



Have you had your flu vaccination? See reception to book.

Have you received your carers identity card? See Jayne should you require one.

Don't forget to order your prescription well in time for your holidays.

Welcome to our 3rd Carers Newsletter. I hope you are all well and have had a lovely summer with the weather being kind to us since our last newsletter.

Feedback and ideas are always welcome, please address to myself Jayne CMG carer champion.



CARERS COFFEE MORNINGS

Our Monthly Carers Coffee Mornings held on the first Thursday of every month have been a great success, with interesting speakers sharing lots of tips and giving out information and free goodies! Please feel free to come along. Refreshments are provided free of charge courtesy of TESCO. All welcome.

Are you caring for someone you love? Whilst you sit at home feeling forgotten, millions of other carers are feeling the same. Imagine being able to talk to them right now: share what you have learnt, find information and tones of inspiration. Whether you are new to caring or have lots of experience, please join us and let's help each other.

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WHEN TO GO TO THE EMERGENCY-ROOM:



Something is off that should be on?



Something is in that should be out?



Something can be moved that should be firm?



Nothing is moving?!

MUSIC IS MAGIC

- Why music is good for you....
- Its been proven to improve mind.
- It can reduce the need for medication.
- It could slow down memory loss.
- Music is a powerful emotional tool.
- When words fail...music still speaks.
- Music boosts confidence.
- Music is very relaxing.
- It can reduce your risk of developing dementia.

Dementia Singing Group

A fun and lively group run by an Experienced Music Therapist



Free including a Cuppa & Biscuit

For people with dementia and their carers

For further details contact Mel Howell T: 07738 820967 or pick up a leaflet in Reception

USEFUL INFORMATION

Stopping unsolicited mail.

To stop unsolicited mail arriving from UK businesses, you can register with the Mailing preference Service for free. Register at www.mpsonline.org.uk/mpsr or call on 020 7291 3310

Stopping cold calls.

To stop unsolicited cold calls from UK callers, you can register for free with the Telephone Preference Service. Once registered, telemarketers are legally bound not to call you. Call 0345 070 0707 or www.tpsonline.org.uk

Lions of Ashby charity have kindly donated some carer wallets. Please see myself should you require one.



Emergency Info



Starting a conversation

We all need to think about the future-what we would want if our health became compromised and we were unable to make choices for ourselves

These issues are important, whether or not we are facing health challenges now



Starting a conversation about your end of life wishes is difficult. It is a common experience that the people closest to you, family members and friends, do not want to talk about a situation that they would find unbearable to face: a time when you can no longer look after yourself, you have lost capacity to make decisions, you can no longer manage financial affairs. Your family and friends do not want to confront the prospect that, one day, they may have to contemplate a future without you. It is perfectly understandable that the people we love do not want to tackle these issues.

Lasting Power of Attorney (POA) are relevant for everyone, not just people who are experiencing life-limiting conditions. None of us can predict when and if we might become ill very suddenly or sustain life-changing injuries from an accident. It could happen at any time!

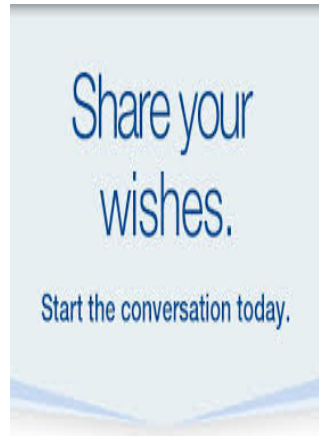
It is vital to prepare for the future, to make it straight forward for your relatives and friends-the people you trust-to take the responsibilities of managing your money and making decisions about your care, informed by you.

A Lasting Power of Attorney (LPA) is a legal document. There are two types of LPA: an LPA for finance and an LPA for health and care. By setting up LPA'S you can appoint one or more attorneys to make significant decisions when you are unable to make decisions yourself.

In addition, you might want to consider creating an Advance Care Plan (ACP)- a document that records your wishes and preferences about your future care, treatment options and end of life wishes.

An ACP is used to guide health and social care professionals to make decisions that are in your best interest, as determined by you. This is especially important if you are not able to communicate your wishes and preferences yourself. An ACP ensures that you still have a voice and that you continue to influence the type of care you receive, and the place in which you receive it.

An ACP also equips your family members with the information they need to represent your views to health professionals. An ACP is not a legally binding document (so you still need to put LPAs in place) but an ACP is a recognized document and will be taken in to account when decisions need to be made about your care.



LOVING THESE IDEAS!



A care home in South Derbyshire are asking members of the public to send holiday postcards to their residents when they go on their holidays.

The idea is that the postcards will give their residents with dementia something exciting to receive in the post, and remind them of holidays that they have taken in the past.

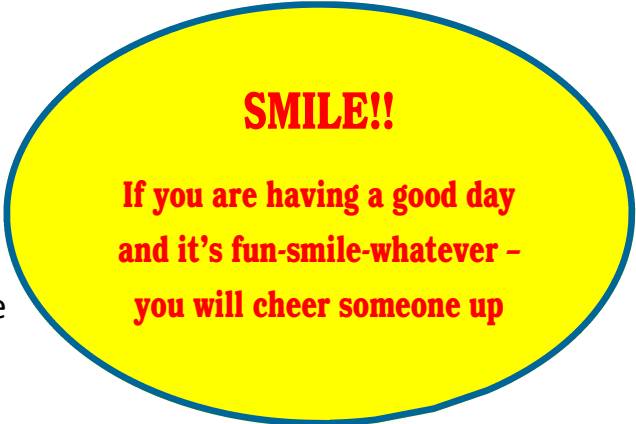
They have already started receiving postcards, and the smile on the residents faces say it all.

If you would like to send a postcard or maybe a Christmas card please address it to: The Residents, Cedar Court Care Home, Bretby Park, Bretby, South Derbyshire. DE15 0QX

Share this with family and friends lets give them as many

Natter whilst you knit

AGE UK are again appealing to all you knitters in supporting them with their "bigknit" making lots of little hats to fit the innocent drink bottles. If you are feeling adventurous or want to try something new there are lots of new knitting patterns available online at www.thebigknit.co.uk including a clanger, juicy pear and a punk rocker.



To the world you are one person and to one person you are the world.



"My ability to remember song lyrics from the 80's far exceeds my ability to remember why I walked in to the kitchen"

