

Dementia Harborough Newsletter, April 2020

April Showers Bring May Flowers 😊

MATT



*'There'll be loo rolls over
The white cliffs of Dover
Tomorrow, just you wait
and see'*

- Staying in Touch & Staying Well
 - Linking with friends
- Shopping
 - Supermarkets
 - Extremely Vulnerable People's Register
- Health & Local Support Groups
- Armchair Exercises

Remember, for more news, and meetings' details, see

www.dementiaharborough.org.

Use the 'search' facility to find specific topics of interest to you.



Sadly, and for obvious reasons, Dementia Harborough has halted all meetings for the duration of the COVID-19 crisis. But we're still here for you and *Normal Service Will Be Resumed As Soon As Possible*. Meanwhile, we hope all our members, volunteers, trustees and their families stay well.

Our Maggie May theatre trip (30th April) - is postponed until further notice. We will give everyone who previously booked preference on the re-arranged date when announced.



Staying in Touch and Staying Well

Many of us have made good friends at Dementia Harborough: friends with whom we would like to keep in contact during these times of social distancing and self-isolation (both expressions which we hadn't heard of just a short time ago!). We are very conscious that our regular members will be missing their social contacts

with the members, volunteers and trustees of Dementia Harborough. We also need to share hints and tips, and information to help us all stay fit and well during these difficult times.

Get In Touch With Members But You Don't Know Their Phone Numbers Or Email Addresses Please email admin@dementiaharborough.org or text or phone Peter Hirst on 07961 538671 with the names of the people you would like to contact. If you confirm that we can share your contact details with those people, we will then try to get in touch with them on your behalf and seek their permission to share their details with you.

Use WhatsApp WhatsApp, a great free app for smartphone and tablet users, enables you to send messages and photos to your contacts, and also make video calls. You can set up groups so that several of you can join in message conversations.

- Android users get WhatsApp from Google Play Store
https://play.google.com/store/apps/details?id=com.whatsapp&hl=en_GB;
- Apple users go to Apple App Store
<https://apps.apple.com/gb/app/whatsapp-messenger/id310633997>.

Share Information and News Anything you would like to share with our members? We can put items on the News page on our website www.dementiaharborough.org/news or include them in our monthly Newsletter. (Please bear in mind that our Newsletter has quite a wide circulation to members, professional contacts, supporters and other interested parties so we may edit information if appropriate). Please submit these items to newsletter@dementiaharborough.org, or text or phone Keith Dobell on 07500 338336.

Get Online You have a smartphone, tablet or pc and have internet access but haven't really explored what it can do for you - now would be a great time to get online if you can.

It's not always easy to give help remotely; however, if you have a broadband connection but are struggling to get your device to do what you want it to, please give details of what device you have and what you are seeking to do, to the following contacts, and we'll do our best to help:-

- email admin@dementiaharborough.org or text or phone Peter Hirst on 07961 538671
- or email volunteering@dementiaharborough.org or text or phone Jan Meredith on 07970 829602

Let Us Have Your Ideas

If you have any ideas of anything else we can do to help our members stay in touch through these difficult times, do please let us know - email admin@dementiaharborough.org or text or phone Peter Hirst on 07961 538671.



Supermarket Openings for Over-70s

Here are a few of the special opening arrangements of a selection of supermarkets. More detail on these and others will be available on their websites.

Day 8am-9am	Waitrose	Sainsbury	M&S	Tesco	Co-op
Monday	X	X	X	X	X
Tuesday	X				X
Wednesday	X	X		X	X
Thursday	X		X		X
Friday	X	X		X	X
Saturday					X

Extremely Vulnerable People's Register You should be getting notified if you are on this register i.e. if you have a medical condition that makes you extremely vulnerable to coronavirus. If you're not sure whether your medical condition makes you 'extremely vulnerable', register anyway. You'll be able to ask for help getting deliveries of essential supplies like food. This service is free - you can register yourself, or for someone else: <https://www.gov.uk/coronavirus-extremely-vulnerable>.



