



Newsletter January 2020

Our Newsletter, Information & Updates

**We had a wonderful 2019
 with new services, awards and
 celebrating our amazing Volunteers**



The 'ADS' Team



David Jannetta,
 Voluntary Chairman, Founder, MD & Trustee
 Our Team and Trustees
 all join in wishing you a wonderful 2020

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NOTE FROM THE CHAIRMAN

Hello All,

I sincerely hope you have had a very Merry Christmas and a Good New Year.

Looking back over the last twelve months we have achieved a great deal by reviewing and modifying several 'ADS' Services, writing our new 'ADS' book (due to be published in 2020) which is aimed at providing an awareness of Dementia to eight to eleven year olds and amazing recognition from our local community by being voted Best Charity of the Year.

We now look forward to an exciting year ahead where we will continue our efforts to maximise the ability to assist, inform, guide and advise all of those people living with Dementia, their Carers and their Families within our local area.

I hope you will enjoy our first edition of the 'ADS' Newsletter for 2020 . I am sure that you will enjoy reading the many interesting articles and please be sure to come along and bring your friends and family to as many of the services as you can.

This Month contains our usual array of varied items all aimed at providing interest, including many relevant items from the greater community to engage you.

We really hope that you have a great time and please remember that our 'ADS' team are always on hand to support your needs and to welcome you when you attend the Services of your choice, I hope that you enjoy them."

I extend to you, your Families and Friends my very best wishes for the year ahead.

David

David D. Jannetta
Voluntary Chairman, Founder, MD & Trustee



IN MEMORIAM AND DONATIONS

Our very sincere and grateful thanks to all who have donated or raised money through Just Giving in memory of their loved ones.

IN MEMORIAM

DEVI RAJA

EILEEN O'MAHONY

MORRIS WALTERS

RICHARD
ASHCROFT CROSBIE

DONATIONS

Darren
Waitrose, Twyford

Pam Warren
Kevin Howse
from Babcock

Fiona Plumbley
Succession Group

Mrs Behrma
High Street
Methodist Church Fri-
day Morning
Coffee Club

Previous Articles

How the eyes might be the windows to the risk of Alzheimer's

Dementia:

Full Article:

<https://bit.ly/2keLf0z>

FNHS hospitals go back to the future for Dementia care

Full Article:

<https://bit.ly/31gsJnl>

Biochemists discover new insights into what may go awry in brains of Alzheimer's patients

Full Article:

<https://bit.ly/2Zxn68d>

People with Dementia should be offered activities that can help promote wellbeing

Full Article:

<https://bit.ly/2K1uheZ>

New Type of Dementia:

Full Article:

<https://bit.ly/2Xflv29>

Funding invested to understand link between hearing loss and Dementia

Full Article:

<https://bit.ly/2MnwK83>

Please note that whilst we are bringing these articles to your attention, they are already in the public domain and we take no credit or responsibility for their content.

Glenda Jackson stars in BBC One's adaptation of Elizabeth Is Missing



BBC iPlayer

Elizabeth Is Missing combines a gripping mystery with a tender yet unflinching exploration of one woman's struggle with Dementia.

Catch up with the programme now on BBC iPlayer.

To read more visit <https://bbc.in/355z1ti>

Alzheimer's breakthrough as scientists find first drug to slow down the disease

Researchers at the pharmaceutical company Biogen released the results of a final phase trial in 3,000 people which showed that the drug aducanumab can reduce 'decline in function' by 40 percent compared to placebo, over 18 months.

To read more visit <https://tinyurl.com/s6n3pdk>

Lauren Laverne calls on people to build playlists as part of new Music For Dementia 2020 campaign

BBC TV and radio presenter Lauren Laverne is launching a new initiative to highlight the positive impact music can have for people living with

Dementia with a series of guides on how to create the perfect personalised playlist.



The campaign has been designed to help raise awareness of the growing evidence that listening to music with a personal connection has huge benefits for people living with Dementia.

To find out more visit: <https://tinyurl.com/saflokw>

FUNDRAISING

SHOP DONATIONS

Your 'old' could be someone else's 'new'

If you are clearing out after the festive season ready for the New Year, then please consider dropping off any items that are in good condition to the 'ADS' Shop in the High Street, Maidenhead (just opposite Wilko).

All proceeds from the sales of donated items enable us to continue supporting people with Dementia, their Carers and Families in our local area.

Please also remember that if you are UK Tax Payer, by 'Gift Aiding' your donations you also enable us to claim 25p for every £1 we sell of your donated goods!

Also dropping off goods can be done right to the shop front door before 10 a.m. every day!

