

### A warm welcome to our February 2021 Newsletter

#### Dear Friends

It only seems like yesterday we were celebrating Christmas and suddenly here we are past Valentines Day and looking forward to celebrating the first day of Spring on the 1st of March. Many of us will have had our first vaccine and will be waiting to hear about our second one. This means that if we have to wait for 12 weeks then our Memory Moments Cafes will aim to reopen by the end of April/ beginning of May (with permission from the NHS) however, we are likely to meet in smaller numbers with all the sanitising and possibly masks and social distancing still in place. All our staff are also having their vaccinations so that they will have some protection when meeting with you all again.



I have been warned that gloating is a terrible sin, but when you are on the receiving end of it for 38 years, it is hard not to return it when your team (Scotland) finally beats the "Auld enemy" (England) in their own back yard. For those of you wondering what I am on about, it was the rugby when Scotland beat England at Twickenham 11 points to 6, for the first time since 1983. Well done Scotland! (Now that is **NOT** gloating, only praising).

Someone talked to me the other day about "British grit" and how good we are at just getting on with it, so it is time to pat yourself on the back for buckling down this past year, gritting your teeth and "getting on with it". Well done to everyone and we look forward to seeing you all in the not too distant future. Stay safe and take care

*Alex Morrison-Cowan*  
Chair of Trustees

#### MARCH IN THE GARDEN

It might be wet, cold and muddy outside so now's the perfect time to sit down with a hot cuppa, your thinking cap on and start planning your flower garden and vegetable crops. Get your seeds ordered and complete all those odd jobs that still need doing before the growing season begins.



Enclosed are some Sweet Pea seeds for you to grow at home, pure scents of summer charm and one of my favourite flowers that take me back to my childhood in my Grandad's garden. **How to grow** - Sweet Peas often have quite a hard seed coat, so it may help to soften the seed before sowing. To do this, place the seeds on some damp kitchen paper and pop them in a warm spot. Once the seeds start to swell or sprout they are ready to sow.

Place 2 seeds into a small pot of new compost, pot on as they grow, put 2 seedlings together into a 1 litre pot. Pinch out tips when plants have 4 pairs of leaves. This allows them to put strong roots down. Start them off in a cool, draft free and sunny position. A kitchen window sill is where I tend to start mine off before they are hardened off and finally planted out on my allotment. Happy growing!  
Sam

#### TO A SNOWDROP

Tiny snowdrop always first  
in nature to so bravely burst  
through the earth to show your face  
and your dress of pure white lace.  
Telling us that spring is coming,  
no more snow, so finger numbing.  
You brave it all, the rain, the sleet  
to lay in carpets at our feet.  
You cheer the day with your display,  
for other flowers you pave the way.  
Your dainty head lifts to the sun,  
you have cold winter on the run.  
So keep on cheering us each year,  
for you are held so very dear.  
When signs of winter's end we seek  
that's when through earth you deign to peek.

*Doreen Homer*

## Irish Stew Ingredients

Lamb or beef,  
potatoes, onions, carrots,  
parsnips, parsley, water,  
stock cube, butter,  
seasoning to taste (salt &  
pepper  
optional (Guinness, stout  
or ale)



## Method

Brown off meat by cooking in a little butter, add onions until soft. Add stock cube and water. Add finely chopped parsnips and carrots. Add potatoes cut into larger size pieces. Bring to the boil and simmer. This can take a couple of hours for the meat to soften. Alternatively, this can be placed in a casserole dish and cooked on a low heat until meat is tender. Add seasoning to taste, salt and pepper.

## SOME IRISH FACTS AND TRIVIA FOR YOU St Patrick's Day 17th March

According to legend anyone kissing the popular Blarney Stone is given what is called "gift of the gab". Numerous people have kissed this stone over the centuries.

The national emblem of the country is the Celtic Harp, not the shamrock as many believe. As an added bit of Irish trivia: no other country in the world has a musical instrument for their national emblem.

The Irish learned how to distil spirits from monks that came to Ireland during the 7th century. This led to centuries later there being more than 400 different brands of Irish whiskey being exported to the USA (one of the Ireland facts that many enjoy whether they know it or not!)

The RMS Titanic was constructed in Belfast, Ireland. Harland and Wolff had the job of building this famous ship. When she was finished she was the world's largest passenger ocean liner powered by steam.

Cedric Gibbons designed the Oscar Trophy that is given out for the Academy Awards. He was born in 1823 in Dublin, Ireland.



## In the spotlight this month Crowborough

Our Crowborough Memory Moments cafe is a wonderful community, packed with fun and good friendships. Take a trip back in time with some of our photos. The team are missing you all and look forward to seeing you soon.



## FILL IN THE PROVERBS

- 1.....than never
- 2..... Is bliss
- 3..... catches the worm
- 4..... number one
- 5..... grow fonder
- 6..... with pleasure
- 7..... are better than one
- 8..... is the spice of life
- 9..... to pay Paul
- 10..... goes unpunished
- 11..... there's a way
- 12.....the best medicine
- 13..... a bowl of cherries
- 14..... beware
- 15..... no gain

Answers on bottom of page 4

## TIPS and ADVICE from CARERS

A couple of years ago we asked carers what advice they would give to new carers. This is what they wrote:

"When you find out that you are a carer for someone diagnosed with dementia you may well think - what does this mean, where do I start and who do I talk to?"

As family carers, we have put a few tips together that we hope you will find useful. Please feel free to send any tips in you may have so that we can share these as well.

