

MEON VALLEY



Registered Charity No. 1107865

Spring 2019

ISSUE 5

Meon Valley Carers News

Welcome to our Newsletter .

Meon Valley Carers Group (MVCG) is a registered charity which provides support for carers of people with dementia. Through outings, activities and social interaction it aims to promote and portray a positive way of dealing with dementia. MVCG covers the whole of the Meon Valley with monthly group meetings based at Swanmore and regular pub lunches at a local venue and, thanks to the Meon Valley Lions Club we can offer transport for those living in the Meon Valley who would otherwise be unable to attend. The group also strives to listen to carers and give them an opportunity to be heard, and to ensure its carers are aware of services available to them with talks from health professionals and support workers.

Hampshire Cricket host dementia friendly days at some of their County matches at the Ageas Bowl. The dates for this year are listed below and if you would be interested in attending one of the Community Memory Days then please either use the contact form on the website, www.1864hampshire.co.uk, email info.1864@gmail.com or speak to one of the volunteers who

will be able to give you more information.

Date	Day	Fixture	Competition
06/04/2019	Saturday	Hampshire v Essex	County Championship
12/04/2019	Friday	Hampshire v Yorkshire	County Championship
07/07/2019	Sunday	Hampshire v Warwickshire	County Championship
24/07/2019	Wednesday	Australia v Australia A	Domestic first-class multi-day match
11/09/2019	Wednesday	Hampshire v Surrey	County Championship
17/09/2019	Tuesday	Hampshire v Somerset	County Championship



Eye Tests at Home

If you are entitled to NHS eye test and cannot get out unaccompanied, you may be eligible for an eye test in your home, funded by the NHS. The NHS funds home visits because eye tests are vital to your total healthy and wellbeing.

Book your NHS home eye test on 0800 954 9090 — Quote; Boots

Did You Know

Smiling triggers 17 muscles of the face while crying activates 43.

Smile more!

For further information please contact our office:

Meon Valley Carers Group, The Paterson Centre, Church Road, Swanmore, Southampton SO32 2PA

Telephone number: 01489 895444 Email: office@meonvalleycarersgroup.org.uk Website: meonvalleycarersgroup.org.uk

Meon Valley Carers News

If the mountain seems too big today
 Then climb a hill instead
 If the morning brings you sadness
 It's ok to stay in bed
 If the day ahead weighs heavy
 And your plans feel like a curse
 There's no shame in rearranging
 Don't make yourself feel worse
 If a shower stings like needles
 And a bath feels like you'll drown
 If you haven't washed your hair for days
 Don't throw away your crown
 A day is not a lifetime
 A rest is not defeat
 Don't think of it as failure
 Just a quiet, kind retreat
 It's ok to take a moment
 From an anxious, fractured mind
 The world will not stop turning
 While you get realigned
 The mountain will still be there
 When you want to try again
 You can climb it in your own time
 Just love yourself til then

Memory Lane UK

Programme April to June 2019

9 April Pub Lunch
 The Forge Inn, Shedfield, 12.15pm

23 April Group Meeting
 The Paterson Centre, 2pm

14 May Pub Lunch
 The Black Dog, Waltham Chase
 12 noon

28 May Group Meeting
 The Paterson Centre, 2pm

11 June Pub Lunch
 The Forge Inn, Shedfield, 12.15pm

25 June Group Meeting
 The Paterson Centre, 2pm

Village Agents

Bishops Waltham:

Brian Loveday 01489 895767
 07868 821498
 Email brian_loveday@hotmail.com

Swanmore:

Sue Fitz Gibbon 01489 891051
 Email sdfitzg@gmail.com
 Lorna Neill 07790 845944
 Email lornajneill@hotmail.com

Waltham Chase:

Vivienne Catlin 01489 895901
 Email vivienecatlin@hotmail.com

Wickham:

David Roger-Jones 01329 833165
 07979 572112
 Email dgrj42@googlemail.com

A Gentle Reminder

Although the volunteers will always help where they can, the responsibility for the Cared-for remains with their Carer during the times spent with the Group.

USEFUL NUMBERS

AGE CONCERN Hampshire - Information/advice	0800 328 7154
ALZHEIMERS SOCIETY - Helpline	0300 222 1122
ADMIRAL NURSING - Dementia Helpline	0800 888 6678
PRINCESS ROYAL TRUST	0126 483 5246
ADULT/SOCIAL SERVICES	0300 555 1386
ANDOVER MIND	0196 288 4432

Please note that the views in this newsletter are not necessarily those of MVCG.