RAFFLE PRIZE DONATIONS

Fabulous Raffle Prizes provide us amazing opportunities to raise money



Seiko Watches recently donated one of their fabulous watches for us to raffle at our Santa Fun Run and it was a very successful raffle! We know everyone won't have a beautiful watch to give us, but you may have something someone would like to win? Or you may work for a company who, like Seiko, are happy to donate prizes. We would like to hear from anyone who might be able to help us with raffle prizes.

Please contact Terrie on 07516 165647

or email terrie.hall@alzheimersdementiasupport.co.uk

'SMART PHONE' DONATIONS

Can you help us update our communication with you?

The 'ADS' Team have, for some years, been using mobile phones that were kindly donated. However, many of these are not 'smart phones' and we really do need to upgrade them to meet the demands our ever growing services require.

Do you, or someone you know, have a smart phone that you no longer need? If so, please contact Holly in our 'ADS' Office 07513 762900 or

Email: office.admin@alzheimersdementiasupport.co.uk



Ways to Donate

Collection Tins

Outdated or foreign currency also welcome

Maidenhead Charity Shop

Donate goods

Paypal

Donations: one off payment or monthly

Amazon Wish List

Purchase a product needed by the charity and have it sent directly to us.

More information: <https://goo.gl/yJ8zqy>

Ebay

make 'ADS' your chosen charity when you buy or sell.

More information:

<https://charity.ebay.co.uk/charity/Alzheimers-Dementia-Support-'ADS'/150391>

JustGiving

Support one of the 'ADS' 'FUN'draisers by making a donation on their page.

To see who is fundraising:

<https://goo.gl/bBMVB7>

The Flu vaccination is available every year for free on the NHS

STAY WELL THIS WINTER

WHERE TO GET THE FLU VACCINE

You can have your NHS flu vaccine at:

Your GP surgery

A local PHARMACY offering the service

Some community pharmacies now offer flu vaccination to adults at risk of flu, including pregnant women, people aged 65 and over, people with long-term health conditions and Carers.

(but not children)

If you have your flu vaccine at a pharmacy, you do NOT have to inform a GP.

Flu can be unpleasant, but if you're otherwise healthy, it will usually clear up on its own within a week.

However, flu can be more severe for certain people, including:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

There are several types of flu vaccine

- children aged 2 to 17 in an eligible group are offered a live attenuated quadrivalent vaccine (LAIV), given as a nasal spray
- adults aged 18 to 64 who are either pregnant, or at increased risk from flu because of a long-term health condition, are offered a quadrivalent injected vaccine – the vaccine offered will have been grown either in eggs or cells (QIVe or QIVc), which are considered to be equally suitable
- adults aged 65 and over will be offered either an adjuvanted trivalent injected vaccine grown in eggs (aTIV) or a cell-grown quadrivalent injected vaccine (QIVc) – both vaccines are considered to be equally suitable

People aged 65 and over and the flu vaccine

You're eligible for the flu vaccine this year (2019-20) if you'll be aged 65 or over on 31 March 2020. That is, you were born on or before 31 March 1955. So if you're currently 64 but will be 65 on 31 March 2020, you do qualify.

It's important that you benefit from having the most effective vaccine. For those aged 65 or over, this is either the adjuvanted trivalent vaccine or the cell-grown quadrivalent vaccine.

To read more about the NHS flu vaccine visit:

<https://tinyurl.com/y2tdpvna>



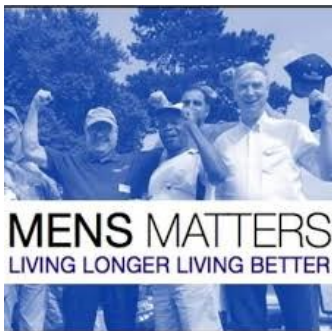
SIGNPOSTING

Signposting (to other service providers)

The full list of 'ADS' services for January is in our Calendar on pages 10 to 11 of this Newsletter and in detail from page 13.

However, we do like to 'signpost' other events not run by 'ADS' (see below) that are taking place during the month and which we think

MEN'S MATTERS



Are you an older man living in East Berkshire?

Men's Matters is a charity group whose aim is to bring together older men to form friendships and take part in activities that contribute to their good health and well-being.

Join them at one of their weekly drop-ins for some refreshments and a chat between **2-4pm**.

MONDAY - Windsor

All Saints Church, corner Dedworth Rd / Clewer Hill, Windsor, SI4 4JW.

TUESDAY - Langley

Longwood Park (Radian), Common Road, Langley, Slough, SL3 8TN

WEDNESDAY - Maidenhead

Maidenhead Community Centre, 42 York Road, Maidenhead, SL6 1SH.



