps and chips and also a lovely buffet - whichever you prefer. Tea/Coffee and squash will be available for you too. Should anyone wish to purchase an alcoholic drink the bar will also be open. St John's people will also be present just in case anyone feels poorly during the afternoon.

We have two new entertainers; Gemma will sing a variety of 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 then end the afternoon for us in his own inimitable way! Please be sure to give Michael your name if you require transport.



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

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