



41 Club
EX-ROUND TABLERS

- 1. Stay Safe**
- 2. Keep Sane**
- 3. Keep in touch**
- 4. Support one another**
- 5. Together we will endure**

April Newsletter

Keep Safe

Bernard Elwen, the new National Secretary, updates you on the cancellation of the AGM & Voting on page 3.

On p.11 the Comms Team updates you on how to Video Conference to make it easy for you to have virtual meetings on a club-by-club basis with one another - for free and as simply as possible.

Remember to check out the IRO's Blog at tinyurl.com/41clubiro for news on 41 International events.

You can find the latest UK govt advice on Covid-19 at <https://www.gov.uk/coronavirus>

& the latest Irish govt advice at <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>



Lock Down

You probably think I am having a nice easy time, taking over the post of President in these lockdown times. Well actually, I have been very busy!

On Sunday 5th April we had a virtual board meeting, which went very well.

Requests for help in all sorts of ways have come in this week for the Support Group I set up about four weeks ago, which was approximately a month ahead of the 750,000 NHS volunteer support workers. Tablers and 41ers always get straight into the job required. The local Rugby club were first to offer to join us. We have bonded well with them and have said we will keep in touch after all this is over. There are some prospective Tablers amongst them.

Ian from my club who has taken on being the coordinator, has done a write up on what we are doing. The local council refer all other clubs to us, so it's certainly getting us known in the community.

I will be making personal calls to council members

over the weekend starting with the new guys. It is great to see some younger faces joining us to give us new ideas for us to move forward.

On Monday 6th April, I attended my own clubs virtual meeting, and on Wednesday night, Deeside 41 club meeting. Both were very entertaining, full of fun and banter .

It was great to see faces I knew, and faces I didn't. It's a fantastic way for us to still meet up and take our minds off the terrible situation we are all in.

I haven't been able to pick up the Presidents car yet from Andrew, so I hope he is giving it a good valet in his spare time, and that Millie has got the Brasso out on the chain of office.

My Gin has started to flow out of Burleighs around the UK and also my International friends. They are really looking after us with a good price, so that a large part of it goes to my Charity which sadly will not get much from us this year.



My Charity is Dementia UK and I think this is a cause that we can all relate to. Most of us have a relative or friend suffering from this cruel disease. They offer nurses and councillors for the families, helping them to deal with it.

It's been an easy week on the pocket. Bet you think that's because I can't get out, not that it's because my PLC chairman has moved house this week, so he hasn't had time to spend my money, bless him!

We wish Marcus and Jane many happy years in their new home.

I urge you guys to keep your meeting nights going by virtual link ups. It can be fun and a great way to take our minds off the terrible times we are going through.

I hope you all stay safe, and take care. See you all soon.

YICF

Peter



Peter's incoming speech featured in the March Newsletter
but you can watch and listen to it at <https://youtu.be/zVQ2Rl-cLf4>
OR <https://tinyurl.com/41petergood>

You can listen to and watch Andrew's speech at <https://youtu.be/3PtXwpmUC2k>
OR <https://tinyurl.com/41clubAndrew>

More Information on the Cancellation of 41 Club National Conference 2020 From the National Secretary, Bernard Elwen

Saturday 4th April 2020 was the day we should all have been in Cardiff, enjoying ourselves at 41 Club National Conference and taking part in the AGM. Instead, we were all at home keeping ourselves amused and occupied with whatever floats our boats. Your 41 Club National Council were usefully occupied in a video-conference, engaged in discussions and decisions to take this organisation forward in somewhat challenging and unprecedented times.

With no AGM taking place it means that alternative arrangements have to be made, to ensure that 41 Club functions as best it can within our existing rules and standing orders. Here is a summary of where we are currently at with the key components of the AGM:



Elections Four positions on National Board were open to election, and all received nominations by the due closing date. These posts are as follows:

- Secretary. One nomination received – Bernard Elwen
- Treasurer. One nomination received - Kevin Lovett
- National Vice President. Three nominations received –
 - Jim Conway
 - Duncan Kennedy and
 - Manny Martins
- National Councillors' Liaison Officer. Two nominations received –
 - Graham Sloan and
 - Des Fulcher

At the virtual council meeting on 4th April, it was agreed that there would be an immediate handover of National President from Andrew Mackereth to Peter Good and of the two uncontested posts. Accordingly, Peter Good is now National President; and Bernard Elwen and Kevin Lovett are now Secretary and Treasurer respectively.