For more information contact:
07843 554734 or
07847 427742

contact@mensmatters.org.uk

www.mensmatters.org.uk

A Reminder of previous Signposting

Attendance Allowance

You can download a form on the GOV.UK website or obtain a claim form by calling 0800 7310122

£58.70 if you need frequent help or constant supervision throughout the day.
£87.65 if you need help throughout day and night or if you're terminally ill.

If you require assistance in completing this form, please contact Terrie

The Herbert Protocol

A six page form completed and retained by a carer/family that would aid the emergency services should the person at risk go missing. For further information talk to one of the Team or download your free copy of the form from:
<https://dementia.berkshireserescue.org.uk>

2020 NEW YEARS LUNCH

Monday 10th February 12.30pm - 2.30pm

Bird Hills Golf Centre, Drift Road, Maidenhead SL6 3ST

All members are invited to our annual New Years lunch.

**HAPPY
NEW
'ADS' YEAR
2020**



A two course carvery, with raffle and singing from Julia George

We do ask for a £16 voluntary donation.
Numbers are limited.

Please contact Terrie or Hannah to book your place.

'ADS' Summer Weekend Break-Away 2020

Hayling Island Weekend Break for Carers, their loved one and Former Carers



Coach departs from Stafferton Lodge Maidenhead for a 3 night weekend break to Sinah Warren Coastal Hotel. Hayling Island

Not only is this pretty hotel on the sea front, but it boasts heated indoor and outdoor pools as well as an array of activities to keep you busy.

Price includes:
Travel
Accommodation
Breakfast & Evening meal
Entertainment,
Indoor and Outdoor Activities.



AND FINALLY THIS MONTH

CHRISTMAS 'ADS' STYLE ...

From making hanging Advent Calendars to Christmas Wreaths, Singalongs and Parties all of us at 'ADS' have loved the opportunity to see out our amazing year with you all.



**LANGLEY CONNECTION
CAFÉ CHRISTMAS PARTY**



OUT & ABOUT MAKE CHRISTMAS WREATHS



SINGING CHRISTMAS FOR PLEASURE

**IN
WINDSOR**



**Music
Fun
&
Laughter
IS
the best
medicine**

*Tell us your
favourite jokes*

Finally got around to
booking my laser eye
surgery for the 1st
January

*Can't wait to have
2020 vision.*

Why was the
snowman sad?

*Because he had a
meltdown.*

A New Year's
resolution is
something that goes?

*In one year and out-
the other!!*



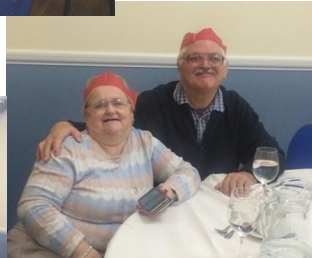
AND FINALLY THIS MONTH

ALZHEIMER CAFÉ CHRISTMAS PARTY



HERSCHEL MASONIC LODGE CHRISTMAS PARTY

David & Christine Jannetta together with Santok Modhvadia were delighted to be invited by the Herschel Masonic Lodge to enjoy a wonderful Festive Meal with some of our 'ADS' Members. Thank you to Gary and Suzanne Mason for organizing a lovely lunch for our members.



QUIZ

- 'Christmas won't be Christmas without any presents!' is the opening line of what classic novel? .
- A Winter's Tale' is a song that reached number 2 in the UK singles chart in January 1983 for which singer?.
- The 1924 Winter Olympics, which were the first ever, were held at a site at the foot of which mountain?
- The Glasgow School of Art building is often considered the masterpiece of which famous architect?
- When is Chinese New Year?

Quiz Answers
A. Little Women
B. David Essex
C. Mont Blanc (the site was Chamonix, France)
1954
D. Charles Rennie Mackintosh
E. 25th January

OUR SERVICES CALENDAR FOR JANUARY

Thur	2nd	10.30 - 12.00	Maidenhead	Connection Café
Mon	6th	10:00 -12:00	Maidenhead	Connection Café
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	7th	13.00-14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	8th	12.30 - 14.15	Maidenhead	Former Carers Lunch *
		12.30 - 14.30	Langley	Aap Ki Sehat Sangeet Ke Sang
		19.30 - 21.30	Windsor	Alzheimers Café Guest Speaker Dr Chris Allen, Consultant Clinical Psychologist, Berkshire NHS 'Emotions & Caring for a Person with Memory Loss'
Thur	9th	10.30 - 12.00	Maidenhead	Singing For Pleasure
		1.30 - 16.00	Wexham Park Hospital	Singing in Hospital
Fri	10th	10:30 -12:00	Ascot	Singing For Pleasure
Mon	13th	10:00 -12:00	Maidenhead	Connection Café
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	14th	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	15th	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke San
		12.30 - 14.15	Maidenhead	Mates with Plates / Ladies that Lunch
Thur	16th	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Singing For Pleasure
		14.00 - 16.00	Ascot	Moves & Grooves
Fri	17th	10.30 - 12.00	Ascot	Singing For Pleasure

