



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

July 2023



It hardly seems possible that we are entering the 7th month of 2023. For many Carers this is a time when perhaps you are thinking of holidays and all the trauma that can go with it. For some people with dementia, going on holiday can be very confusing. They may need extra support when coping with a new environment or changes to their usual routine. Some people find travelling and holidays quite stressful. Has the person enjoyed going on holiday previously? How does the person usually manage in new surroundings? All these things are thought provoking and need to be given serious consideration before booking a holiday.

Thank you for being a friend

Tony Christie has re-recorded a new version of the song **Thank You For Being A Friend**, which has been made to thank all Carers who **"never get mentioned"**. The musician, 80, recorded the song for **Music For Dementia's Thank You Day** campaign. Basically, the song is for all Carers, to say thank you for being a friend to people with Dementia and will form the centrepiece of celebrations for this year's **'Thank You Day', which is** an event organised by 'Music For Dementia' to **Honour Carers**. A nationwide sing-a-long of the single is taking place at **12.55pm on 2nd July**.

Carers Keep a Reflective Diary



Carers we are all guilty of saying 'I will do that later', but I need to stress the importance of keeping a daily reflective diary. It is a good way of gathering together personal data and helps you to remember things that happened over the time you are caring for someone. It can also be a good memory bank of information as to how your journey progresses.

Also Carers this is a good way for you to capture what **you** personally have experienced on your journey from the beginning – it can also act as an aide memoir and enable you to reflect on things that have happened. You only need a simple note book and at the end of each day write down things that have made you smile, and also anything that may have upset you. It is amazing just how beneficial and therapeutic capturing different events /laughter/sadness can be. Remember also to jot down any differences you may have noticed in your loved-one and always keep a good record of any changes made to their medication.

As Carers we have a thousand things going around our heads, and it is so easy to forget something simple that could prove to be so important as the illness progresses. Write down things that have caused you any distress, but also capture any lovely moments. How quickly we can forget those moments, but I guarantee when you read them back at a later date, you will think 'oh, yes, I forgot all about that!' Your days are always so busy, but if at the end of the day you take the time to write your notes of what has happened during the day—be it good or bad - I can guarantee it will one day you will reflect on it and realise just what a wonderful role you played in your loved ones life. Some of it may make you cry, some of it may bring a smile to your face - you will have captured a time in your life where you gave **love, laughter, and precious time** to the person you cared for.

Your continuing help and support for the People of Ukraine is appreciated!

There is a group of people who take out much needed medication to Ukraine. This group is led by the Paramedic who started to help wounded soldiers and people who had become homeless and who did not have relief from pain and other health issues. Any medication you no longer use can be donated. There is a desperate need for Painkillers, Antibiotics, Food Supplements - even if they are out-of-date, as we are told **'something is better than nothing'**. Your help would be very much appreciated and we hope our donations will benefit those people who are in urgent need of any medication we can send. If you do feel able to help, please bring any medicines to the groups and deposit them in the box on the signing in table which Pat & Pam will be looking after. Maybe consider purchasing two extra boxes of paracetamol when you go shopping!



Pat Walker will ensure they then reach the Paramedic/Volunteers as soon as possible.

Please Note: The current crisis has meant that UK regulations have been relaxed to allow all donations. This is an exceptional situation.

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.

Tips to avoid dehydration in the hot weather



Symptoms of dehydration

Thirst and passing dark-coloured urine are key signs that you may be dehydrated, as well as feeling lethargic, dizzy, or having a dry mouth and lips. A good tip is to fill a glass of water and leave it covered in the kitchen. That will act as a reminder for you to drink the water each time you enter the kitchen.

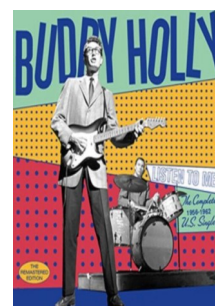
You can then wash and refill the glass, cover it again, and leave it until your next visit to the kitchen. It is well worth a try and it is amazing how that small trick can encourage you to drink plenty of water throughout the day. Drinking 6 to 8 glasses of water a day can help with good, clear, skin, helps your bowels to work properly, and stops you becoming dehydrated which is a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you feel very lethargic and tired.

A Date for your Diary — Paul Birch's tribute to Buddy Holly

The fabulous Paul Birch is putting on a Fundraiser in support of the MASE on **Friday 22nd September**. You all know this will be a fantastic show; so a great evening to dust off your dancing shoes and come along and enjoy some of the songs we all love listening to.

Tickets are £10.00 There will be hot pork baps and a light buffet available on the night
The venue is: The main hall upstairs at Lea Hall Social Club, Rugeley WS12 2LB.

Buddy Holly was known as the Superman, and most influential writer of Rock & Roll.
Tickets will be on sale soon so remember to keep the date in your diary!



Royal Mail extends deadline to use old stamps - before they become worthless



The deadline for when you have to use up or swap old stamps has been extended from **31 January 2023** to **31 July 2023** - giving letter senders more time to sort out their stamps. **You have five weeks to exchange your old stamps for free through the Royal Mail 'Swap Out' scheme.**

To do this, download a 'Swap Out' form on the Royal Mail website, call up Royal Mail on 03457 740740, or pick up a form from a local delivery office or Post Office.

If you're downloading the form online and you don't have access to a printer, you can instead complete a web form and request for it to be posted to you. Once you've filled it out, post back the stamps you want to swap using the Freepost address. Your new barcode stamps should then arrive in seven days.

You will need to complete a standard form for stamps worth up to £200, or a Bulk Stamp form for stamps worth more than £200. There is no limit on the number of forms you can request. There is also currently no deadline for swapping old stamps.

Royal Mail say: 'In order to give our customers even more time to use up any remaining non-barcoded stamps, we have decided to introduce a six-month grace period starting from the original deadline of 31 January 2023, where non-barcoded stamps will still be delivered as normal'.

'To make things even easier for our customers, we have also agreed with the Post Office to include the forms to enable customers to swap stamps alongside freepost envelopes in its branches'.

Carers ensure you change all your old stamps for the new ones with a Bar Code before 31 July 2023

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

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