Regarding the two contested posts, it was agreed to investigate the possibility of electronic voting. This would be National Council's preferred option, subject to this being feasible. Council would like to seek an outcome to the elections as soon as possible, in fairness to the candidates. This option is being investigated as part of the

CAS2 roll-out, and a proposal with timescales will be put to the National Council as soon as possible but by the next meeting of National Council, scheduled to take place on Saturday 27th June. Details of how to access this meeting as an observer will be publicised in due course. It was confirmed that the deadline for nominations for the two roles contested had closed on 1st February 2020 and would not be re-opened so irrespective of when or how an election is finally held there will be no further candidates for those roles.

Resolutions Had we all been in Cardiff, we would have voted one way or another on six resolutions, which were all detailed in the order paper that has previously been circulated. It is proposed that these be held over until Aviemore 2021.

Annual Accounts These would have been submitted to the AGM for approval, having been circulated to the membership. National Council will consider how these can be circulated again for members' comments and queries to be addressed before the membership is asked to approve them.

Awards. Presentation of the various awards would have been made at the AGM, and it is likely that these will be rolled over until 2021 in Aviemore.

It has been suggested that a Special General Meeting takes place later on this year, possibly to coincide with the planned 75th Anniversary celebrations in October. This is an option being considered by National Council, although no decision was made. It is hoped that this decision can be made at the next National Council meeting when the coronavirus situation is a bit clearer.

CAS2. David Leach gave a brief presentation on CAS2 progress, which should be rolled out by the end of April. This will now include the possibility of electronic voting subject to the agreement of the candidates of the contested positions and the approval of the National Council.

Extension of Existing Board and National Council Offices for an additional 12-months. This was proposed from the floor and was discussed and agreed by National Council. This decision would mean that there would be no elections at the Aviemore Conference in 2021 – everyone would remain in place for a further 12-months beyond their originally scheduled retirement date.

In conclusion, we are in very uncertain times for which we have no precedent, and it may look like we are making it up as we go along. Whatever, we are trying to do what is best for the organisation and our members. Please bear with us as we move 41 Club forward, and we will do our best to keep you informed as to what progress we are making.

Bernard Elwen
National Secretary

Dave Mullan [Ed - no relation]

Amongst all the doomed gloom its good to pay tribute to a member



This is Omagh 4I Club's oldest active member, Dave Mullan who was 101 on Xmas Day.

He is pictured with Omagh's Secretary, John Paysden.

Dave Mullan is Omagh's first chairman and still plays bridge and drives - and is probably the oldest exTabler in Ireland.

ASHBY 4I CLUB & ROUND TABLE IN THE COMMUNITY DURING COVID-19

These strange times that we're living through have put paid to so many plans, events and ambitions for everybody, not least our own 4I Club National Conference at Cardiff, where Ashby's own Peter Good was to be installed as 2020/21 National President. This has of course now happened remotely, and Ashby de la Zouch 4I Club will be proud to support him during the year ahead, despite initial difficulties.

But a couple of weeks prior to the AGM, Pete obviously took heed of Round Table's famous motto and did a serious bit of 'adapting'. His idea was to create a joint

Round Table/41 Club group to help the elderly, vulnerable and those self-isolating in their own homes within the Ashby area. It was anticipated that this would primarily be for shopping and collecting prescriptions, but it could be for any area of assistance needed that we could realistically provide.

The clubs immediately pulled together, with work starting to kick it all off on Thursday 19th March. To create awareness, flyers were produced and we did a big leaflet drop around Ashby into the weekend (just before lockdown came into effect!). We also posted information onto a number of local Facebook groups.



Three 'call handlers' were set up to take the calls and offer the requests on our dedicated WhatsApp group. At the time of writing, 15 members from 41 Club/Round Table had joined this group, together with 3 close friends who wanted to help. We put in place a set of guidance notes to ensure that everybody knew how to approach the work, with particular emphasis of course on individual health and safety.

Our first calls were received on Saturday 20th March. As anticipated, requests for help were usually for shopping and prescription collections. We have collected prescription from all four Ashby pharmacies and they now understand who we are and what we are doing. Other requests have included a requirement to take out one lady's rubbish every day (for medical reasons), plus a request for two witnesses for a will signing! One lady we shopped for had not had any luck getting the council to fit a wheelchair ramp up to

her door, so we're doing that as well!

Early on, we recognised the need to be identifiable as volunteer helpers, especially when dealing with the pharmacies, so club polo shirts were very much to the fore. We have now taken this a step further, with one of our members creating photo ID cards for us to provide additional professionalism and reassurance to people (on 41 Club lanyards as well!).

We quickly came to the attention of North West Leicestershire District Council (NWLDC), who wanted to coordinate local support, as a result of which we took part in a video conference with five other support groups in our area. We are now designated a Community Support Unit (CRU) by NWLDC and have successfully taken referrals from them for people seeking help.

