

**HERTFORDSHIRE PSP/CBD SUPPORT &FRIENDSHIP GROUP**

The next meeting of the Hertfordshire PSP/CBD Support & Friendship group will be held on:-

**DATE**:-**Saturday, 16th November, 2019**

**TIME**:-**from 2.15pm to 3.45pm**

**VENUE:** - **the Parish Centre, The Park, Redbourn AL3 7LR**

**FOCUS:-** Within our group there is a wealth of expertise and knowledge. At this meeting our fellow member, Brenda Scott-Oldfield, will draw on her considerable experience working for the Department of Health to provide us with an insight into the processes that are undertaken to check on the quality of Nursing and Care agencies plus Care homes. This is a subject we are all greatly concerned about and we are most grateful to Brenda for her input.

**RETROSPECTIVE** At the October meeting Roger and I reported on the Volunteers’ Development Day held in early October. This event was attended by volunteers from as far afield as Aberdeen and the Isle of Wight and included not only Local Group coordinators and Education Volunteers such as Roger and I but also Helpline Navigators and Community Support Volunteers. In case you’re concerned about cost of this event, it was financed by a grant and did not divert any PSPA funds from vital research and support. It was a valuable opportunity, especially for those living in more remote areas of the UK, to meet each other, discuss the range of support we try, in our various ways, to provide and to meet the key PSPA management team members including CEO Andrew Symons, Carol Amirghiasvand, Julia (Jules) Brown, Debbie Benadie as well as more recently appointed members of the PSPA team.

If you thought there had been a lot of personnel changes at PSPA in recent times you were correct….only about 3 of the 16 staff who were in place when Andrew Symons became CEO 2 years ago remain. He and the trustees have now appointed a largely new team. At a Q&A session with the CEO which launched the event he reported the following:

* the charity's finances are, he believes, now on a more stable footing with a year's reserves instead of 3 months’ worth when he took over
* awareness raising is the biggest issue PSPA faces and funding follows awareness
* to address this a new Communications Manager has  been appointed who, among other duties, will be responsible for developing  digital strategy  to promote more diverse use of social media including a Health Unlocked version  for medical staff
* a newly appointed trustee is an expert in Impact Assessment reporting....a welcome addition to monitor the effect of communication which is needed to attract major donors/ corporate partnerships.
* this should assist the new Head of Fundraising
* there is a new Research Coordinator, Dr Wendy Edwards, whom, I have to say, many of us found very impressive and of whom you will hear more if you read on.

For those of you who were not at the meeting but would like to know more about the current management structure, the team members and their various roles I will attach a copy of the handout I issued at the October meeting, together with the list of matters the Helpline Care Navigators can provide information about. I had not realised what an extensive range of queries they were able to cover so I applaud them as they never know what enquiry they will have to deal with next! I hope to get one of them along to a future meeting to tell us more about their work. **Do make use of the** **Helpline 0300 0110 122** or **helpline @ pspassociation.org.uk whatever your question or request.**

**Dr WENDY EDWARDS- RESEARCH CO-ORDINTOR**  I have already referred to Wendy and some of you will have read about her in the latest edition of PSP Matters. At the Volunteers’ Day she gave the most lucid explanation I have ever heard to explain the way in which tau tangles impede the transmission of messages in the brain. Luckily for us, she lives in St Albans so, much to my surprise and delight, she made a point of approaching me as the Hertfordshire coordinator. Needless to say, I immediately enlisted her as a future visitor to our group and we have agreed that she will attend either the March or April meeting depending on her family commitments at that time.

 **MICHAEL’S ARTICLE**  I hope you’ve all received the latest edition of PSP Matters and, if so, you’ll have read and enjoyed the moving article about Michael & Gwen Leaver, two of our much- loved members who joined our group from our very first meeting over 5 years ago. The lovely photograph was taken at a meeting as were some of the other photos which appear on the PSPA website. Michael continues to attend our meetings and regularly recommends and reports on the Families and Friends Days as well as offering other well-considered ideas.

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**FINAL 2019 MEETING DATE FOR YOUR DIARY**

**Pre- Christmas Meeting: -** **December 14th** For the past few years we have been fortunate to have been treated to a Christmas Afternoon tea by the Redbourn WI. All good things come to an end and this year we will have to organise our own Christmas Tea if we wish to have one. So, at the November meeting I suggest we discuss this and perhaps form a small committee to plan a seasonal celebration ….nothing too lavish but just a little different from our usual fare, so I’d welcome your suggestions.

****FINALLY, AS ALWAYS** ***. 1. Please let me know by email or phone if you intend to come to the 16th November meeting***. The main reason for asking you to let me know is for your benefit. If, for any reason, a meeting has to be cancelled at short notice I know ***who to contact*** ***to save anyone*** ***making*** ***a futile journey***. . …..An early reply is helpful but you can leave it until the morning of the meeting, if necessary. I know how difficult making caring and other arrangements can be.

2. ***Setting up the hall.*** .Thank you to all those who responded so readily to my request for help at the October meeting. It made such a difference and is always much appreciated.

I look forward to seeing you at the meeting.

Kind regards Maureen Maureen Horne Coordinator Hertfordshire PSP/CBD Support &Friendship Group **01582 763432**  or **07772 774458**

P.S.I like to give you something to smile about in these newsletters so thought I’d share some comments overheard during my recent cruise …..& nothing to do with PSP! As we wallowed in a Force 9 gale through the Bay of Biscay, one lady informed me that “P&O ships don’t roll like this! “ Another commented, following yet another assurance from the Captain that the (brand new) ship was perfectly safe “I expect that’s what the captain of the Titanic said!” “Have you any more cheerful observations to share with us?” was the response from a fellow diner. The same lady, informing us she and her husband were about to embark on their 12th World Cruise, complained “*The trouble is we keep going to the same places*”!!

**FINALLY *2. Remember to check your email and/or voice mail before you leave home*** ***in case of any late changes or cancellation.*** Maureen  **07772 774458** Maureen Horne Volunteer Co-ordinator. **01582 763432 gordeenhorne1@aol.com**