

NEWSLETTER - Summer Edition 2023

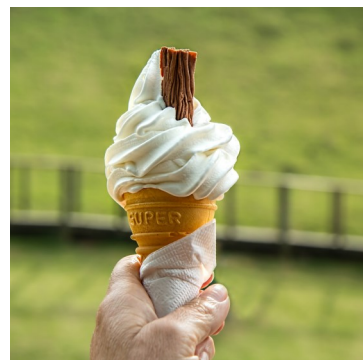
Making Space Rotherham



ROTHERHAM DEMENTIA CARER SUPPORT

Is someone you care for experiencing memory loss, forgetfulness, confusion or other effects of dementia?

If yes, we are here to help.



This newsletter is for everybody and if you have any news or a photo you would like to share in the newsletter, just get in touch.

If you can think of something you would like to add in the next issue, please let us know. This will be our autumn edition. Got a recipe to share? Gardening tips?



Please contact us using the details below



Dates for Your Diary

7th June Fish & Chips @ Whitbys

8th June Carers Do What You Want Day

18th June Father's Day

20th June Royal Ascot Starts

3rd July Wimbledon Starts

28th August Summer Bank Holiday



Any questions or queries, please don't hesitate to contact a Dementia Advisor

01709 910889

RotherhamCarers@makingspace.co.uk



Registered Charity Number: 512907

Carers Do What You Want Day!

To celebrate Carers Week we want you to spend a day...your way, safe in the knowledge that person you care for is being looked after and entertained by our team of staff and volunteers.



How will you spend your day? At a spa, golfing, shopping, gardening? Or simply relaxing at home.

Thursday 8th June 2023

10am – 3pm

**Gordon Bennett Memorial
Hall**

**1 Green Arbour Road
Thurcroft, S66 9AA**

To book a place please call 01709 910889 or speak to a member of staff. Please let us know of any dietary requirements.

Itinerary of the Day

10am – Drop off

11am – Tea & Biscuits

**Lunch – Pie, Peas, & Mashed
Potatoes**

2pm – Tea & Cake

3pm – Collection

Crafts, activities, and live entertainment throughout the day

Easter Party Photos

Our Easter party was a great success and we got some amazing photos.



Strategies for Relatives (START)

Support for those who care for someone with dementia

Caring for someone with Dementia can be challenging and stressful at times. **START** focusses on your thoughts, feelings, and reactions to caring for someone with memory loss. The **START** Intervention aims to reduce your levels of stress and improve your quality of life.

The sessions will focus on:

- Providing you with skills to manage changes in behaviours that are associated with your relative's memory problems.
- Look at strategies that focus on your sense of wellbeing, including communication and relaxation.
- Planning for the needs of your relative in the future
- Providing helpful hints for maintaining the skills you learn over time

The people we support, and their families, are at the heart of everything we do

There will be 8 sessions, delivered over 8 weeks. If you are interested in completing this programme please call 01709 910889 to register your interest.

SUMMER FUN

Word Search Puzzle



W A T E R P A R K V A C A T I O N
F R I E N D S W S T Z G H N A I G
T S A Z Q P A B Q C N P N M D C S
E W O N C H I I Y I A S U R X E N
B I C Y C L E C P C R Y O Z M C F
O M P W I Z J M N E F J A A P R R
U M E I F M A T L I U I G M O E I
T I H G A C O K X C C B S N P A S
D N N J X O N P S M B K E H S M B
O G W V F I I P X D R T R A I X E
O O U E R R O C O O K O U T C N E
R A R P T L F U W S S C V Q L H G
S A S D F O L E M O N A D E E T A
B A A P E Q R S U N S H I N E M N
W O I F A I R G R O U N D P X B M
R L W N F E K N B A S E B A L L X
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK



ROTHERHAM
DEMENTIA
CARER SUPPORT



To celebrate Carers week join us for:



Fish & Chips

Whitby's, Catcliffe, Rotherham, S60 5TR

Wednesday 7th June 2023 @ 12 noon

**Speak to a member of staff or call 01709
910889 to reserve your place**

Dementia Action Week

15th — 21st May 2023



To celebrate dementia action week the team have been out and about in Rotherham raising awareness and raising money for our service.