The video conference identified that most groups can retain their own niche area for support, but the exception was us and Ashby Rugby Club, who have a lot of young (i.e. lower risk) volunteers to hand. Consequently, we have joined forces with them,

with their two primary contacts on our WhatsApp group accepting tasks and managing their own volunteers. They can also of course continue to accept direct requests for assistance.

The Rugby Club has already said that they would like to continue a close liaison with us when this is all over, so some good fun rugby sessions to be had and maybe potential new members for Round Table! More recently, one of the three Rotary Clubs in Ashby (Castle Rotary) has also offered seven of their members to enter into our scheme (think the rest of them are in the wrong age category...). The Rotarians have just been added and await their first taskings.

That's the background, what about the statistics from our first two weeks of operation? During that time, we have recorded **over 70** requests from local residents. The number of tasks undertaken is higher than that because we are now receiving repeat requests.

I know I speak for everybody within our two clubs when I say that we are proud to be offering this service to help the community during an incredibly difficult time. The nature of our organisation, together with our existing friendships, meant that we were able to get going rapidly with no red tape or other delays. If this article inspires other clubs to do the same, that would be great!

Well done to Pete for starting it all off, and thanks to everybody who has helped deliver this essential service. I think we'll be doing this for a few more weeks yet.

Ian Silver

A New Club is being formed: Alyn & Deeside XRT



Technically I am still the 'Johnny Come Lately' incoming Region 12 National Councillor taking over from my adopted RTBI "Dad" Ralph Small - who has guided me through my Tabling years and early 41 Club experience. He is big shoes to fill but I hope I can serve the Membership and Association well and make a difference!

It was Deeside 41 Clubs second Virtual Zoom meeting and to say the first 25 mins were comedy gold would be an understatement! There were mixed levels of experience which led to audio being turned off and on, video lost, people in virtual limbo in the "waiting rooms" - one

member, Bob Price, was banished to the virtual broom cupboard for continually sharing his screen unintentionally - I'm just pleased it wasn't Richie Minshull's Browser history...ha!

Anyway, once the technical issues had been somewhat addressed it was down to Business - I was invited by Chairman Wayne Brown to give a view on the Proposed new Alyn & Deeside XRT (41 Club) which is to run alongside the current Deeside 41

Club. This new Club has been running unofficially as 'The Inbetweeners' was running to capture the missing past Tablers in the 45-65 age range that still want to be active both in the Community and close to RTBI in a supportive role. I made it clear that it was not to be viewed as a rival club or competition - it was a Complimentary Club to ensure the fundamental ethos of 4I Club and continued friendship was not lost due to generational separation.



My comparison is the School Model - each Year group has their own age appropriate activities but then on a regular basis all the years get together for Assembly or an important gathering. You wouldn't leave the 1st Year of school and jump straight into 6th Form, as it would not meet the needs of either age range.

This is a model we should be looking at for 4I Club - there is no reason why separate Clubs cannot be formed within the same Area as we are doing in Region 12 - we have the established Deeside 4I Club and now the newly formed Alyn & Deeside XRT - they will run as separate entities to meet the needs of each Clubs membership but my proposal is we meet Quarterly together for a Dinner and good Speaker Night to forge the strong bonds and continued friendship that only comes from the brotherhood of RTBI, so as time passes some members may then start to feel more comfortable moving up to the Older Deeside 4I Club.

Elder Statesman John Butler was very supportive of the new XRT Club as it met the needs of the more energetic, younger past-Tabler and he gave good insight that whilst he felt like a Tabler on the inside the physicality of being more mature meant the current format of Dinner Club meetings were more suitable.

Deeside Round Table Chairman Mark Sephton was keen to connect with both Clubs as new Tablers were probably unaware of the great history of RTBI in Deeside - John Butler offered to do a Speaker Night to give Deeside RT an insight into Tabling and how it used to be - which will help connect the membership of both Clubs.

4I Club National President Peter Good mentioned his recent viewing of Downtown Abbey which was set in 1927 - it struck home to him how different the World is today from when RTBI was first set up - this of course means that ALL of the RTBI family must Adapt, Adopt & Improve what has gone before to make it relevant to today's Membership in 2020.

As a newbie into the Region and National Councillor I am keen to speak to Past Tablers who are Members of 4I Club but more importantly to those who have NOT joined 4I Club to see how a new vision can keep the Continued Friendship alive and how we can make this Association even more awesome!

Overall it was encouraging and exciting to see the connections being made between the generations and the continued camaraderie, craic and banter - just FYI we did let

Bob Price out of the Virtual Broom Cupboard if he promised not to press any more buttons! Ha!

