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Newsletter

1st May 2022

Hello All,

April Meeting

The expected speaker was unable to make our meeting this month, so we managed to occupy ourselves with chatting, eating and drinking (coffee/tea - no alcohol involved!). It turned out to be a lovely friendly get together where we enjoyed each other’s company; many of us really appreciate the support we can offer each other - even if it’s just a listening ear or a chance to find out how someone else meets the on-going challenges we face on a daily basis. So, many thanks to our members who continue to come and support us.

May Meeting - 13th May

This month we will be having a visit from the local fire service who offer advice concerning fire safety for us and our families, in our own homes. They will tell us about home safety checks, smoke alarms, escape routes and just generally how to avoid dangers, including where any member of the family has a hearing impairment or, perhaps, dementia. Unfortunately, I won’t be able to attend this meeting as I am more likely to be fighting (well probably not literally) bush fires in Australia. So, any hopes of me being carried down a ladder by a handsome firefighter have sadly been dashed. However, I’m sure you’ll all very much enjoy the talk and I’ll look forward to hearing all about it when I get back.

June meeting - 10th June

This time it’s the Police who will be coming to talk to us. Samuel White, from the local station will be coming with all sorts of ideas for us to ensure safety in our homes or when we’re out and about. He may also let us know of some local and national initiatives that are being put in place to assist where we might have a family member who is at risk of wandering or losing their way so that they are quickly reunited with their loved ones. I know from experience those anxious times when our partners are at that stage where they still retain some independence but, nevertheless, can occasionally become disorientated and unable to find their way home. I’m sure it will be very entertaining and useful. Sadly, I’ll be missing this one too. As I get older, policemen are definitely looking younger, so I’ll be sorry to miss it. But I hope someone will be able to fill me in with any useful tips when I get back.

July meeting - 8th July

If I’m awake and upright I should be able to make this meeting as I am due to return from Australia on 7th. It sounds as though it will be a lovely one too. Siobhan, from the Bishop’s Palace, who spoke to us a few weeks ago, is going to take us round the gardens and tell us a little about them. I’m sure it will be a relaxing session with some interesting information. I expect we can do as little or as much walking as we wish but it will certainly be a beautiful time of year to enjoy the flowers and peaceful surroundings. We will also be able to have our coffee outside in the grounds to further absorb the tranquillity of the gardens. I think it will help me adjust to the new time-zone (we’re 10 hours behind Brisbane) and will definitely be more interesting than unpacking after two months away.

Lunch at the Golf Club - 20th May

This now seems to have become a regular date in our calendar. We get together towards the end of each month and are served a lovely meal by Alan the chef at the club. The price is usually around £8.50 to include a main course and a dessert (although that may vary over time). We managed two in April, for complicated reasons, but we enjoyed them very much. It’s good to relax and chat over good food in pleasant surroundings. The next lunch will be on 20th May. It would be really helpful if you could email or phone Geoff or myself and let us know if you are able to come and if you would like the vegetarian option. I won’t be here obviously, but if you need a lift up to the Golf Club I’m sure there’ll be someone who can help out.

Other events

We are in the process of arranging a barbecue in August. The details haven’t been confirmed yet, but transport will be arranged, and we’ll let you know where and when as soon as it’s sorted.

I’m trying to get in contact with someone from the Woodland Trust to come and speak to us at some point. If anyone has any ideas or suggestions as to who you would like to talk to the group, whether it’s for advice or just entertainment, please do let me know and we’ll see what we can do.

I’d just like to say a very big thank you to all of you who have continued to support Heads Up Connect over the past few months. We seem to have become firmly established since the beginning of the year with some new members who we would like to welcome. I have really enjoyed our meetings where we chat and laugh. At whatever stage we are at with caring for our loved ones, whether it’s in the early months or years, in care or after they’ve passed away, it can sometimes be a bewildering and occasionally lonely journey. I have found immense support and friendship from the group, and I hope you have too.

As most of you know, I’m off to Australia to see my family for a couple of months. It’s been a long time coming and I doubt I’ll believe I’ll actually get there until my feet are firmly on Australian soil. If you need any information about meetings etc then you can email Geoff on [kesbury@icloud.com](mailto:kesbury@icloud.com), or from Heads Up itself. I will also check the Heads Up Connect email occasionally if I get time between chasing grandchildren and kangaroos around.

I’ll look forward to seeing you all when I get back.

Best wishes to you all.

Jane