

## Dementia Harborough Newsletter, October 2020



### That Season of Mists and Mellow Fruitfulness.

The trees are in their autumn beauty,  
The woodland paths are dry,  
Under the October twilight the water  
Mirrors a still sky.      (W.B. Yeats.... *The Wild Swans at Coole*)

**MATT**



*'Hand over all the bread or  
I'll tell a Covid Marshal  
you were in a gathering  
of more than six people'*

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- Dates and don't Forget to Put the Clocks Back!

Courtesy of The Daily Telegraph

**Normal Service Will Be Resumed As Soon As Possible – just a few weeks ago we were hopeful that we would be able to resume our meetings soon, as long as we were able to provide a COVID-secure environment while observing Government guidelines. However, in view of the recent increase in infection rates and the tightening restrictions, we do not feel that the time is right at the moment.**

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

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



**Sincere Thanks** We are extremely grateful to Midcounties Coop for their donation of £1,000 from their 'Restart Fund' to Dementia Harborough. Donations, such as this, have enabled us to continue our remote activities and finance the cream teas and activities packs. The generosity of organisations, including The Coop, NFU, Lions, as well as of individuals, has been invaluable in enabling Dementia Harborough to keep its activity going – thank you, all.



### **Activity Packs**

In Mid-September, we enjoyed delivering activities packs. Judging by the response and messages of thanks, they were very well received.

*Jackie Bass writes: - Thank you, Dementia Harborough ❤️. Sorry if this is a bit presumptive but I would like to say on the behalf of all of us at Dementia Harborough, a huge thank you for keeping in-touch with us all during these trying times.*

*The telephone calls, the texts, the cream teas, DVD's, puzzles and books, all have been gratefully received, enjoyed and much appreciated, as has the contact with the 'Management' delivering the above mentioned. A few words on the doorstep (socially distance of course!) is most welcome, especially for those of us who live alone and it's nice to hear news of others in the group and how they are coping with the lockdown.*

*I have had a difficult time in lockdown, I haven't seen Alan, my husband since late February, he is in a care home in Leicester City and their shutdown has been longer than most with the virus but I have regular contact and I am told he is very well and in good health, I get photographs to assure me and my word, he does look well and he has no inkling of what COVID-19 has done to the world as we know it, bless him.*

*Take care and bless you too.*



### **Information Sources & Services**

**Dementia Carers Count (DCC):** Supports friends and family caring for someone with dementia and aims to be the UK's go-to place for these carers. The charity offers a range of expert-led services to help change carers' lives, including in-depth one day and three-day courses, as well as an online 'Virtual Carers Centre' for access to information and resources.

Dementia Carers Count (DCC) is holding a virtual walking challenge - '**Every Small Step**' - alongside a series of emotive and informative podcasts, that shine a light on the lives and experiences of just some of the family members and friends across the country who are caring for someone with dementia. For more details, visit [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

**Alzheimer's Society:** Is calling on councils to better connect families with loved ones who are living in care homes during coronavirus (COVID-19). [www.alzheimers.org.uk/news/2020-09-23/role-councils-and-better-connecting-families-affected-dementia](http://www.alzheimers.org.uk/news/2020-09-23/role-councils-and-better-connecting-families-affected-dementia).

**Northamptonshire Carers:** Aim to offer a comprehensive support service to Carers. It recognises the vital contribution Carers make to society and works to empower Carers in improving their health, wellbeing and quality of life, alongside raising awareness with all stakeholders with the aim to create Carer Friendly Communities. [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

**Safeguarding Futures:** The company operates a Facebook Group forum aimed at helping families deal with some of their financial concerns over caring and care home costs. Look for **Safeguarding Futures Health & Social Care Support**, apply to join the discussions and get some helpful tips. [www.facebook.com/groups/660675124407882](https://www.facebook.com/groups/660675124407882)



**Covid Update** **HANDS – FACE – SPACE** As the rules are changing frequently across the country, and particularly at local levels, keep an eye on the **very latest** current advice and guidance by visiting the Government's website. [www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do](http://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do)

**So I can catch mice but  
not meet other cats?**



***NHS Test and Trace App*** As part of the government's coordinated response to Coronavirus, NHS Test and Trace has developed the new NHS COVID-19 app. Download the 'NHS COVID-19' app from the App Store or Google Play. For more information, visit [www.covid19.nhs.uk](http://www.covid19.nhs.uk)



### **Entertainments & Theatre**



#### **Street Theatre Came to Market Harborough**

Anyone walking in the town on the morning of 13<sup>th</sup> September may have wondered what on earth was going on as Arts Fresco street theatre returned to the streets of Market Harborough.