Rory Tompsett, Deeside 41 Club (and soon to be Alyn & Deeside XRT!) Incoming Region 12 National Councillor

Update from Marcus Jones, Chair of Peter's PLC

Coming into the 75th year incoming President Peter Good is driven to support the members with an amazing variation of engaging programme ideas and celebration events.

To add to the programme Peter has chosen his cause - Dementia UK.

In aid of



Not only will he attempt to support such a great organisation with fundraising, he will also ensure that we all learn more and understand more on a disease that affects so many of us in many ways, directly or indirectly.

Peter understands the complexity of the diseases after losing his mother to dementia.

This year we are creating a list of **President's Online Programme** and activities that members can engage with, especially in light of the current Covid19 issues and until we have the chance to meet again.

The online programme will include subjects such as;

- Gin Classroom with the Gin School - House of Burleigh Gin
- Beer Tasting
- Wellbeing programme
- Ex England Rugby, SAS and expedition speaker nights
- Happy Hour with the National President - your chance to speak directly with Peter.

The 75th Celebration weekend

This is planned for the weekend of 2nd-3rd October 2020, go to **www.41club75.org** to book your place today. Many have booked in already, it will be an event that we all deserve this year. Following Her Majesty's speech to the NATION, the Saturday night Gala Dinner will be now called the **"We'll Meet Again 75th Celebration Ball"**. I am sure all members are ready to meet again after such a

difficult time for the nation and a world, that has witnessed the cancellation of so many events.

These are just a few of the plans being put forward that will be communicated shortly with club contacts and shared within the members forum.

GinTastic Ideas

Following the mention of a gin school night we have created a celebration Gin for the 75th Year, blended by the House of Burleigh's Gin Distillery. Every bottle purchased by members will mean a donation to Dementia UK.

We are also planning an online Gin Party Evening with the four club family members during the next few weeks. This event will raise thousands for the cause and we hope all call attend.

About The 41 Club Gin

Inspired by the National Association of Ex-Tablers' 75th year heritage, this very special limited edition 41 Club Gin is alive with Silver Birch, Dandelion, Burdock and Elderberry.

The Burleigh's Gin recipe is inspired by members of the club whose name is displayed proudly on its label. Incredibly vibrant and refreshing (like our members), 41 Club Gin is perfect for a classic Gin & Tonic. Pour over ice and garnish with a seasonal fruit or spice of your choice and enjoy in the company of members of the four-club family for an unforgettable experience for £35 per bottle.

Buy Yours Now <https://45ginschool.com/product/41-club-gin-70cl-40-abv-pre-order/>

Peter is determined to reach out to all members through social media, zoom, Skype and other forms of communications that connect and build bridges, show our resilience and encourage all members to engage.

You will also see a number of his personal videos created this year, so he can bring to life his passion for the association. Follow via the Facebook group. Contact him directly on president@41Club.org.

Marcus Jones

We also have created a range of new "Goodies" for President Peter Goods Year. Supported by Paul Sankey of 41Club sales we have an amazing 75th year range, see:- <http://www.41clubsales.co.uk/shop.php?sec=prod&prod=640>

It's good to talk

Fellow 41-ers, in these strange days of 'social isolation' there has never been a more important time for "Fellowship & Friendship" The founding principals of our Association of Ex Round Tablers is to provide the opportunity for ex tablers to get together obviously as we are not allowed (nor to be honest due to Covid-19 would we want to) meet up we are blessed with amazing technology which allows us to maintain communication with our families and friends - I'm sure our Communication and IT Officer Don will be happy to provide you with suggestions for the best / easiest platform to use for different groups, I'm here in my Membership role to remind you that humans are by our very nature sociable creatures and we need social interaction for our mental health and well being - That is why solitary confinement is such an effective method of torture.

So, not only for the sake of your fellow club members but your own health, please reach out be it on-line through one of the many video chat platforms or simply pick up the phone and call one of them.

In the latest magazine you may have read the presentation which I had planned to give at Cardiff, and if you didn't fall asleep before the end, you would note we have thousands of ex-Tablers who have not joined our association.

In the last week I received an enquiry for membership from an ex-Tabler in his early 60's, he left table nearly 20 years ago, due to being furloughed he was sorting out the loft and came across his old table regalia it got him thinking and he contacted me via the 41club.org website to see if there was a 41 Club local to him, I've put him in contact with one and he will hopefully join in initially virtually and once the current situation improves he will attend his first physical 41 club meeting.

I believe there are many more like him who just need us to reach out to them and have a chat.

