



Jersey Alzheimer's Association

Awareness Understanding Support

Welcome to the **CHRISTMAS** edition of our JAA newsletter

This Newsletter contains information about Jersey Alzheimer's Association's services and activities for people affected by dementia.

Christmas Greetings from the JAA Team

Its been a fantastic 2018 for the JAA team, none of which would have been possible without the support of the wonderful volunteers who help in the office, with fundraising and at our various weekly activities.



We said goodbye to Mark and hello to Sean, Wendy & Anita in the main office, farewell to Ralph, Leigh and Jasmine and welcome to Phil & Jess at The Saturday Club. At the end of December Pat Hampson who has led the club for many years will move on with Diane Saralis taking over the reins. A massive thank you to Pat for all her hard work in making the Saturday Club such a wonderful place to welcome our guests every week.

2019 is looking no less busy as we explore new fundraisers and look at what JAA can do next and where we need to develop our support and services. As ever do please let us know if you have any thoughts or feedback about what we do today or can do in the future.

In the meantime we wish you all a very happy Christmas and a safe and happy new year.

Sean, Bev, Michala, Wendy, Yolande, Sian & Anita

Christmas Opening

The main office will close at lunchtime on Christmas Eve and reopen on Wednesday 2nd January. If you need to contact us urgently whilst we are closed please contact 07829772200 or email info@jerseyalzheimers.com and we will get back to you as soon as we can.

- Splashchat – has now closed and will reopen on 10th January
- Arts Exploration – last date is 19th Dec, reopening on 2nd January
- Musical Memories – has now closed and will reopen on 11th January
- Forget Me not Café – last date is 19th Dec, reopening on 3rd January
- Saturday Club remains open as usual

Christmas Opening

JAA Carol Service

Over 120 people joined us at the Town Church for this years carol service and a wonderful afternoon of carols with so many friends. A huge thank you to everyone involved.



Dress as an ELF Day

Another huge thank you to all those who raised money for JAA by donning their elf gear! Elves came in all shapes, sizes and colours



The team from VG



The JAA Elves



**Staff from
Law at Work**

Support for Carers

Friendship Group

Friendship Group is a social support meeting for informal family carers which, when at Sandybrook, begins with teas/coffees and breakfast pastries and also involves bi-monthly social meals at various local restaurants.

Once again we would love to hear from anybody or group of people who would like to get more involved in coordinating and arranging activities for this group so do please get in touch if you can spare some time.

The Friendship group meets next on Saturday 12th January where we will look at plans for the coming year.

Training



TIPPs for Carers

TIPSS 4 Carers 2019

Thoughts, Information, Practical Strategies & Support for Informal Family Carers

Starting again in January 2019, TIPSS 4 Carers is an eight hour course (4 x two hour sessions) for informal family carers.

Call 723519 or email Education@jerseyalzheimers.com for more details.

Lasting Power of Attorney

What is an LPA?

LPA is the everyday term for a Lasting Power of Attorney which was introduced recently by the Capacity and Self-Determination Law (Jersey) 2016.

An LPA can be a very useful document especially if you were to ever lose mental capacity. It allows you to appoint an attorney who could make decisions on your behalf even if you later lose mental capacity. Your attorney does not need to be a lawyer and would usually be a trusted loved one or friend.

How is an LPA useful?

An LPA is useful as it can help anyone aged 18 or over plan for the future in case capacity is lost through Alzheimer's or other mental disorders.

Making an LPA can help start discussion with your family about what you want to happen in the future

Making an LPA now makes things easier for your family and friends in the future. It will be more expensive, difficult and time consuming for them to get the authority to act on your behalf when you are not able to give

An LPA helps guard against unforeseen life changing events that may leave you dependant on others, giving you reassurance that if you are unable to make a decision for yourself in the future the attorney (person) you choose will make these decisions for you

It allows you stay in control, is legally binding ensuring your wishes for your health, welfare, property and affairs are respected.

There are two type of LPA

Property and affairs which allow individuals to appoint an attorney (a trusted friend, relative or loved one) to assist with affairs if struggling to cope, no longer feel comfortable to do so or for when capacity is lost.

Health and wellbeing which allow an attorney to make decision as requested for when capacity has been lost this can be put in place but only activated once capacity is lost enabling individual to stay in control and ensures wishes are followed enabling the attorney to make crucial decisions.

Both LPA can be created at the same time and registered with the States Greffe however the Health and Wellbeing will not be activated until capacity is lost.

Once capacity is lost an LPA cannot be created it will be left to family and friends to apply for a court order.

For further information drop in to the office and we can try and point you in the right direction

Easter Rabbits

Im sure once Christmas is over some of you will be looking for something to do. How about knitting some little rabbit easter egg covers? Please contact Yolande for further information.



Fundraising

Thank you to everyone who has raised money to support JAA this year.

Stamps and Coins

If you have any used stamps or foreign coins and don't know what to do with them please consider giving them to JAA.

Co-op Share Number

All Channel Islands Co-operative members can donate their dividend in-store. Jersey Alzheimer's Association's share number is **421**.

JAA Contact details

If you know someone who would like to receive copies of the monthly JAA Newsletter, either by email or post, please contact our Drop-in/Office.

OFFICE: 01534 723519 Email: Info@jerseyalzheimers.com

If you are on **Facebook** please **like** our page 'Jersey Alzheimer's Association'.

Next Newsletter will be February 2019

