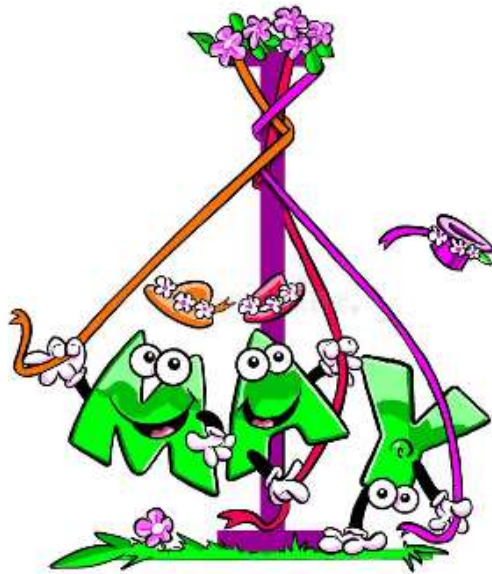


Dementia Harbrough Newsletter, May 2021



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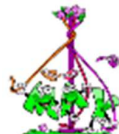


'This pen contains a hidden camera. Take a photo of your lunch and then post it on social media'

*"A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly."*

- Dementia Café Restarting
- Covid Update
- Free Legal Advice Services
- Guidance Booklets
- Dementia Action Week
- Lockdown and care home visits?
- African and Caribbean heritage
- Entertainments, Theatre & The Arts
- In Memory:
- And finally:

Courtesy of The Daily Telegraph



Normal Service Will Be Resumed As Soon As Possible – that light at the end of the tunnel is actually getting closer!

After much deliberation and vetting of the options, Trustees have decided on JULY to recommence Dementia Café and Singing for Memories events in Market Harborough. Further details will be provided in next month's newsletter; however, both events will be on TUESDAYS, to accommodate bookings' conflicts at Jubilee Hall.

Date and timing option will be confirmed, along with any special COVID compliance procedures to be observed. Watch this space for update - meanwhile, stay safe.



Covid Update HANDS – FACE – SPACE: and don't forget those masks.

Care home residents in England will be able to leave their home for low-risk trips, such as walks and garden visits, without having to self-isolate for 14 days from Tuesday 4th May.

Life is definitely getting easier, thanks largely to the excellent vaccination programme. So, The Government's Step 2 currently applies - and Step 3 is just a fortnight away.

Step 2, which came into play on 12th April, saw the opening of non-essential retail; personal care premises such as hairdressers and nail salons; and so much more. No doubt, by now, many of us will have taken the opportunity to go out for a meal or snack.



Courtesy of The Daily Telegraph

Step 3 - not before 17 May – allows greater freedom with easing limits on seeing friends and family wherever possible, allowing people to decide on the appropriate level of risk for their circumstances. But remember to remain safe. Legal restrictions on meeting others outdoors will be lifted. Indoors, the Rule of 6 or 2 households will apply. An update on social distancing advice, including hugging, is imminent. But until this point, people should continue to keep their distance from anyone not in their household or support bubble. Indoor hospitality will reopen - customers will have to order, eat and drink while seated. Indoor entertainment venues such as cinemas and children's play areas;

the rest of the accommodation sector, including hotels, hostels and B&Bs; and indoor adult group sports and exercise classes, will also open. More details available at

www.gov.uk/government/publications/covid-19-response-spring-2021

Courtesy of The Daily Telegraph



Helpful Free Legal Advice Services

For those in Northamptonshire (West and North), **Community Law Service** is an independent public advice centre offering guidance on a range of topics, such as financial advice, welfare benefits, disability issues, WarmHome allowances and more. Call 01604 621038 or visit their website at

www.communitylawservice.org.uk/.

Leicestershire offers a similar service, **The Community Advice and Law Service (CALS)**. They are contactable on 0116 242 1120 or through their website:

www.cals.uk.net/.



Guidance Booklets

'How-to-Cope-As-a-Carer' Booklet

Mind has recently published a helpful new guide for carers. It has many useful tips and can be downloaded as a pdf by visiting: www.mindcharity.co.uk/wp-content/uploads/2015/11/how-to-cope-as-a-carer.pdf.