So something we can all do is dig out our old Round Table directories and look up someone we knew from our tabling days who isn't part of our 41 Club and get in contact with them.

As Bob Hoskins said in the old B.T. advert "It's good to talk"

Yours in Continued Friendship

Glen Lyon,

National Membership & Round Table Liaison Officer

Social Media including Video Conferencing

In the current Covid-19 environment, Social Media has become more important as a means of keeping in touch with one another. With this in mind here are some suggestions from the Communications and I.T. Committee on;

Video Conferencing:

We know that your clubs will be looking to hold your meetings virtually. There are many different systems available but the one we think would work best for most clubs is **Zoom**. Sign up at www.zoom.us

Zoom offers a free service albeit this is limited to calls of up to 40-mins duration (for up to 100 people). What happens when you reach the end-of 40mins? My experience has been that Zoom extend it as a gift - but you can't rely upon this. Some Clubs have decided to take out a monthly paid subscription to Zoom Pro (possibly with the idea of cancelling it when the lockdown is over, which is allowed) but you can instead just use the free service and regard this as a "pee and pint break" as you would in the real world and schedule a fresh call immediately after the end of the first - and can repeat this ad infinitum.

Zoom is user friendly and members without Smart phones or computers (and there are still a few) can simply dial in and take part over a simple telephone line to the audible version of the call.

Zoom is used by the UK cabinet which might or might not inspire confidence, but is also used by Rotary which has a similar membership profile to 4I Club.

Dummies Guide in pdf printed form.

Lions in the UK have produced an excellent guide which you can download in pdf form at <https://www.lions105ce.org.uk/wp-content/uploads/2019/10/Dummies-Guide-to-Zoom.pdf>

[Thank you to Simon Smith of Lions for allowing us to use his guide.]

Prefer a video Guide?

Alternatively if you would like to follow a video guide this is pretty comprehensive:

<https://www.youtube.com/watch?v=xcEXn4mnyLM>



Prefer a simpler guide on How to Host a Zoom Call for the First Time?:

A good guidance video here:

<https://www.youtube.com/watch?v=hI32Xk2Va7M>



Club AGMs - Defer or Video Conference?

Some Clubs have asked whether they should defer their AGM or could they host it by Video Conference. That choice is down to the individual club but we will certainly support you and assist you should you wish to hold your AGM by video conference as many have already done.

An Alternative to Zoom: Google Meets

We are sharing a guide on how to use one of the most popular, Zoom, but for those clubs who don't want to pay for services, Round Table have very kindly offered every club access to a service called Google Meets.

This will allow every club to access a video conference service that can handle up to 250 users and for meetings of up to 24 hours, which I am sure you will agree, covers most club meetings! [Please note that this requires every user to open a Google account so might not be acceptable for some members.]

We are doing some testing around how the service can be set up for every club at the moment, and will be sharing details next week so that you can gain access, along with instructions around to use this very easy service.

For us to enable this for every club for 4 months would have cost around £20k, so we are very grateful to the National Board of Round Table who have allowed us to offer this service for free to our clubs so that you have a route to continue to meet. Newly appointed Honorary Webmaster Mark House is co-ordinating Google Meets for 41 Club.

WhatsApp Groups

WhatsApp is a means of secure real time message sharing one-to-one or better still between groups. You can attach photos, videos, and files to your messages. Everyone using this will need to download the WhatsApp app from the iTunes or Google Play store on to their Smart Phone.

It is a brilliant way to communicate but you will need a smart phone to use it. Once you have it on your Smart Phone you can download apps for tablets, laptops, pcs,

Macs etc but you will need it on your iPhone first. The smart phone app is a free service - other apps on other devices might impose a charge or require you to watch adverts.

We encourage all clubs to use WhatsApp within their clubs but recognise that not all members will either want to use it or be able to use it.

Facebook

Facebook is a good way of sharing information. We encourage all members to sign up for the 41 Club Members Forum to share information with one another. Just register for Facebook, if you haven't already done so; and search for "41 Club Members Forum".

Individual Regions are invited to create their own WhatsApp Groups too, and myself and my Team are willing to assist Regions in setting these up.

YouTube

We have created a YouTube Channel to share videos easily. Peter Good's incoming speech as National President is on this site; as is Andrew Mackereth's speech as retiring National President. It is planned to put videos on their which can act as virtual guest speakers for your club meetings (see Peter's plans above).

A Pro Boards Forum

A private pro boards forum is under development to facilitate conversations outside Facebook.

Update on CAS2

This has fallen behind schedule but given everything happening in the world it's not unexpected.

