

Dementia Harborough Newsletter, May 2020

🎵 Here we go gathering nuts in May... 🎵

Lockdown's sending us all nuts! But just hang in there, things will get better soon.

MATT



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Courtesy of The Daily Telegraph

Dementia Harborough meetings remain suspended during the lockdown. But Normal Service Will Be Resumed As Soon As Possible – and we are still here for you. Meanwhile, keep safe: we hope all members, volunteers, trustees and their families stay well.



🎵 There is absolutely no need to miss Kyle's 'Singing for Memories' 🎵

Don't forget that Kyle Newman, the leader of our Singing for Memories Group, has her Facebook page for [Leicester Musical Memory Box](https://www.facebook.com/WolseySingers/) (<https://www.facebook.com/WolseySingers/>) which has music, singing and exercises, including live streams – she is running these 4 times a week. Do have a look at this and 'Follow' the page to keep up to date. You can also watch the previous videos. Kyle's website is www.leicestermusicalmemorybox.co.uk and all the content on Facebook is also on the website including classic comedy sketches, classic TV titles etc. and the live streams. If you have any questions, call her on 07736 841558.



Staying in Touch with Dementia Harborough Friends

Remember last month, we suggested ways of keeping in contact with your friends at Dementia Harborough? To get in touch with others when you don't have their contact details, text or phone Peter Hirst on 07961 538671 or email admin@dementiaharborough.org. Give the names of who you would like to contact, confirm we can share your contact details and we will try to get in touch on your behalf and seek their permission to share their details with you.

Other ways of maintaining contact include: -

WhatsApp: free app for smartphones and tablets - send messages, photos, video call your contacts. Android users get it 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>.

Get Online You have a smartphone, tablet or pc and have broadband internet access? But haven't really explored what it can do for you? Now would be a great time to get online. Struggling to get your device to do what you want and have a connection? Send details of the device and what you are trying 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 you through these difficult times, do please let us know - email admin@dementiaharborough.org or text or phone Peter Hirst on 07961 538671.



Caring for a person with dementia during lockdown

A helpful item featured on BBC Radio 4 - Woman's Hour, when Sian Clifford presented 'Caring for a person with dementia during lockdown' and is available online at <https://www.bbc.co.uk/programmes/m000h8fz>.



Support & Information Services

Bluebird Care We had hoped that [Bluebird Care](#) (homecare providers in Oadby and Market Harborough) would be joining us at our March Café to meet us and see what we do, but of course that session was sadly cancelled. They tell us that they have been supporting Oadby & Wigston Council (voluntarily) with providing

shopping trips and medication collections for the elderly who are unable to get out of the house, due to self-isolation. They have the capacity to support individuals who are struggling and may need a helping hand, and can be contacted at 0116 271 8222 or marketharboroughandoadby@bluebirdcare.co.uk

South Leicestershire Medical Group An updated sheet of contacts from South Leicestershire Medical Group is available on our website at <https://www.dementiaharborough.org/post/sources-of-help>. It gives valuable details of village-based groups, as well as national organisations. Examples are: -

Local Support Help for anyone that cannot find help locally, you can register your information and a local government representative will organise a delivery on your behalf. Tel. 0800 0288327 or visit <https://www.gov.uk/coronavirus-extremely-vulnerable>

AGE UK Age UK are launching a helpline from today to offer practical and emotional support to those over 70, especially those who are self-isolating and live alone. Helpline: 0116 299 2239; Website: <https://www.ageuk.org.uk/leics/>

Planning for the Future Jenny Coleman at your local Edward Hands & Lewis branch says that in these challenging and extraordinary times, it might be sensible to review your estate planning. Details of how they can help are on the back page of this newsletter.



Theatre & Entertainment

MATT



*'Well, you're the best
ventriloquist act
I've ever seen'*

Courtesy of The Daily Telegraph

***Anyone Remember Archie
Andrews?***

***Now, wasn't that the best ever
ventriloquist act on the radio?***

Despite the lockdown preventing live performances and screenings, members are finding ways to access plays and shows. Their thoughts are shared below.

