

	<h1>The Memcaff</h1> <h2>Issue 3 May 2018</h2> <p>Managing Editor: Mary Hastings Editor in Chief: Marie Potts</p>
<p>Beeston Resource Centre, Middle Street Beeston - First, Second and Fourth Thursdays 2-4pm Website: http://beestonmemorycafe.com email: info@beestonmemorycafe.com</p>	

Pause to Ponder



What if there were no hypothetical questions?

Is there another word for synonym?

Would a fly without wings be called a walk?

What WAS the best thing before sliced bread?

Whose cruel idea was it for the word lisp to have an s in it?

Why is there an expiration date on sour cream?

Beeston Memory Café was set up in 2014 and is run by a group of volunteers

We have two main goals: To help those whose lives are affected by dementia to live well in a dementia-friendly community by setting up and running a Memory Café.

To run Dementia Friends workshops. **In this issue we conclude our profiles of the 12 Trustees.**



Justine Schneider, with Jill, takes a specific interest in carers' needs and in keeping our Carers' Room welcoming and stocked with helpful information.

Involved with Beeston MC from the start, she has a background in social work and is a Professor at the University of Nottingham with active research interests in the Arts and dementia. She keeps us in touch with local artists who deliver suitable activities, including storytelling and simple clay modelling, and our regular programme on the fourth Thursday in the month reflects this. University PhD students are part of our team of volunteers at Beeston MC.

Jill Naidoo Beeston MC founder member. Jill has worked for many years as a local GP and loves gardening which she has explored in sessions with guests at MC. Along with Justine Schneider, she has a particular interest in resources for the Carers' Room and in providing carers with support.



Farewell to Lorraine



Lorraine joined us as our Beeston Memory Cafe coordinator in September 2017. She is now, sadly, leaving us for pastures new, after making a fantastic contribution to our regular MC sessions. Amongst MANY other things she has helped to organise our volunteer meetings and MC rota, kept our admin. tidy, and added a friendly, listening ear and a cheerful smile to all our Cafe sessions.

A WARM thank you from us all to Lorraine and warmest good wishes to her in all her future enterprises.

TIME FOR RHYME

Are you a poet and don't know it?

Write a Limerick Rhyme in double quick time.

If so send it in, here's a couple to begin.

Real or Pen name to disguise - we print, and you'll win a prize

<p>A lady called Janet Fitzpatrick, Mature but not geriatric At the Mem'ry Café Jumped a table one day And said Wait! I will now do the hat trick.</p>	<p>A Young man named Colin one day, Taking subs at the Mem'ry Café, Thought it was Vienna Sang out like a tenor And won a great big bouquet.</p>
--	--

Send your entries to pottsofnotts@gmail.com or hand them in at the Memory Café

I always eat my peas with honey, I've done it all my life.
They do taste kind of funny, but it keeps them on my knife.



DID YOU KNOW

THE HERBERT PROTOCOL is a scheme which encourages the family, friends and carers of a loved one with dementia to complete a form and provide useful and vitally important information in the event their relative goes missing. It is named after George Herbert, a War veteran of the Normandy landings, who had dementia and sadly died while he was 'missing' on his way to his childhood home.

The Herbert Protocol was established in South Yorkshire by Rotherham Dementia Action Alliance and the Society working with local police. It has been taken up by other forces including Nottinghamshire. Using the protocol, people provide information about a person who may go missing to help in any search. This includes details about medication, interests, previous addresses and workplaces, as well as a recent photo.

The form contains essential contact information, medication needs, background history, locations the person was last seen and a photograph. It is important the form is filled in as soon as possible because should the person go missing, valuable time is then not wasted completing these details. Once done, it should be kept in a safe place so that it can be handed to the police in the event of the person going missing. Should your loved one disappear, the scheme is designed to assist the police gain access to essential information promptly, without having to question relatives or carers who may already be upset and not able to quickly recall details under the stress of the situation.

The form can be downloaded from

[https://www.nottinghamshire.police.uk/.../Nottinghamshire Police Herbert Protocol ...](https://www.nottinghamshire.police.uk/.../Nottinghamshire_Police_Herbert_Protocol...)

Or there are forms available at the Memory Café Desk.

Training for carers of people living with dementia

This free programme consists of seven, two-hour weekly sessions. A different aspect of dementia will be covered at each session. The groups are facilitated by specialists and will consist of about 12 carers. Help with respite services and transport may be available.



The next course will be run on Tuesday 10th July to Tuesday 21 August 6.30pm to 8.30pm

To book a place, refer a carer or for further information about the Information programme, please call Radford Care Group on 0115 9786133.

REFUNDS AVAILABLE ON POWER OF ATTORNEY COSTS

Refunds are being offered to those who may have been charged more than was necessary to apply to register lasting or enduring powers of attorney between 1 April 2013 and 31 March 2017. During this period, the Office of the Public Guardian's (OPG) operating costs came down as more people applied to register a power of attorney and the process became more efficient, but the application fee charged was not reduced in line with this.

The Ministry of Justice reduced the application fee with effect from 1 April 2017 and has now launched a refund scheme for those who paid a higher fee in the qualifying period. Making a claim is quick and simple using the online service. Only one form needs to be completed for each donor.