David Leach, whilst stepping down as Treasurer remains Chair of the CAS2 Committee, updated the National Council Meeting on 4th April.

Whilst the project is behind timetable, progress is being made and we anticipate major strides between now and May. Thank you for bearing with us - it should be worth the wait.

Keep safe,

Don



Emergency Appeal for the Dementia Nurses Helpline

Dementia UK is experiencing a rise in calls to its Admiral Nurse Dementia Helpline from people looking after someone with dementia who are worried about the coronavirus.

Families with dementia may feel particularly vulnerable and challenged by the evolving situation, and the confinement measures now in place.

Normal support networks such as carer groups, day centres and activities have shut down. Friends and other relatives are being advised not to visit. For many family carers, this means they will get no respite at all – and caring for someone with dementia can be a physically and emotionally challenging, 24-hour-a-day job.

The person with dementia may experience increased agitation and confusion, as their routines change.

Anyone who has any worries about looking after someone with dementia, that they live with, or who lives on their own, can call the dementia specialist nurses on our Helpline, on 0800 888 6678, or helpline@dementiauk.org. The Helpline is open seven days a week, 9am-9pm, Monday to Friday, and 9am-5pm on weekends.

The dementia specialist Admiral Nurses on our Helpline are providing critical emotional and practical support to carers affected by the Coronavirus (COVID-19), seven days a week.

The challenges of families facing dementia could easily be forgotten in these difficult times; but through our Helpline, carers can continue to be supported in their own homes.

Please show your support to families facing dementia today by donating to the Admiral Nurse Dementia Helpline.

The specialist dementia support we provide is available to all, and is more needed than ever due to increased isolation and the closure of support groups and networks.

We receive no Government funding; and every year, we rely on donations to fund our life-saving services. However, with cancelled or postponed events and many vital fundraising activities on hold, we're facing a substantial fall in funds.

We need your support now more than we ever have. If you are in a position to give, please help us be there for families facing dementia, today and into the future. Thank you.

Here are some questions that are representative of those we have been asked on our Helpline in the last few days:

I look after my husband at home who has dementia and our weekly carer's group has now disbanded. What are we going to do?

It's important to stay connected to people. Set up regular Skype calls with friends and family so you're staying in touch and have something to look forward to. Keep yourselves entertained and active, even if this just means a walk around the garden or even your home.

My wife has dementia, alongside other health conditions, so we are self-isolating for 16 weeks. What can we do at home to try and look after ourselves, mentally and physically?

It's important to be informed about the latest advice, but if it's making you feel anxious, turn off the news. You can read any changes on the government website and from Public Health England. The best thing you can do for you both is to stay calm, stay active and stay entertained. Set up different areas around the house to watch favourite films, listen to music, do jigsaws, and perhaps follow yoga or aerobics videos from the internet. Take a walk around the garden, if you have one.

My relative has an underlying health condition alongside their dementia. How do I minimise the risk of them needing to go to hospital?

The advice on maintaining good hygiene is particularly important in these circumstances. You can follow Public Health England's guidance, which recommends regular hand washing as well as avoiding contact with those who are unwell.

If you are worried that medication may run out, consider ordering it in advance and storing it in a safe place. This advice also applies to any medical aids, such as inhalers for people with asthma. Keep spares of these in the home wherever possible.

I am worried about my friend who has dementia, and lives alone. What can I do for them?

Speak to them as often as possible. Explain that there is a virus going around, in simple and straightforward sentences. Be reassuring and tell them that you will go and see them as soon as you are able. In the interim, try and arrange for groceries to be delivered, repeat prescriptions if possible, and for close neighbours to keep an eye out for anything unusual. You could look into becoming the person's proxy for medical matters – so that their GP can speak to you. But you need to register with their GP to do so, and this is of course a very busy time.

Dr Hilda Hayo, Chief Admiral Nurse and CEO of Dementia UK, said: “It might not be easy to get a person with dementia to understand the need for isolation during the coronavirus outbreak. Looking after someone with dementia can be incredibly challenging. If you know that someone who lives near you has dementia, please offer to help them during this difficult time. Please call the dementia specialist nurses on our Helpline if you are not sure how.”

To find out more about our Helpline appeal: <https://www.dementiauk.org/get-involved/donate/urgent-helpline-appeal/>

To get information and advice for families looking after someone with dementia during the coronavirus outbreak: <https://www.dementiauk.org/get-support/coronavirus-covid-19/>

In aid of



DementiaUK
Helping families face dementia

Dementia UK Emergency Appeal for our National Dementia Helpline

The coronavirus (COVID-19) pandemic is causing stress, confusion and isolation for people with dementia and their families. Our National Dementia Helpline offers free, expert advice and support at this incredibly difficult time. As services close across the country, and carers, many of whom are older people, become isolated from friends, family and their communities, we expect demand for our Helpline to grow rapidly. We are completely reliant on voluntary donations to fund this work, yet much of our fundraising has stopped completely due to the coronavirus pandemic, and we expect this to continue for many months.

