



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

September 2023



Once again as the nights start to draw in and the leaves on the trees start to fall, we are made aware that our long-awaited Summer has almost come and gone. The children will be ending their long Summer break from School and people will be talking about their holidays, which hopefully were in the sunshine. There will be new-starters at schools, and daunting days ahead for some who are nervous to begin a new stage in their lives by moving from the Junior school to the Senior school. One thing we can be sure of is that life goes on for us all, regardless of whatever we may have to face along the way. For those of you on a difficult journey, always remember your friends at MASE. Simply lean back when you need any kind of support and we will always be there for you.

Your support for the People of Ukraine is appreciated!

A sincere 'Thank You' to everyone who responded to the recent request from Nathan (Paramedic) and Pat Walker for Medication and Dressings to help the people of Ukraine. Your response has been absolutely incredible. The amount of donations received certainly tested the packing skills of the team when trying to get a maximum amount into a minimum space. Please rest assured your kindness will definitely make a difference to the people of Ukraine.

Getting your affairs in order



When was the last time you updated your Will? It's one of those things none of us like thinking about, but it is important to know that when the time comes, your wishes will be respected. It can make things easier for your loved ones too. It is so easy to put off doing it, or you may have done it ages ago, and not thought about it since. But if your circumstances have changed - for example, you might have moved, or now be a proud grandparent - it is very important that any changes are reflected in your Will.

Setting up a Lasting Power of Attorney is also very helpful. There are two types - one is for financial decisions and another for health and care decisions. Having it all set up now means that if the time comes when you are unable to make decisions for yourself, you know someone you trust will be able to make them on your behalf. **Julie Perry, our Legal Advisor**, is at every group. You can chat to her and she will guide you through what is best for your and your circumstances. There is absolutely no obligation to use Julie, but MASE would not have her on our Team if we didn't completely trust the work she does, and has done, for many MASE people. Please Carers don't leave it until it is too late - put the wheels in motion now and then you can forget about it, whilst having confidence that everything is in order and settled.

Staying Connected with Silverline 0800 4 70 80 90

Everyone feels lonely from time to time. While feelings of loneliness often pass on their own, sometimes you might need a bit of help to get you feeling back to yourself again.

Loneliness can strike at any time of the day or night. Call Silverline for friendship, conversation and support. **No matter who you are, how your day was, or what's going on in your life, everyone needs someone to talk to. Call Silverline free every day of the year, at any time**



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 – **Silverline**.

When you speak to a good friend, family member or someone you trust, you can feel safe knowing that what you share will be kept in confidence. **Silverline** is like that trusted friend – whatever we're chatting about, we always have absolute respect for your privacy. Thanks to the generosity of their supporters, it's completely free to call **The Silver Line Helpline 0800 4 70 80 90**.

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 Ironman Relay is taking place in Greece, on 23 October 2023



Graham (Richard & Daphne's Son) really wanted to compete in the Ironman again this year, however he felt that at the grand age of 54 it was perhaps sensible to split the Challenge with two of his close friends, who all train together. All three of this team are both 'excited and 'daunted' by the prospect of this Ironman Relay Challenge – however they all have a determination to complete the task in support of the MASE Charity. All entry fees for the Ironman Relay are paid for personally by the three people entering the event.

This year **Graham** will be taking-on the first part of the challenge and will swim 1.9km in the Cari Bay in the Athenian Riviera, Greece. Graham's two good friends, and training partners, **James** Holloway (Bike Ride) and **Jon** Biddle (Final Run) will then attempt to complete the other two challenges.



The years of intense fundraising by Graham has helped the MASE Groups to continue to run in Haughton, Cannock, Rugeley and Heath Hayes. The MASE is not core-funded, has 5 Trustees and 34 volunteers - we are all volunteers. Having lost close family members to Dementia - Graham has become a great Ambassador for the MASE Groups over 14 years and has raised a considerable amount of money to help the running costs associated with the Charity. Michael will be taking around a sponsorship form at each of the Groups. Please do not feel under any pressure to put your name on the form - there is absolutely no obligation for you to do so. As Trustees we simply have to take advantage of every opportunity to help us raise funds for the MASE.

If your loved-one with Dementia could only speak

Please come and talk to me

I can hear your words; they touch my soul

Smile at me

My eyes can see you and feel your love; even if I don't remember how to smile back

Hold My Hand

I can feel your energy when our hands connect; it makes me feel safe and less alone.

Love me

My heart feels your love; even if my words can't express mine.

Live your Life

Help me on my path, but don't press pause on your life.

Always be the vibrant person I know and love.

We can't control it but we can choose our focus.

Remember the good times, know that I am OK and that you are in my heart always

Paul Birch pays Tribute to Buddy Holly in September at Lea Hall Social Club



The fabulous Paul Birch is putting on a Fundraiser in support of the MASE Charity Groups **on Friday 22nd September**. 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 and available from Michael /Pat on the door at any of the Groups.

There will be hot pork baps/chips for sale 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 on sale now so remember to keep the date in your diary!

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

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