Alzheimer's Society's 'The dementia guide: Living well after your diagnosis has been updated and is available by post or to download

www.alzheimers.org.uk/publications-about-dementia/the-dementia-guide

If you have recently been told you have dementia, this guide is for you. You may have any type of dementia, such as Alzheimer's disease, vascular dementia or mixed dementia. You might have dementia with Lewy bodies (DLB) or a less common type, such as frontotemporal dementia (FTD).

The dementia guide will give you a general overview of a range of topics. It will help you to understand more about dementia and the treatments, support and services that are available. It also includes information about how you can live as well as possible with dementia, and about making plans for the future.



Dementia Action Week

Dementia Action Week takes place between the 17th and the 23rd of May 2021. The goal is to encourage people to take action to improve the lives of those affected by dementia, working to create a dementia-friendly UK where those with dementia do not feel excluded.

You will be painfully aware that there are 850,000 people in the UK who are affected by dementia, and it does not just affect the elderly, 40,000 people in the UK under the age of 65 suffer from early onset dementia. It is believed that by 2051 the number of people who have dementia in the UK will have risen to 2 million.

Age UK, Alzheimer's and other organisations are calling on the Government to cure the care system now. You can add your signature to #CureTheCareSystem by visiting: <https://action.alzheimers.org.uk/page/80202/petition/>



How does the latest lockdown easing affect care home visits?

Up until now, visits to care homes have been severely restricted because of national lockdown restrictions. The latest easing of lockdown this week (from 12 April) means that each care home resident is able to have up to two named visitors. Whether or not you're able to visit, this advice for friends and family should help you stay connected. For guidance, visit: www.alzheimers.org.uk/get-support/coronavirus/dementia-care-home-support



African and Caribbean heritage

Alzheimer's Society has launched a new range of games and activities for people living with dementia with African and Caribbean heritage, including jigsaws, colouring and wordsearch books designed to encourage conversation and intergenerational dialogue.

The products are produced by the Black Dementia Company founded by Feyi Raimi-Abraham. Feyi is carer for her mother who is living with dementia and is originally from Trinidad and Tobago.

Feyi set up The Black Dementia Company when she realised that there was a gap in terms of products specifically for people living with dementia from African and Caribbean backgrounds.

<https://shop.alzheimers.org.uk/daily-living-aids/games-and-activities>



Entertainments, Theatre & The Arts



Curve Theatre Trip: Something For Your Diaries!

Andy has block-booked a number of seats for The Curve Theatre's 2021Xmas "A Chorus Line". Their productions have always been outstanding events and, after being deprived of performance for so long, this will be a very welcome outing. Full ticket and coach arrangements will be announced later in the year but put Thursday 16th December at 2.15pm in your diary.

Hear and Now

Hear and Now is a unique musical collaboration between older people living with dementia and their carers; young singers and instrumentalists from grassroots community organisations and local primary schools; and members of the Philharmonia Orchestra.

Through a series of workshops, participants contribute spoken and musical ideas, emotions, movement, memories and ambitions. This creative process provides a therapeutic element for participants living with dementia, improves understanding and communication with younger participants, and enables isolated people to build valuable relationships with others from their local community.

Our own Kyle Newman has been participating in this project through Leicester Musical Memory Box, and there is a video about the project here www.youtube.com/watch?v=RnlWBUqQgE. You can see our members John and Maureen joining in!

Leicester Musical Memory Box

Get singing online 😊.

Using music, singing and gentle seated exercise to help improve well-being and reduce social isolation during Covid-19 lockdown.

For further details on joining the Zoom-based sessions, please contact Kyle: 07736 841558 or Christina: 07752 826228.

- Monday afternoons: 2pm for a chat - 2.30-3.30pm for singing
- Friday mornings: 10am for a chat - 10.30-11.30am for singing

In Memory:

We have sadly lost three more of our members:-

- Norman - our sympathies to Graham and Deirdre, and all Norman's family and friends
- Gerry - our sympathies to Andrea, Martin, Bernie, and all Gerry's family and friends
- Joyce – our sympathies to Joyce's friend Brenda

And finally:

This is the last Newsletter to be compiled for us by Keith Dobell, who is retiring from the editorship of the Newsletter, and also from his role as a Trustee of Dementia Harborough. Our thanks go to him for his friendship and everything he has contributed to us over the years and we wish him well for the future.

If you have news items to contribute please email us on admin@dementiaharborough.org or phone 07961 538671

Dementia Harborough

Registered Charity No. 1167885

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 or phoning 07961 538671