As your chosen charity, we ask you to stand with us at this incredibly challenging time and consider a donation of whatever you can to keep our vital Helpline running over the next three months. We need your support now more than we ever have, so we can meet rising demand and be there for families facing dementia throughout this emergency.

How COVID-19 is affecting families facing dementia

The COVID-19 pandemic is affecting us all and changing our way of life as we know it. But many people who care for a loved one with dementia feel particularly vulnerable. Normal support networks such as carer groups, day centres and social activities have closed down, and friends, neighbours and family can no longer visit. For family carers, this means they will get no respite at all – and caring for someone with dementia is often a physically and emotionally challenging, 24-hour-a-day job.

People with dementia may experience increased agitation and confusion as their routines change, loved ones stop visiting, and they stop being able to go outside. Even seemingly small changes such as increased hand washing or no longer being able to embrace their partner can have hugely detrimental effects on someone with dementia.

Devastatingly, we are seeing a drastic reduction in direct dementia care for people with dementia and their families. Dementia support services across the UK are closing or reducing. Nurses and care staff are being asked to join the national effort to help fight the coronavirus effort, meaning one-to-one support for people with dementia is no longer possible.

Our National Dementia Helpline

More people than ever in desperate need of support are contacting us for advice via our National Dementia Helpline. Our specialist dementia nurses - Admiral Nurses - provide support every day of the week by telephone or email. Admiral Nurses have expert clinical knowledge of dementia and its impact on families. Their advanced assessment skills mean they can quickly understand and give advice. No other helpline service in the UK provides this level of support. Indeed, other services such as the Alzheimer's Society Helpline will refer people to our Helpline when they need more specialist help. Our Helpline really is a lifeline for families facing dementia in this current period of crisis.

Over the next three months, we expect to see a significant (30%) increase in the number of calls we are receiving to our Helpline from people looking after someone with dementia who are worried about COVID-19.

In order to meet this demand, Dementia UK must not only continue to run our National Dementia Helpline, but significantly increase the capacity of the service so that we can help as many families facing dementia as possible during this period of crisis.

In 2019, the Helpline supported over 20,000 families facing dementia (double the number of people we supported in 2016). We had already seen significant increases in the demand for our services in January and February 2020 – with a 28% increase in the number of people we supported (4310 people in 2020 compared to 3363 in 2019) and that was before the Coronavirus pandemic. We now expect to receive at least a further 30% uplift in calls over the coming weeks. We must be able to support as many callers as possible, as quickly as possible, and so need to increase the number of Admiral Nurses working on the Helpline each day to meet demand.

Project Details

Our National Dementia Helpline is open seven days a week, 9am – 9pm Monday to Friday and 9am – 5pm each weekend.

Our Admiral Nurses help carers to:

- Take care of themselves as well as the person they look after
- Have more confidence in their ability to cope
- Make important decisions about the care of the person with dementia

They provide practical advice to manage risks and prevent possible crises and help carers to be better able to communicate and maintain their relationship with the person they look after. There is no time limit to a call, although the average call length is around 45 minutes, and everyone getting in touch is sent tailored information with details of everything that was discussed during the call.

In order to meet the influx of calls that we expect to receive as a result of the coronavirus, we must increase the number of Admiral Nurses working on each shift. We currently have 10 Admiral Nurses during the week, and three each weekday evening, Saturday and Sunday. We must increase this to 14 Admiral Nurses working during the week (daytime), and five each weekday evening, Saturday and Sunday. We now will also open the Helpline over the Easter Bank Holiday weekend (9am - 5pm).

There has never been a more pressing time to support the families and carers of people with dementia, and we must be there for as many people as we possibly can over the next few months of isolation and uncertainty.

Budget

The current weekly cost of our National Dementia Helpline is **£15,436**. This covers the salary, pension, National Insurance and telephone lines – for 10 Admiral Nurses each Monday-Friday daytime shift, three Admiral Nurses each Monday-Friday evening shift, and three Admiral Nurses on Saturdays and Sundays.

To increase staffing on the Helpline as outlined above to meet the expected increase in demand, it is going to cost us an additional **£6,650** each week, and **£86,548** over the course of the next three months.