**ENCOURAGE** - encourage the person diagnosed to continue to be involved with their everyday life just as they have always been for as long as possible. Don't assume you know what they want - it is easy to take over their life as you care so much about them.

**TALKING** - Ask for help if you want to talk about the future, either together or individually. Not everyone wants to talk initially. However, make sure you know who to talk to when the time is right for you. Talk with family members, friends and neighbours about how they could help too. Denial can be normal for you, your partner and your family. However, bringing the disease into the open helps everyone to have a better understanding.

**FRUSTRATION** - Frustration may happen for both of you. You might find you have listened to the same sentence again and again and you can find the frustration building. The person diagnosed may become frustrated because they know they are in a muddle. Break the sequence of conversation by going out of the room; encourage the person to do something different; plan different events during the day; sort out a routine for both of you. Give someone time - don't fill in the missing word unless you really have to.

**ME TIME** - Plan time for you; find out what support/respite is available to support the person diagnosed while you take some time out to do things that you enjoy. Start this routine early so that it is a natural part of both your lives.

**QUESTION** - Ask yourself on a regular basis: "What is working for me as a caregiver and what could be improved upon?" then use your local support contacts to make sure you receive the help and support you need. Identifying what needs to be improved upon will enable you to take some of the pressure off and to feel that you can support the cared for in the right way.

**SUPPORT** - Talk with your local Dementia

Support Worker or Admiral Nurse or local organisations about the future and what needs to be in place in the early stage of diagnosis, such as Lasting Power of Attorney, allowances you may be able to claim, such as Attendance Allowance or Carers Allowance and a reduction in council tax. Ask what support groups are available for you as a carer, for your loved one and perhaps for you both together. Your local Dementia Support Worker may be able to put you in touch with other caregivers who can share their experiences with you and provide you with friendships that support you too. The Memory Moments Cafes, Musical Moments choirs and Sporting Moments run by Know Dementia provide the opportunity for you both to build new social contacts.

**TRAINING** - Find out what free training is available for caregivers locally to help give you a better understanding of how to support yourself and your loved one. Carer organisations in both East and West Sussex can provide you with this information.

**PRECIOUS MOMENTS** - Make sure you do some really special things together so you have some "Precious moments" to look back on.

**FUTURE PLANS** - Planning is really important in order to cover any financial and care needs for the future. It is also important to know who is available to help at certain times so that you receive the right information at the right time. You need to know who to contact for help with planning or even in an emergency situation.

**CARER'S ASSESSMENT** - You are entitled to a CARER'S assessment which gives you the opportunity to identify the support you need.

**SOME FINAL THOUGHTS** - Learn to adapt. Does it matter if things don't go exactly to plan? Ask for and accept help; socialise with others in the same situation as yourself; congratulate yourself when you have achieved something you thought you couldn't cope with; know your trigger points and work out strategies to cope. Try not to take over too much and take away someone's independence. Put your favourite music on to de-stress and finally, have a laugh and smile with each other every day!

NB These tips have been written by family caregivers in Sussex and we thank them for their feedback and hope they help.

Jennie Morrison-Cowan  
CEO



## How we met

In 1971 I was teaching at Horsham and had a lovely boyfriend who was at Cambridge University. The troubles were on in Northern Ireland and my brother was serving there with the Queens Regiment. My sister-in-law invited me out to stay with them in Northern Ireland as it was quite lonely with the men working long hours. I wasn't particularly looking forward to it but went anyway. When I got there she said the only eligible bachelor in the Regiment is Steve and you don't want to know him!



The next day we went to church and after the service I was introduced to Steve and the rest is history. Talk about love at first sight!!! We are about to celebrate our 49th wedding anniversary!



### *Steve and Lynne*

### Answers to proverbs quiz

1. Better late than never
2. Ignorance is bliss
3. The early bird catches the worm
4. Watch out for number one
5. Absence/distance makes the heart grow fonder
6. Don't mix business with pleasure
7. Two heads are better than one
8. Variety is the spice of life
9. Don't rob Peter to pay Paul
10. No good deed goes unpunished
11. Where there's a will, there's a way
12. Laughter is the best medicine
13. Life is just a bowl of cherries
14. Let the buyer beware
15. No pain no gain

## My Husband Brian

This is my husband Brian. He joined the Horsham Fire Service as a Retained Part-Time Fireman in January 1977. During his service he took his HGV licence so he could drive all the appliances at the station. He was on call during the hours he wasn't at his full time employment in London. He attended many fires and road traffic accidents in and around Horsham. He retired in 1992 and received a Long Service Medal from the High Sheriff of Sussex at Arundel Castle.



*Julie*

## KING LEAR PRIZES

Take part in the King Lear Prizes Spring 2021! The King Lear Prizes are the national creative arts competition for the over-65s. They have four categories: Art, Poetry, Real Stories and Musical Performance. Register for free at [www.kinglearprizes.org.uk](http://www.kinglearprizes.org.uk) then prepare your work, submit your work and wait for the result. You could be a winner!!



## Whose Birthday?

This month we say Happy Birthday to these people born in March:

Alex our Chair of Trustees  
Ernie, Wendy, Colin and Clive at Crowborough  
Tim from Newick  
David, Brian and Ann from Uckfield  
Ann at Ringmer  
Ray, Angela and Chris at Heathfield  
Cyril and Maureen at Peacehaven  
Ernest at Ticehurst

We are continuing to send out our weekly entertainer video links via email. They can also be accessed via the link on the Know Dementia website in the Health and Wellbeing section. We are also continuing to support families with regular telephone contact. If you require support or wish to be added to our email list, call us on Tel. 01273 494300 or email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk).