

## Dementia Harborough Newsletter – December 2020



### An Interview (by John B. Tabb)

I sat with chill December  
Beside the evening fire.  
"And what do you remember,"  
I ventured to inquire,  
"Of seasons long forsaken?"  
He answered in amaze,  
"My age you have mistaken;  
I've lived but thirty days."



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**Normal Service Will Be Resumed As Soon As Possible – sadly, COVID continues to get in the way of our meetings. We continue to monitor the situation and assess when it would be safe to resume our meetings and to provide a COVID-secure environment while observing Government guidelines.**

***In view of the infection rates, the tightening and varying restrictions in the form of the new 'Lockdown Tiers', the time for a safe resumption is clearly a way off yet.***

*We know this continues to be a big disappointment to those of you who, like us, are keen to resume our activities. We will keep you updated.*

*Hopefully, the new measures will enable you to spend quality time with your families over the Christmas period.*

*In the meantime, keep safe: we hope all members, volunteers, trustees, and their families stay well.*



### **Market Harborough Golf Club supports Dementia Harborough**



John McGlone of Market Harborough Golf Club with Peter Hirst of Dementia Harborough (photos by Andrew Carpenter).

In Mid-November we were delighted to be presented with a cheque for £1,500 from John McGlone of Market Harborough Golf Club.

John has just finished his year of office as Men's Captain of the club and had chosen Dementia Harborough as his charity for the year.

With a further £420 raised by club member Steve Winder through his sponsored Christmas Day 5K run, the total amount raised was £1,920.

Huge thanks go to John and everyone at Market Harborough Golf Club for their greatly appreciated support, especially in view of the restrictions on their activities during the year. The full story appeared on the Harborough Mail website.



### **NFU Christmas Hamper**

Don't forget your NFU **Christmas Hamper Raffle** tickets. To be in with a chance of winning this fantastic hamper, or one of the other fab prizes to enjoy over Christmas, you will need your tickets. Get them by calling into the NFU's office, by sending a cheque made payable to Dementia Harborough or by clicking in the link below...please include your full name and they will contact you with your raffle ticket numbers. And please note the link below has a minimum donation of £5.00; however, smaller donations are welcome by the other donation options 😊. Tickets are £1 each and the winners will be chosen on Friday 11<sup>th</sup> December.

[www.donate.giveasyoulive.com/fundraising/nfum-christmas-hamper](http://www.donate.giveasyoulive.com/fundraising/nfum-christmas-hamper)

As ever, our great thanks go to the NFU for their support for Dementia Harborough.



### **Glad We Can Help Make a Difference**

Dementia Harborough has endeavoured to keep touch with its members throughout the COVID emergency and we sincerely hope our activities packages and cream teas have been well received. Thank you for all the message of appreciation, here is one from Andrea & Gerry: -

*Hi all,*

*My apologies for not replying before now, but just to say thank you so much for all your hard work in continuing to support us. The recent gifts we have received have been lovely. The musical cd's are perfect for the winter months ahead and we love the activity packs. I understand from Jane we are also having a Christmas afternoon tea being delivered in December which we will look forward to.*

*Thank you again everyone. We really appreciate everything you do for us especially in these strange and difficult times.*

*Take care and stay safe everyone 😊😊*

*Andrea and Gerry xx*

***There is another package on its way on 10<sup>th</sup> December, when the Trustees play Santa.***



**Covid Update HANDS – FACE – SPACE**

**MATT**



*'Wow, they've really toughened up tier 3'*

Courtesy of The Daily Telegraph

The wonderful news that vaccines are about to be rolled out is oh, so, welcome – just like the 7<sup>th</sup> Cavalry is coming over that hill again! The roll-out is intended to target the elderly and vulnerable people first and then move through the various groups of the population. But it will take a while for the major logistics of the exercise to get underway, not to mention take a time to activate and, until then, ***we cannot afford to drop our guard.***

For the latest details on your local tier from 2<sup>nd</sup> December and the Christmas (23<sup>rd</sup>-27<sup>th</sup> December) conditions defined by the regulations visit the Government's website.

