

Newsletter June 2020

- Are you celebrating any special occasions? Please let us know so we can include it in our newsletter.....we like good news!!
Better late than never - Congratulations to Sheila and Nobby on their 63rd Wedding Anniversary on the 25th May, and Brian and Sheila on their 62nd Wedding Anniversary on April 26th.
- Happy Birthday this month to Sallie Draper. Bill Valentine, Carole Orley, Margaret Humphries, Julie Morgan and June Gauke.
- We are sad to inform you that one of our members Jan Folland has recently passed away. Our thoughts and deep sympathy go to husband Mike.
- Paul Connor who comes to Buddies and leads our Singing for Dementia sessions is now doing it online. If you would like to join in with the Alzheimer's virtual Singing for the Brain with Paul and have access to the internet, please let us know and we can arrange for you to join in. It should be fun!
- The Alzheimer's Society have published some useful practical tips and advice to help you through the Coronavirus outbreak. This can be found on www.alzheimers.org.uk/coronavirus If you want 1:1 telephone support, call the **Alzheimer's Society (national) help line on 0300 222 1122** . You can also speak to a dementia specialist **Admiral Nurse on Dementia UK's Helpline on 0800 888 6678**
- If you use Amazon to shop, please be aware some customers have had their accounts hacked – they have been charged for orders they did not make. To help protect yourself from becoming a victim of this sort of fraud regularly check your bank statements against the orders you have made.
- Lincolnshire County Council has set up a Community Help webpage where you can identify what support you require whilst self-isolating, you can find this information on www.lincolnshire.gov.uk/coronavirus-support-services alternatively you can call them on 01522 782189.
- If you can no longer provide care and/or your family are unable to give support, you can contact the **Adult Care Advice Line on 01522 782155**.

Please remember these are difficult and challenging times, you are not alone, and support is available if you need it.

- Thought for the month –

Never let a stumble in the road be the end of your journey.