Jackie Bass writes: I was so sorry we had to miss out on a theatre trip last month. I love the theatre (and the cinema), it takes you to another world and, boy, do we need a break from reality now whilst we are self-isolating. But our friend 'Curve' has provided a solution to *social distancing* by making productions available to us in our own homes on the internet. Over a recent weekend I enjoyed two past Made at Curve productions. One was "Memoirs of an Asian Football Casual" – a play my daughter assured me I wouldn't like. She knows my views on football and bad language, but she was wrong, those things went over my head as I watched in awe of the two actors who portrayed the hooligans of the 1970/80s They were on the stage for the whole time, changing characters, changing costumes and moving, moving all the time: it was brilliant. Thank you Curve for putting it out there for me to find and enjoy.

Andrew Lloyd Webber is putting some of his musicals on TV, i.e. Joseph, Jesus Christ Superstar - and the National Theatre offers some of their Classic plays of our times for us to enjoy safe at home. What better seat at the theatre than your own armchair! Links for various sources are below - Enjoy 😊.

Curve

Curve website <https://www.curveonline.co.uk/the-show-must-go-online/>
or by Facebook <https://www.facebook.com/CURVEtheatreLeicester/>

National Theatre

National Theatre website <https://www.nationaltheatre.org.uk>
or once again by Facebook <https://www.facebook.com/ntlive/>

Other Facebook sites to watch out for free online streaming are ...

- BBC Arts
- Birmingham Royal Ballet
- WhatsOnStage

As with all Facebook pages, if you click the thumbs up to like the page - you will get Facebook notifications when they list a new show.

Andy Hartshorn adds: Anyone missing our Musical Trips to Curve can watch Andrew Lloyd Webber Musicals on his YouTube channel "The Shows Must Go On!" A new show is online every Friday at 7:00 pm and is available for 48 hours. The show is normally announced a couple of days before.

Puzzles For some puzzles to keep you entertained, follow the link - answers are on the on the back page, no cheating now 😊: https://ccf985f7-ff2a-456b-893c-cef82b3cef50.filesusr.com/ugd/a2ba0c_0d8ef0cabbb3435ab489679870f6ebd0.pdf



In Memory of Lost Members and Friends

With great sadness we have heard that the following have passed away:

- ❖ Edgar - with sympathies to daughter Tracey, family and friends.
- ❖ Mick - with sympathies to wife Mo, family and friends.
- ❖ Graham - with sympathies to wife Sue, family and friends.
- ❖ Anne & George - with sympathies to their family and friends.
- ❖ Monica - with sympathies to her friends Brenda and Joyce and to her daughter.

We also offer our sympathies to Steve, Janet, family and friends on the loss of Steve's sister.



On a happier note, we would like to wish our own Keith and Brenda many congratulations on their recent 50th Wedding Anniversary!



Also Happy Birthday to Len – Sheila and family were able to celebrate his 89th birthday with him at his care home, albeit at a safe distance.

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.

Planning for The Future During the Coronavirus Outbreak

In these challenging and extraordinary times, it might be sensible to review your estate planning.

With social distancing and shielding likely to continue for the foreseeable future, the coronavirus outbreak is challenging for most aspects of everyday life.

Jenny Coleman, specialist private client legal advisor at your local Market Harborough branch of Edward Hands & Lewis, offers advice on Wills and Lasting Powers of Attorney.

Making or Reviewing Your Will

A Will is an essential part of making sure you have planned for later life. Whilst it's not something that you may want to think about, it's important to have a Will in place to avoid any issues further down the line. It's your opportunity to make sure everything is dealt with and your estate is protected for loved ones in line with your wishes.

You may also need to review your existing Will if you made it some time ago and significant changes have taken place since then.

Lasting Powers of Attorney

A Lasting Power of Attorney allows you to give another person the authority to make important decisions on your behalf.

However, you can only make an LPA when you are mentally able to do so. It's a vital tool allowing you to make arrangements for the possibility that you may not be physically or mentally capable of managing your affairs at a time in the future.

There are two types of LPA. One covers decisions surrounding your Property and Financial Affairs and the other covers Health and Welfare decisions.

How Can We Help?

You can be rest assured that we are extremely personable and will guide you through the process, step-by-step, avoiding any legal jargon.

Following government advice, we are currently offering telephone or video meetings. Our legal advisors can help you fully and remain contactable during this difficult time.

For more information or a no-obligation discussion on Wills or Lasting Powers of Attorney, please contact Jenny Coleman at your local Edward Hands & Lewis branch on 01858 434 022 or email

jenny.coleman@ehlsolicitors.co.uk.