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

***But make sure you: -***

- *Arrange a support bubble with another household*
- *Keep in touch with friends and family*
- *Cook your favourite foods and try new recipes*
- *Have a flexible routine you can stick to*
- *Talk to someone if it all gets a bit much*

**Coronavirus vaccines and consent: What does the guidance mean for people with dementia?**

People with dementia are in the current priority groups to receive any new coronavirus vaccine. Alzheimer's explain what the guidance means for people with dementia, and what will happen if a person is not able to give consent to have the vaccine.

[www.alzheimers.org.uk/get-support/coronavirus/consent-vaccine-covid-19-vaccination](http://www.alzheimers.org.uk/get-support/coronavirus/consent-vaccine-covid-19-vaccination)

**Flu Vaccine**

Another extremely valuable and immediately available vaccine, the ***Flu Jab***, is an essential tool in the fight to stay well through winter. Make sure you have yours.

**Visiting Relatives in Care Homes – Hugs for Christmas**

Good news – Visiting restrictions are being eased to allow those that have tested as negative by the care home to have long awaited closer contact with the resident they are visiting. The faster 'lateral flow' tests will enable visitors to be tested and are being distributed to care homes. PPE will still be needed but holding hands and a hug are now on the cards again! But do please check before visiting as the arrangements will differ between care homes.



## **Support Groups**

### **Carer's Passport from VASL**

Support for carers supports all those that are caring for anyone aged 18 years old or over and have launched a **Carers Passport**. This will help carers going forward especially in these times whilst in lockdown again. Carers now have a form of ID that will unlock many more doors and get the carers the recognition they need.

To access your Carers Passport and to raise any questions or support regarding your caring role, contact Telephone: 01858 468543 Website:

[www.supportforcarers.org](http://www.supportforcarers.org)

### **Northamptonshire Carers**

And for those South of the border, Northamptonshire Carers Newsletter is well worth signing up for as it provides some very helpful support and links to services, events and even dementia friendly bird-watching in Northamptonshire. Get the December edition by emailing

[Northamptonshire.Carers@r1.technology-trust-news.org](mailto:Northamptonshire.Carers@r1.technology-trust-news.org)



## **Entertainments, Theatre & The Arts**



### **🎵 Leicester Musical Memory Box 🎵**

🎵 Kyle Newman's Zoom-based, regular singalong sessions continue – plenty of seasonal songs included, no doubt. And you do not need to load Zoom to join in, simply go to LMMB and register – they will invite you in.

Leicester Musical Memory Box's Facebook page is at

[www.facebook.com/MusicalMemoryBox](https://www.facebook.com/MusicalMemoryBox)

Kyle is keen to catch up with those she hasn't seen or spoken to for a while so why not give her a call. Kyle can be contacted by phone on 07736 841558 or message via Facebook or her website [www.leicestermusicalmemorybox.co.uk](http://www.leicestermusicalmemorybox.co.uk)

### **Carols at Christmas**

Join Alzheimer's Society on Thursday 17 December for our virtual carols concert, hosted by Carey Mulligan. Sing along with the choir, share messages with friends and family onscreen, and listen to our celebrity readers, including

Jonathan Pryce CBE and Sir Trevor McDonald OBE. Tickets are free with an optional donation.

These Virtual Carols at Christmas concert will be starting at 6.30pm on Thursday 17 December.

[www.alzheimers.org.uk/get-involved/events-and-fundraising/join-event/special-events/christmas-carols](http://www.alzheimers.org.uk/get-involved/events-and-fundraising/join-event/special-events/christmas-carols)

### **Online Christmas Day activities with WEA**

WEA staff will be providing FREE online activities on Christmas Day for everyone. Their short activities will run throughout the day and will provide fun and a chance to chat. So whether you are feeling lonely or needing a moment away from the busy family, the WEA will be there for you this Christmas.

Activities will take place on Zoom, meaning you can engage in a safe space with friendly faces from the comfort of your own home.

