

Dementia Matters Round-up

“ In it together... ”

... Friendship, support &
advice despite isolation!



Issue 1 - March 2020

Helping you to adjust to changes

“Dementia Matters in Powys is for all those living with dementia and their families or carers. During this time of increased isolation we are here for you and will provide a listening ear, cheerful (even humorous) conversation and practical information and support. Any change can be challenging - even more so when you are already adjusting to the changes which accompany dementia and memory loss. Part of our ongoing support for you will be this regular ‘Round-up’ alongside phone-calls, emails and video chats”

Deborah, Julie, Gill, Wendy & our
volunteer team are available at:-

info@dmip.org.uk

www.dmip.org.uk

Tel: 01597 821166

Facebook

Or by post to ...

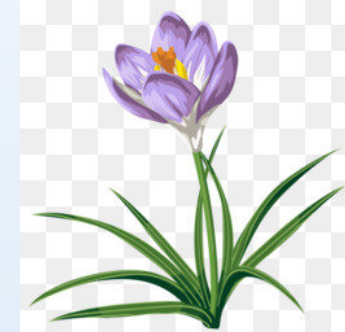
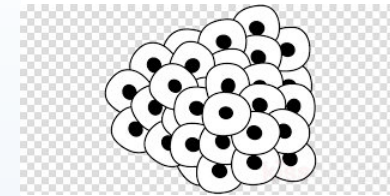
DMiP, Unit 27, Cartrefi Cymru,

Ddole Road Enterprise Park,

Llandrindod Wells

Powys, LD1 6DF

*Spring Watch!
Record your first spring
sightings*



*Not an
exhaustive list!
Add your own
and let us
know!*

Wordsearch The week that was!

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

Can you find these words?

Caroline
Yoko Ono
Pirate Radio
Beverage
John Lennon
Aneurin Bevan
Coca Cola
John Pemberton
Queen Mother
Beatles

Send in your ideas for the
theme for the next issue!

The week that was...

The news at the moment may all be on one single issue but that hasn't always been the case! Here is a taste of what has happened in March through the years...

20th March 1980 - Pirate radio ship 'Radio Caroline' sinks

20th March 1969 - Beatle John Lennon marries Japanese-American artist Yoko Ono

21st March 1946 - Aneurin Bevan announced his Labour government plans for a National Health Service

29th March 1886 - A new fizzy drink went on sale in Atlanta, Georgia. Coca-Cola 'an esteemed brain tonic and intellectual beverage', will cure anything from hysteria to the common cold claims inventor, Dr John Pemberton.

30th March 2002 - The Queen Mother dies peacefully in her sleep aged 101.

Release your inner beast!

Drumming with Sarah

Time for a rehearsal!

Eat well and make music!

Thursday 5th March

Make your own Pasty

Massage & relaxation

Get creative - We are
mask making for the
characters of 'Wind in
the Willows'

National Pie Week!

Thursday 12th March

A visit from Goldies
with our favourite
songs ...

Happy birthday Brecon
Meeting Centre!

Relax and listen to
our local librarian

Penblwydd Hapus!

Thursday 19th March

Release your inner beast!

Drumming with Sarah

Time for a rehearsal!

Eat well and make music!