A selection of performances from Social distanced Edmund and Hillary, The Covid Police, Team BGees and HMS Punnafore was filmed in a Covid-secure manner around the town.

In case you missed the entertaining performances, it can be watched on <https://www.youtube.com/watch?v=mJkMZ5ORSv4>

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

LMMB featured in the 'East Midlands Today' programme, 21<sup>st</sup> September, when members John and Maureen took part, along with Kyle and others. The item focused on the importance of music to those with dementia. Many members

may have seen it but those South of the border and tuned in to 'Look East' missed out but the programme can be found by searching on BBC iPlayer.

Don't forget, Kyle Newman's Leicester Musical Memory Box is a great online alternative to our Singing for Memories. Join the online sessions via the group's Facebook page and interactive Zoom sessions on Monday & Wednesday afternoons and Friday mornings - available on Leicester Musical Memory Box Facebook page ([www.facebook.com/MusicalMemoryBox](http://www.facebook.com/MusicalMemoryBox)).



### **Holidays - few and far between these days**

*Mark Watts Reminisces on 'Memories of holidays past!'*

*Well I guess we won't be going anywhere further afield for some time yet, but one of the 'chores' I've been doing during lockdown is sorting out old photographs, slides and even 16mm cinema films from long ago.*

*My parents had an old movie camera (no sound) and many of our first holidays were recorded so that we could enjoy them again and again.*

*I no longer have a projector but found out recently that Max Spielman in Market Harborough transfer old cine films onto DVD. I took a box of films and, in just a couple of weeks, received them back.*

*I wasn't sure what the quality would be like as many of the films were over 50 years old but was pleasantly surprised. And the memories came flooding back! Our first holiday by car to France was a real adventure. My two brothers, my sister and I were all put in the back of the old Ford Zephyr Estate with my mum and dad up front.*

*I remember our first night spent sleeping in the back of the car, and the second in a field at the side of the road in sleeping bags under a sheet of polythene to keep us dry.*

*And, when we arrived in the South of France you could smell the lavender, pine and flowers and we spent two glorious weeks camping (in a proper tent!) The weather was sunny, the sea was warm, and meals were cooked on a gas stove often accompanied by 'frites' from the local takeaway.*

*We swam, played in a canoe, made friends with other children (both English and French) got sunburnt and generally had a whale of a time. This was also where I first started to speak French as my parents would send us to the shop with a list and expect us to come back with everything. And we usually did. We returned to the same campsite for several years and I may even visit it again when all this is over.*

*Until then at least we have the films and pictures to remind us of a more carefree time.*

*Can you remember your first holiday? If so, we'd love to share it with everyone so please drop us a line – we'd love to hear from you.*



### **Best Wishes and Congratulations**

Our best wishes for every happiness go to Honor as she moves to her new home at Oxendon House.

Belated congratulations, Betty, on your 100<sup>th</sup> birthday on Sunday, 30<sup>th</sup> August. Joining the 'Ton-Up Club' is quite a milestone – we hope you had a great day - with that many candles, the cake was probably visible from space 😊.



### **Don't Forget to Put the Clocks Back**

October dates to remember include: -

- Battle of Hastings – 14<sup>th</sup> October
- Apple Day – 21<sup>st</sup> October
- Trafalgar Day – 21<sup>st</sup> October
- Mother-in-Law Day – 25<sup>th</sup> October
- Clocks Change – 25<sup>th</sup> October

*Fall back, Spring forward – for an extra hour in bed, remember to change them on the 25<sup>th</sup>.*

And, if you do manage to play conkers, don't forget to use socially distanced strings 😊.

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)

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