

**MEON VALLEY**



Registered Charity No. 1107865

**Winter 2019**

**ISSUE 8**

# 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.

## DEMENTIA CARERS COUNT

Whilst the focus of MVCG is to support carers by our regular meetings and outings, it has to be recognised that sometimes the challenges of caring can become overwhelming and that more substantial backing is needed. Dementia Carers Count is a charity providing one day and three day residential courses for carers.

The day courses focus on individual issues. Each course considers one of a range of topics. These include Eating, Drinking and Swallowing Difficulties; Choosing the Right Care Home; Relationships and Feeling Secure; Keeping the Communication Going; Guilt, Grief and Loss; Mobility and Personal Care ; and Managing Aggression and Challenge.

The one day course is £40, lunch included. Financial support is available from the charity. The venue is the Easton Hotel, Birmingham.

To find out more see [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk) or email [support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk).

## Programme Jan to Mar 2020

14 Jan	Pub Lunch The Black Dog, Waltham Chase 12 noon
28 Jan	Group Meeting The Paterson Centre, 2pm
11Feb	Pub Lunch The Forge, Shedfield, 12.15pm
25 Feb	Group Meeting The Paterson Centre, 2pm
10 Mar	Pub Lunch The Black Dog, Waltham Chase, 12 noon
24 Mar	Outing to Brambridge

### 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](mailto:office@meonvalleycarersgroup.org.uk) Website: [meonvalleycarers-group.org.uk](http://meonvalleycarers-group.org.uk)

Office hours: Mondays 9.15am—1.15pm.

## 3 Wise Men

Caspar, Melchior and Balthazar  
Were following after a wandering star  
Which was travelling eastward from beyond them far,  
So they all nipped back home, just to pick up their car.

And they drove all night 'cross the desert sand,  
'Til the star came to rest in a far off land,  
Where 'mine host' at the inn said "Why, hello there,  
stranger!  
There's a child being born over there in the manger."

Then, they ventured in through the stout stable door,  
Avoiding the clutter all over the floor,  
And Joseph, the dad, said, "You're welcome to stay,  
For I know that you've travelled a very long way.

Please, do sit on the ground and take off your coats.  
Find a place midst the cattle, the sheep and the goats!"  
But the wise men said, "No! We're not staying at all.  
We just popped in to pay you a courtesy call

And to hand you some gifts that we have to dispense.  
A little gold, much mirth and some sound common sense.  
You will find, with these gifts, that your child is well placed  
To see off all those problems that have to be faced."

Then, mission accomplished, they eased past the sheep  
Out into the yard, where the snow now lay deep.  
Which, in this warm climate, was somewhat peculiar,  
And the sheep, as they will, all cried out "Alleluia!"

So, thus began this most popular fable  
Of the child being born in a cold, lowly stable,  
And the news that the meek can inherit the earth,  
With some gold, common sense and a helping of mirth.

R J Ettling

This is just to advise you that with regret both Debbie & Sylvia have taken the decision to step down from the Meon Valley Carers Group at the end of June 2020. If anybody feels they could help with the running of the group please contact one of the Trustees via the office.

## 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

## 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.

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

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