

Dementia Harbrough Newsletter – January 2021



**2020 (a year to forget) finished, BREXIT done –
2021 surely has to be better than that disaster of a year?**



Ooh, Santa... Pfizer-BioNTech, you shouldn't have!
Courtesy of The Daily Telegraph

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Normal Service Will Be Resumed As Soon As Possible – sadly, COVID continues to prevent meeting. Yesterday's announcement of another lockdown is disappointing, but we have to focus on the positive indications that everyone over 70, and the clinically extremely vulnerable, should have their first vaccination by mid-February. This will be a major step forward.

We continue to monitor and assess when it would be safe to resume our meetings, providing a COVID-secure environment that observes Government guidelines.

We will keep you updated. In the meantime, keep safe: we hope all members, volunteers, trustees, and their families stay well.



NFU Christmas Hamper

Hopefully, some of our members won prizes in The NFU Mutual's Christmas Hamper Raffle. Dementia Harborough won £425.16: a very welcome contribution to our funds. Thanks, as ever, NFU and to the local businesses that contributed prizes.

We were also delighted to be selected to feature in a video about the NFU Mutual Giving Fund which has supported us and over 300 other charities through the pandemic.



We Are So Glad We Can Still Help Make a Difference

Christmas Cream Teas went down very well, when Trustees and Volunteers delivered about 50 teas across a wide area.

In response, members have been sending us great messages of support that are a reward in themselves: -

Fiona writes.....

My mother has asked me to thank you very much for the Christmas Tea delivered to her this afternoon. It was a beautifully presented delicious tea. The cracker, chocolates and calendar (compete with the forthcoming meetings of the dementia events) made it seem like Christmas had come early today for her.

Thank you very much for including my mother in your dementia group, it is very much appreciated.

Mum and I wish you a very merry Christmas and a happy new year to you.

Doreen and daughters, Debbie and Philippa write.....

On behalf of my mother and myself, I would just like to thank you for the Christmas parcel received yesterday.

We had only just started joining in with your various activities and were very much enjoying them, when unfortunately we all went into lockdown. We appreciate all that you have been doing during these difficult times and look forward to a better year ahead 🍀

Thank you again for all of the hard work, we look forward to the time when we can meet up once again.

Carole writes.....

Thank you very much or the lovely Christmas goodies I received yesterday so yummiie, such a lovely thought.

Very much appreciated. I wish you all a very Happy Christmas.

Angela writes.....

Christmas came early 🎅 thank you so much for the delicious tea. There is a picture of Len (right) enjoying the chocolates, his favourites. Thank you all for the hard work you put in on our behalf. Hope 2021 is a better year for us all.



Barrie and Marjorie write.....

Would like to wish everyone a happy and HEALTHY New Year and send our thanks for all your efforts over the past months to keep in contact with and deliver our wonderful surprises. All you do is greatly appreciated. We hope this is the year we can start to meet again. Best wishes

And other letters of appreciation received along with some donations.

Thank you all.



Brain Workout from Alzheimer's Society

Brain Workout is a fun way to keep your brain active while also supporting those living with dementia. www.alzheimers.org.uk/get-involved/make-donation/donate-more-ways/brain-workout

By signing up to Brain Workout, you can choose how much you wish to give, on a monthly basis, and in return you'll receive a pack of mind stimulating puzzles straight to your door every month! With a different set of puzzles in every pack, like cryptic crosswords or tricky number puzzles, there's plenty to keep your brain on its toes, all while supporting a vital cause.

Your donation will go towards improving the lives of those affected by dementia, from funding lifeline services to funding world leading research into dementia. Find out more about how your gift helps to create lasting change.



Covid Update HANDS – FACE – SPACE

Welcome to Tier 4 - on both sides of the border. It is so important to keep occupied whilst observing the rules. The reduced stimulus of interacting with others is now well recognised as a contributory factor in worsening dementia. You probably know people who have seen their condition worsen during the inactivity that Covid has forced upon us.

MATT



'Yes, yes, my name is Rumpelstiltskin, but now can you tell me the latest festive Covid rules?'

Courtesy of The Daily Telegraph

Alzheimer's Society have produced ***The Activities Handbook***: Supporting someone with dementia to stay active and involved. Free copies can be obtained from www.alzheimers.org.uk/get-support/publications-factsheets/activities-handbook-dementia-carers or call Customer Care on 0330 333 0804

Vaccines: The New 7th Cavalry Coming Over the Hill It is excellent news, indeed, to hear some of our members have already had their 1st jab. Vaccines for Covid are rolling out very nicely. The latest approval for the AstraZeneca / University of Oxford will reinforce the 40 million BioNTech / Pfizer already ordered and being administered. 100 million doses of the new one has been ordered and, fingers crossed, the degree of protection offered will enable us all to lead a more normal life within a few months.



Silver Linings

Mark Watts writes: -

It's easy to think that 2020 has been a complete disaster and it certainly hasn't been a walk in the park.

However, there are lots of positive stories out there and one of the ways I remain cheerful is to have at least a daily dose of good news.

There have been well publicised stories about the achievements of Marcus Rashford, Captain Sir Tom Moore and others but there are many more unsung heroes whose activities don't reach the mainstream news.

If you are on social media, you may come across them but otherwise they are more difficult to find. There are a number of very good websites you can visit.

Here are a few of my favourites:

www.thegoodnewsmovement.com/

www.reddit.com/r/UpliftingNews/

www.positive.news/

Finally, during the year a young poet called Tom wrote and released a video of a poem he had written about 2020 called 'The Great Realisation'. This link will take you to the video of him performing it. I hope you enjoy it as much as I did.

www.youtube.com/watch?v=Nw5KQMXDiM4.

I hope that 2021 will be a much better year but maybe we can hang on to some of the positive changes which have happened too.

Like everyone else, I'm looking forward to getting back together when it is safe to do so. But in the meantime, look after yourself and those around you as much as you can and try to keep smiling!



Members' News

Gerry can be seen here enjoying her Christmas afternoon tea with her daughter Andrea. Gerry has subsequently moved to a new home and we hear that she is settling in well and keeping the other residents and staff entertained!



In Loving Memory of Lost Members

With great sadness we have heard that our members have passed away:-

Beryl – our sympathies go to Margaret and all Beryl's family and friends

Olive – our sympathies go to Shelley, Graham and all Olive's family and friends

If you have news items to contribute? Contact Keith Dobell on 07500 338336 or email him on newsletter@dementiaharborough.org

Dementia Harborough

Registered Charity No. 1167885

www.dementiaharborough.org

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