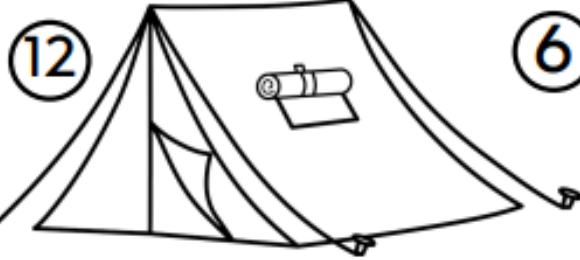
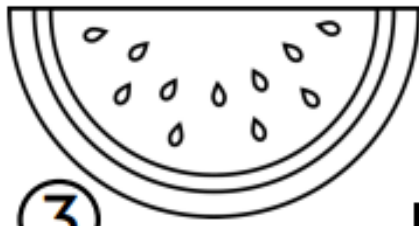
Asking the same question over and over again.

It's not called getting old, it's called getting ill.
Dementia Action Week
 15-21 May 2023

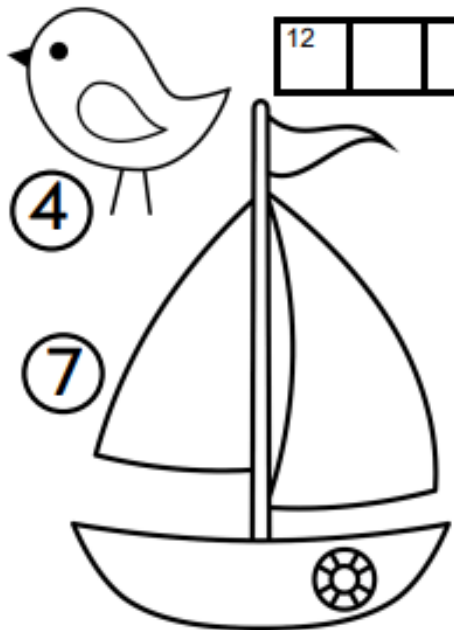
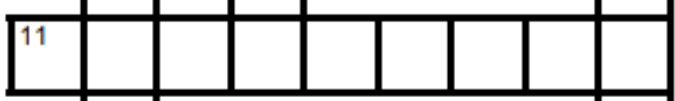
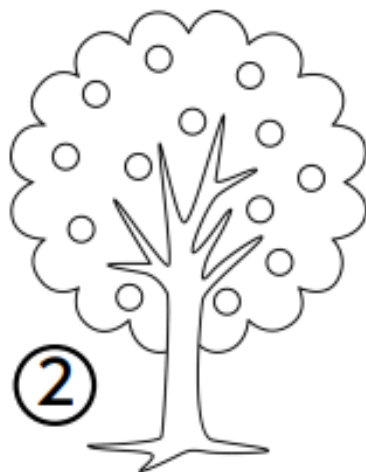


Summertime

Crossword Puzzle



A crossword puzzle grid with 12 numbered starting points. The grid is composed of white squares for letters and black squares for empty space. The numbers are: 1 (down), 2 (down), 3 (down), 4 (across), 5 (across), 6 (across), 7 (down), 8 (across), 9 (down), 10 (across), 11 (across), and 12 (across).



Tuna Nicoise Salad

Make this salad your go-to this summer, with crunchy lettuce, ripe tomatoes, potatoes, tuna, and soft boiled eggs. It's full of flavour and texture.

Ingredients Serves 2

8 New Potatoes

3 Eggs

50g of Trimmed Beans

2 Little Gem Lettuce

2 Medium Tomatoes—Sliced

145g Tin of Tuna in Oil—Drained

For the Dressing

1/2 Garlic Clove

1 tbsp. Dijon Mustard

2 tbsp. Red Wine Vinegar

4 tbsp. Oil reserved from Tuna



Method

1. To make the dressing, mash the garlic and a small pinch of salt on a chopping board, or use a garlic press. Combine this garlic paste with the mustard and vinegar, then slowly stir in the tuna oil.
2. Add the new potatoes to a pan of cold, salted water and bring them to the boil, then reduce to a simmer. Add the beans to the pan with the potatoes and cook for 5 minutes, then remove the beans with a slotted spoon. Cook the potatoes for another 5 minutes or until tender. Drain and cool. Cut the potatoes into quarters and toss in the dressing and set aside.
3. Meanwhile, cook the eggs in a separate pan of simmering water for 7 1/2 minutes. Drain, cool, peel and halve the eggs.
4. Cut the lettuce into quarters, and add the lettuce and beans into the bowl with the potatoes and toss gently. Divide the salad between two bowls and top with sliced tomatoes, the halved eggs and the flaked tuna.