Full guidance for those applying is available online, and there is a dedicated refunds service helpline for those who need it. Call OPG's contact centre on 0300 456 0300 and select option 6 to be put through to the refunds team. Lines are open Monday, Tuesday, Thursday and Friday from 9am to 5pm and Wednesday from 10am to 5pm. Visit www.gov.uk/call-charges for call charges.

If you think that you may be eligible, please visit www.gov.uk/power-of-attorney-refund for more details and to make a claim.



Carers Trust East Midlands provides timely, personalised information and support via the Nottinghamshire Carers Hub County and City to make caring for a loved one easier. The scheme is funded by Nottinghamshire County Council, Nottingham City Council and the local NHS.

Carers' Groups are held at Toton Tesco Community Room, Swiney Way on the first Thursday of the month, 10pm -12pm and at Manor Surgery, Middle Street Beeston on the third Monday of the month 1pm – 3pm Support worker: Sue Cain

www.carerstrustem.org/hub or telephone **0115 824 8824**

WOMEN AND CATS WILL DO AS THEY PLEASE SO MEN AND DOGS SHOULD JUST GET USED TO THE IDEA

NEWS ROUND UP



We have had a great variety of entertainment through March and April with our fun and games sessions, exercise and Music with Maverick and an excellent musical session provided by Side by Side, a duo consisting of our very own Mary Hastings on the guitar and Gary on the piano. Mary and Gary entertained us with a variety of music and songs. It is always a pleasure to hear Mary sing and who knew that she was such a virtuoso on the guitar. Finally, in April, we saw the return of the popular poetry session led by Kevin Harvey who is a University lecturer in Linguistics, with a special interest in dementia and language. Gary runs a blog www.dementiadaytoday.org which has lots of interesting articles and information. Do have a look.



BEESTON PARK RUN

Beeston Park Run celebrated its fourth anniversary on 7 April by inviting the Beeston Memory Café to have a stall with hot cross buns and soft drinks. Despite a very wet and muddy week the day dawned clear and bright and 348 runners turned up for the 5k run down by Beeston canal. We served hot cross buns and raspberry jam scones and soft drinks. It was a really enthusiastic group of runners, who made us very welcome. We received £132 in donations. This is our fourth visit to the park run Anniversary and I was asked to address the runners as they lined up. I was introduced by David Patrick, the park run Event Director, as Chair of Dementia Friends so I said am also known as David's mother!

Janet Patrick

Beeston Memory Cafe Member Wins Nottingham Post Dementia Carer of the Year Award, 2018

Last month Beeston Memory Café's very own Marie Potts was presented with the Nottingham Post Dementia Carer of the Year Award sponsored by Right at Home.

Many of our readers will know Marie and her husband, George, who are regular attenders at Beeston Mem Caff. Local to Beeston, they came along to join us in the Cafe's first year, when we were only open once per week. Remember that? Seems a long time ago now...roughly three years, in fact.

Marie was nominated for the Carer of the Year Award by Bev Pearson, Dementia Programme Lead at Radford Care Group. Marie is a volunteer at Radford Care Group where she helps with the running of the Dementia Information Programme by passing

on the benefit of her experience as a carer and offering an understanding ear to other carers. Bev told the Evening Post how valuable Marie's contribution to the group has been, undertaken while Marie meets the demands of caring for George at home.

Marie and George have been married for thirty two years. George first began to experience health difficulties twenty years ago when he developed kidney problems. His health improved greatly after a successful kidney transplant but then four years ago he was diagnosed with vascular dementia. Those of us who know Marie and George know them both to be great contributors to Beeston Memory Cafe sessions, particularly in reciting poetry; joining in our singing sessions and sometimes teaching us alternative lyrics to well-known ditties. And Marie is also the Editor of this esteemed publication. As a couple they have much to offer. As George pointed out when he learned of the award, "She couldn't have done it without me!" Congratulations to them both!

Mary Hastings

Pause to Pamper

As many of you will be aware, once a month we are joined at the Memory Cafe by our lovely therapists who offer relaxing massage to support anyone who feels they might benefit from a boost to their emotional and physical well-being. A bit of **Pampering!**

One of our long-standing therapists, Mary, has left us but Emma Brown continues, and she is now joined by her colleague, Elaine Burchell. In addition, Gill Woodhead will step in to assist from time to time when either Emma or Elaine isn't available.

Elaine offers a choice of gentle, seated back, neck and shoulder massage, a hand massage or Reiki (a healing touch therapy). Emma and Gill offer Reflexology to the hands or feet - another gentle therapy involving massage and light touch.

The Therapies are available to all Memory Cafe guests on the **second Thursday of the month**, during our usual session between 2 and 4. They take place in the peace and quiet of the Carers' Room. One of our volunteers will offer you a time slot, make a note of your name and let you know when it's your turn. **The therapies come highly recommended!**

Do you have any other regular pamper routines? A cup of tea in bed? A bus trip to your favourite park? What do you do to show yourself a bit of self-care and Pampering? Let us know any of your ideas for our Personal Pampering Promotion!



*The more you weigh, the harder you are to kidnap, so stay safe. **Eat Cake***