Click on the button at [www.wea.org.uk/christmasday](http://www.wea.org.uk/christmasday) at any point during Christmas Day to join:

09:00-10:00 - Christmas (virtual) Walk in Dorset/Sussex

10:30-11.30 - Christmas carols – join in with some of your favourite Christmas carols

11.30-12:30 - Christmas Games – participate in a variety of fun games

13:00-14:00 - Christmas cooking through the ages - a discussion

14:30-15:30 - The Queen's Speech – watch and discuss with a drink and mince pie

16:00-17:00 - Funny poems – share your funny poems or listen to others

17:30-18:30 - Festive Crafts – learn how to make a festive wreath

19:00-20:00 - Christmas quiz – participate in a fun festive quiz

20:30-21:30 - Christmas songs sing-a-long and guess - join in to some of your favourite Christmas tunes



### **Remember those Wombles?**

*Ian Fraser writes:*

Jane and he have recently become members of the **South Leicestershire Litter Wombles** which, as the name suggests, are members of the public sick and tired of our beautiful countryside being ruined by litter and have decided to try and fight back. We go out maybe a couple of times a week around Great Glen and after only a few weeks we have collected nearly 50 bin bags worth of grot.

The group has been in operation for 18 months now and has many great members. We post our activities on Facebook and there are usually about 5-10 posts every day. To give you some idea of the problem and the incredible work done this year we have collected over 12,000 bin bags of litter along with

hundreds of fly tipping reports. The other day a number of the group litter picked a lay-by near Lutterworth. They collected over 180 bags and still need to go back for more!!

It's very rewarding and addictive but can be frustrating knowing how many drivers (known as 'tossers' in the trade!) think the best place for their rubbish are the hedgerows.

If you are driving around the Harborough district and see pink bin bags (supplied by the council), you will know Womblers have been active.

But we battle on. Anyone interested in joining? Let us know: 07894953676.

*Addendum (by Keith Dobell):* They are doing brilliant work. The amount and variety of litter would amaze you! My own experience of litter-picking as a volunteer at Brixworth Country Park and on The Brampton Valley Way confirms what a huge problem it is. Many visitors drop their coffee cups where they finish with them, scatter rubbish all over the park, even throw dog poo bags into the trees. The surprising items are the perfectly good gloves, clothing, shoes and wellies that people forget to put back in their vehicles before they drive off. The variety collected certainly does not stop there, though: ugh, too much detail!

### **In Loving Memory of Lost Members**

With great sadness we have heard that another of our members, Brenda, has passed away – our sympathies go to Keith, and family Debbie, India and Andy.



### **And finally..... A note from the Chair, Peter Hirst**

**It's been a tough year.... We had a great programme of activities planned for 2020, only to find that everything was cut short in March.**

**At the start of the year we could not have imagined what was ahead of the country – lockdowns, toilet roll shortages, masks, queuing to get into shops and local businesses (when they were allowed to open), doctors appointments by phone or video call, the restrictions on meeting with family and friends or visiting loved ones in care homes, and the dramatic impact on**

so many businesses and jobs. We have of course also sadly lost members during the year, most recently Keith's wife Brenda.

But as I write this, we are seeing very positive signs. A certified vaccine due for roll-out starting next week, more vaccines on the way, and the hope that Spring will bring a return to something approaching normality for us all.

We owe a massive 'thank you' to everyone who has donated to us to help us to support our members during our shutdown. I would also like to personally thank everyone in our team who have helped to keep in touch with our members during the year, and who have organised and distributed the 'goodies' – we know how much these have been appreciated.

Very best wishes to you all. Stay safe over the Christmas period; we hope to see you all very soon in the New Year. We will keep you updated about when our groups will restart.

Peter



**Wishing you all a very Merry Christmas  
and a Happy New Year**

**Here's hoping 2021 proves a better year for all**

If you have news items to contribute? Contact Keith Dobell on 07500 338336 or email him on [newsletter@dementiaharborough.org](mailto:newsletter@dementiaharborough.org)

Dementia Harborough

Registered Charity No. 1167885

[www.dementiaharborough.org](http://www.dementiaharborough.org) We are sending you this Newsletter because you have said that you would like to receive it. If you change your mind please let us know by emailing [admin@dementiaharborough.org](mailto:admin@dementiaharborough.org) or phoning Keith on the above number.