Are you
looking
after
someone?

Summer 2023

Rotherham
Metropolitan
Borough Council 

Unpaid Carers in Rotherham

Do you provide support to a member of your family or
friend?

We want to hear your views
Join us for

Online - Carer Conversation Workshops

20 June 2023, 1.30pm -3pm

27th June 2023, 8.30pm – 9.30pm

11th July 10.30am- 12noon

To book a place

Email: Commissioningenquires@rotherham.gov.uk
or call Claire Raw on 01709 822834

Also use these contact details if you are unable to
attend but are interested in talking to us with the
development of carers service



VOLUNTEERS' WEEK 2023



Thank you so much to all of our volunteers for their hard work and dedication. We could not do what we do without your support. We are forever thankful for the time that you give to us. You all make an unforgettable difference.





Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

Local Support for Carers



Crossroads We provide support, information and guidance for unpaid carers of all ages living within the Rotherham and surrounding districts of South Yorkshire.

We also provide flexible services to people of all ages, with a range of disabilities and health conditions, within their own home. The support is personalised to meet individual needs, available 24 hours a day, 7 days a week and delivered by fully trained caring staff. As a charity, we care for people not for profit.

Please see below for information regarding the Carers Resilience Service working in partnership with Alzheimer's Society

Tel: 01709 360272



Alzheimer's Society is the UK's leading dementia charity.

We provide information and support, improve care, fund research and create lasting change for people affected by dementia.

The Carers Resilience Service (CRS) is a free and impartial support service for those who are looking after someone affected by memory issues and Dementia. Throughout the pandemic, the team have continued to support carers in a flexible way, ensuring everyone gets the support they need, in the safest way we can.

- ◇ One-to-one telephone support with a dedicated Dementia Advisor
- ◇ Information, guidance and support around caring for someone with Dementia
- ◇ Resources and strategies for living with memory loss and keeping safe
- ◇ Signposting and referral with consent, to other sources of help and support
- ◇ Access to benefits checks, assistive technology and carer's wellbeing activities.
- ◇ Someone outside to family to talk to about any concerns or worries you have
- ◇ Support around planning for the future.

Tel: 01709 580543



Age UK Rotherham is an independent local charity. We've been working in the local community to help older people for over 30 years. We have around 50 dedicated staff and around 100 volunteers helping us to deliver services and activities for older people in Rotherham.

- ◇ A Little Bit of Help – practical help with everyday tasks so you can stay independent for longer. We provide regular support at home and out and about. There is a charge for this service as we do not receive any funding to provide it. By buying this service you are helping us to continue to support older people in Rotherham.
- ◇ Information and Advice Service – advice for older people, carers and family members. Contact our team of advisers Monday – Friday 9:30am – 3.30pm for more information.
- ◇ The Hospital Aftercare Service – support, information and assistance for carers and patients following discharge home from hospital.
- ◇ Link Line – a telephone service which provides older people with a friendly phone call each morning to offer reassurance and support to help alleviate loneliness and isolation.

Tel: 01709 835 214

Local Useful Numbers

Samaritans Rotherham Tel: 0330 094 5717

Rotherham Adult Social Care Tel: 01709 822330

Rotherham Council Tel: 01709 382121

Falls Team 01709 423042

Rotherham Equipment 01709 302266

Rotherham Hospice 01709 308900

Rotherham Continence Advisory Services 01709 426600



Rotherham Community Transport

Call Us to Book Now on
01709 517100



Support for those bereaved during
the Coronavirus Pandemic

A service for anyone who has lost a loved one and who needs support, advice or guidance

Freephone
0800 048 5224
for meaningful support, advice and guidance
or visit
www.listening-ear.co.uk/refer
Available Monday to Friday from 10am to 5pm

- Who can refer:
- Self
 - Police
 - Primary Care Staff
 - Hospital bereavement services staff
 - Mortuary staff
 - Funeral directors
 - Coroner's office
 - GPs
 - Crematorium and bereavement services staff



0800 888 6678

Any questions or queries, please don't hesitate to contact a Dementia Advisor

01709 910889

RotherhamCarers@makingspace.co.uk



Registered Charity Number: 512907



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