Health & Local Support Groups

Support Groups National and Regional organisations are giving plenty of advice on their websites. However, on a more local basis, many communities are setting up support groups to offer direct help or point you in the right direction: check Facebook, local announcements and circulated flyers for details.

Neil O'Brien MP has an excellent, comprehensive list of regional and local groups, by village, on his website: <https://www.neilobrien.org.uk/coronavirus>

Stay Fit & Well and Join In We have attached a [handout](#) which gives suggestions for seated exercises to help keep you moving during the times when you may not be able to get out of the house. If you get this Newsletter by email but don't have a printer, email admin@dementiaharborough.org and we'll post you a copy.

Kyle Newman, the leader of our Singing for Memories Group, has her Facebook page for [Leicester Musical Memory Box](#) which has music, singing and exercises, including live streams. Do have a look at this and 'Follow' the page to keep up to date.

Kyle also says *"Please take a look at our lovely new website www.leicestermusicalmemorybox.co.uk All the content I've been posting on Facebook is also on the website. This includes classic comedy sketches, classic TV titles etc. and of course people will be able to access the live streams I've started.*

You will also see that I have posted about a new monthly group I'll be leading in Harborough (once the Coronavirus restrictions end). I'm really pleased about this! Undoubtedly the benefit of using music/wellbeing is hugely improved by weekly regularity. This second group in Harborough will be on the third Tuesday each month at St Dionysius Church Hall, giving people access to at least twice monthly music/wellbeing session."

'The Great British Home Chorus' British choirmaster, composer and TV presenter, Gareth Malone, has launched an 'at home' digital choir to boost the nation's morale during coronavirus self-isolation. His new initiative, 'The Great British Home Chorus', has been designed to bring together both amateur and professional performers around the UK by encouraging them to sing with others online. To register go to www.decca.com/greatbritishhomechorus

Look After Your Mental Health Have a go at this quick quiz about your state of mind to get top tips and advice about maintaining your mental health www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/.

Diabetes and COVID19 General Coronavirus Advice for People with Diabetes www.leicesterdiabetescentre.org.uk/covid19

Social Distancing Staying well when social distancing from the Royal College of Occupational Therapists www.rcot.co.uk/staying-well-when-social-distancing

Alzheimer's Society Coronavirus - Information for People Affected By Dementia www.alzheimers.org.uk/get-support/coronavirus-covid-19

Also don't forget their Helpline on 0333 150 3456 and online at www.alzheimers.org.uk/get-support/dementia-connect-support-line

Age UK also have a helpline for the over 70's in need of support: Tel: 0116 299 2239 or go to www.ageuk.org.uk/leics

Voluntary Action South Leicestershire (VASL) VASL are maintaining services wherever possible and their website www.vasl.org.uk says they are continuing to offer support via the telephone, email, and social media:-

Support for Carers Tel: 01858 468543 Email:

maureen@supportforcarers.org.uk

My Mind Matters Tel: 01858 411383 Email: mindmatters@vasl.org.uk

Community Champions Tel: 01858 439262 Email: champions@vasl.org.uk

VASL Transport Scheme Tel: 01858 468499 Email: transport@vasl.org.uk



A Warning

In these difficult times we are seeing some of the best examples of human nature. However some villains are seeking to profit from people's worries and concerns – please be careful about unexpected callers at the door, phone calls, or emails. If you aren't sure, get advice from a person you trust.

The [Crown Prosecution Service](#) gives this advice:

Stop: Take a moment to stop and think before parting with your money or information – it could keep you safe.

Challenge: Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: Contact your bank immediately if you think you've fallen for a scam and report it to [Action Fraud](#).



We are conscious that a lot of the items in this Newsletter are online. If you are interested in any of the items but can't get online please contact us for help.

Please note that all information in this Newsletter is correct at the time of writing; however things are changing fast. Let us know if you have new

information or 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

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 Keith on the above number.