Like many charities, we have seen a considerable fall in our fundraising activity, with events being postponed or cancelled and volumes of donations dropping. Our income is already falling, and we know that due to the suspension of most fundraising activity this is going to accelerate from April onwards. This fall in income raises huge concerns for us about our ability to keep our vital services running at a time when they are most in demand. We must now raise **£287,000** to run the Helpline at an increased capacity

over the next three months and ask you to consider making a donation towards this total.

Whatever you can give at this time would be hugely appreciated, and some examples of what a donation could fund are below:

£6,650 could fund the additional Admiral Nurses we need to meet extra demand on our National Dementia Helpline for one week

£14,200 could fund the salary costs of our Admiral Nurses on our weekday shifts (9am – 5pm) for one week – that's 14 Nurses on the Helpline each day

£22,000 could fund the running of our National Dementia Helpline in its entirety for one week

“Speaking to someone who totally understands the situation I am in was an absolute lifesaver. I was at breaking point before I picked up the telephone and called. It put everything into a clearer picture and gave me a way forward. I felt in despair before this and afterwards like a weight had been lifted from my shoulders.”

A recent caller to our Helpline

Thank you so much for considering our request for help in what are incredibly uncertain and difficult times for us all. I know that together we can support some of the most vulnerable and isolated people living in our communities.

These and other 75th gifts for sale on 41ClubSales.co.uk benefit Dementia UK

Buy Yours Now

41 Club 75th Gold Coin



PRE-ORDER your limited edition 75th year Celebration Coin 41 Club 1945-2020. GOLD finish also with a Shared moment of celebration on the back 40mm diameter. Supplied BOXED.

£20

Buy Yours Now

Buy Yours Now

41 Club 75th Gin



Inspired by the National Association of Ex-Toblers' 75-year heritage, this very special limited edition 41 Club Gin is olive with Silver Birch, Dandelion, Burdock and Elderberry.

The Burleigh's Gin recipe is inspired by members of the club whose name is displayed proudly on its label. Incredibly vibrant and refreshing (like our members), 41 Club Gin is perfect for a classic Gin & Tonic. Pour over ice and garnish with a seasonal fruit or spice of your choice and enjoy in the company of members of the four-club family for an unforgettable experience.

£35

Buy Yours Now



**Fred.Olsen Cruise Lines**

01473 746 163



8th April 2020

Dear Affinity Partner,

I hope you are keeping well and positive during these difficult times. As you have guests booked with us later this year we thought you might have some questions about our sailings, when they will resume and what this means for their booking.

At the moment, as you may know, we have paused all our cruises until 23rd May. We are hoping sailing can resume after that, but the situation is obviously very changeable. We will let you know should decisions be made to change this date. We therefore understand and appreciate that guests might be concerned about paying the balance of their cruise as the payment deadline approaches.

We have had a number of conversations with the our guests on their request for us to review our balance due dates for guests and we wish to recognise this. I am therefore writing to let you know about some important changes we are making to our balance payment dates and cancellation charges to help during these uncertain times.

- I am pleased to let you know that on all sailings from 1st July onwards (or any 2020 cruise departing after July 1st where Fred. Olsen Cruise Lines have not already received balance payment), **we have reduced our balance payment due date from 90 days prior to departure to only 28 days.** We trust this gives you and your guest greater flexibility and peace of mind. What this means is that the guests' cruise is secured with their 15% deposit, until just four weeks before departure, at which time (for 2020 cruises) their final balance will be due.

For clarity, this means that guests will not pay their balances until 28 days prior to their 2020 departure date.

- Once your guests' balance is paid, if they are still unsure about travelling, we would like to let you know that **their 2020 booking is covered with our new "Booking Reassurance Guarantee"**. **This means guests can Transfer' their entire booking – and any monies paid – with no fee at all to any other cruise currently on sale (including 2021 and 2022).** All guests' need to do is give us a minimum of 14-days' notice before they are due to sail so we can make the necessary arrangements.

At the same time, we recognise that some guests may have little choice but to cancel their booking. We understand this and would like to reassure you and those guests that they would only lose their deposit at the point of cancellation – providing this is done no later than 28-days before sailing. Travel insurance will cover most loss arising from cancellation so it is still very important that all guests ensure they have adequate cover wherever possible.

Finally, we would sincerely like to thank you and our mutual guest for retaining their booking with us and we look forward to welcoming them on board when the time is right for us all. Please be reassured that all payments made to us are completely secure as we are financially bonded by ABTA and ATOL.

I trust these changes are welcome and give you and our guest greater flexibility and peace of mind. On behalf of us all at Fred. Olsen Cruise Lines, stay safe and keep in touch should you have any further questions. We are here to help in any way we can.



Geoff Ridgeon
Head of Sales

