

Dementia Matters Round-up

“ In it together... ”

... Friendship, support & advice despite isolation!

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”

Contact us at info@dmip.org.uk
online www.dmip.org.uk Tel: 01597 821166

On Zoom:-

- Carers Support Groups
- Llandrindod Mondays at 11am
- Brecon Mondays at 2pm
- Newtown Tuesdays at 11am
- Ystradgynlais Tuesdays at 2pm
- Carers Information Session (Powys) Wednesday
23rd Sept & 7th October 11am
- Powys Virtual Meeting Centre
Every Thursday at 11am
- 24th Sept = Cruise of a Lifetime!
- 1st October = Comedy



Issue 12 - September 20

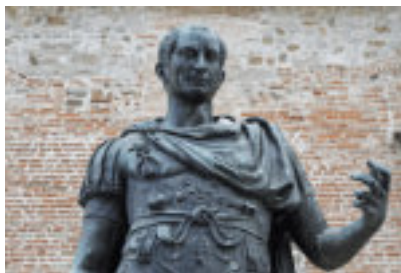
Match the date to the event!

7 th Sept 1951	22 nd Sept 1955	
29 th Sept 1758	7 th Sept 1753	• 1 st singing of the National Anthem
9 th Sept 1087	30 th Sept 1928	• ITV Started
26 th Sept 1955	28 th Sept 1745	• Nelson born
		• William the Conqueror died
		• Bird's Eye Fish Fingers 1 st went on sale
		• Penicillin discovered by Alexander Fleming
		• Queen Elizabeth 1 st born
		• Britain's 1 st Supermarket opens in Earls Court, London

September!

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

SEPTEMBER	NINE
HARVEST	EQUINOX
MICHAELMAS	VIRGO
FULL CORN MOON	LIBRA
APPLE PICKING	VEGETABLES
BIRD FOOD	ASTER
MORNING GLORY	THIRTY
FORGET ME NOT	SAPPHIRE
QUEEN ELIZABETH	MONTH
SCHOOL YEAR	HONEY
CORN DOLLY	NELSON
GOOSE DAY	AUTUMN
NATIONAL ANTHEM	



Virgo

Two signs of the zodiac fall in September; Virgo (Aug 23rd - Sept 22nd) This is the sign of 'The Virgin', with qualities of logic, reason and being organised! Dependable and responsible. Libra (23rd Sept - 22nd Oct). Symbolised by the scales and associated with the Roman deity Iustitia. Libra characteristics are balance, calm and peacemakers.



Libra

The 29th is Michaelmas - named after the archangel. It is a Christian celebration based on the ancient Celtic Calendar. Michaelmas meant crops were harvested and surplus sold, markets and elections held and rents paid. Goose was eaten to bring prosperity along with new wine, carrots and cakes of oats, rye and barley!



Legend has it that when the devil was defeated (by Michael) he was banished from heaven, fell from the sky and landed in a blackberry bush! He was so angry and sore that he cursed the blackberry and has done so every year from then on - this is why it is unlucky to pick blackberries after Michaelmas.

Did you know?

September comes from the Latin word 'septem' meaning 'Seven' as it was the seventh month of the early Roman calendar.