OUR SERVICES CALENDAR FOR JANUARY

Mon	20th	10.00 - 12.00	Maidenhead	Connection Café: Burns Night Theme
			Langley	Singing for Pleasure
Tue	21st	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café: Burns Night Theme
Wed	22nd	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke Sang
Thur	23rd	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Singing For Pleasure
		14.00 - 16.00	Windsor	Moves & Grooves
		1.30 - 16.00	Wexham Park Hospital	Singing in Hospital
Fri	24th	10.30 - 12.00	Ascot	Singing For Pleasure
Mon	27th	10.00 - 12.00	Maidenhead	Connection Café: Seated Exercise from 11.15 am.
		13:00 - 14.30	Langley	Singing For Pleasure
Tue	28th	13.00 - 14.30	Langley	Connection Café:
		13.00 - 14.30	Windsor	Singing For Pleasure
Wed	29th	12:30 - 14:30	Langley	Warzish Taal Ke Saath
Thur	30th	10.30 - 12.00	Maidenhead	Singing for Pleasure:
		10.30 - 11.45	Ascot	Seated Exercise
Fri	31st	10.30 - 12.00	Ascot	Singing For Pleasure

***Lunches:** Please contact *any* Advisor. Please Note Must be booked in advance

Out and About: Our days out for People with Dementia run several times each month. Scheduled well in advance these are risk assessed to ensure the activity is suitable for the attendee. Please contact Sandra to book: 07593 661848

For full details of all activities, their locations and how to book - Pages (11-15)

OUR SERVICES

In the first half of this Newsletter we signpost you to the activities and information of other organisations.

The second half is devoted to the services provided by the 'ADS' Team

There are both regular activities and special events each month. Even the regular sessions will have different activities, so do please have a look through the following pages.

The 'Spotlight' page will highlight a service or possibly a member of our Team while the Special Events page will draw your attention to an activity to watch out for in the near future.

We change the photographs every edition, so do look to see if you recognise anyone this month!

We welcome your feedback, so do please let us know if there is something that you'd particularly like to see in these pages.



THE 'ADS' TEAM

Terrie Hall, Holly Clarke, Hannah Deighton and Nysa Harris at our 2019 Alzhemier Café Christmas Party.

WHO ARE WE?

A **local** independent Charity that assists, guides and actively supports people living with Dementia and their Carers, in our **local** community.

WHAT DO WE DO?

Provide a wide range of Services and interactive activities designed and delivered to improve the lives of the people we support.

WHERE DO WE DO IT?

Windsor, Ascot, Maidenhead, Slough, Langley & surrounds

**For
One to One
Private
&
Confidential
Advice**

Please contact
Terrie
for an
appointment
T: 07516165647

COULD YOU BE A VOLUNTEER BEFRIENDER?

**Do you have some spare time you'd like to Volunteer?
Would you like to make a positive difference to
someone's life?**

Are you looking to give back this 2020?

Being a Volunteer Befriender for 'ADS' can make a real difference to someone's life and if you are interested in joining our existing Volunteer team here is how easy it is -

Simply contact Terrie for an initial chat.

- All our Befrienders work in pairs - we will work with you and existing Befrienders to pair you and assign the person you will be befriending
- Full training and DBS check is provided by 'ADS' (*along with any 'out of pocket' expenses such as mileage when your befriending starts*)
- Depending on the person you are assigned we estimate that visits would be twice a month. These visits can involve outings or even staying in chatting and playing games at their home.

To find out more or for a relaxed chat please contact Terrie on 07516 165647 or email terrie.hall@alzheimersdementiasupport.co.uk

We previously covered our Befrienders Alastair and Janet's trip out with Nick to Hughenden Manor.

This month Nick was joined by Lucia's and they took Nick on a trip to Runnymede



"We had a really lovely trip out with Nick to Runnymede.

Although it was very muddy we had great fun avoiding the worst patches and the cowpats!

After exploring the various monuments and art installations we visited the tea room where we had a long chat with the Manager of the site who answered our questions and regaled us with a variety of tales related to the history of Runnymede."

SPECIAL EVENTS THIS MONTH

ALZHEIMER CAFÉ

Our Guest Speaker

On the first Wednesday of every month we invite a guest speaker to the 'ADS' Alzheimer Café to give a brief talk on a subject of interest to people with Dementia, their Carers and families and anyone else who may be interested.

Next meeting: Wed 8th January 7.30 - 9.30pm

***Dedworth Green Baptist Church, Smiths Lane,
Dedworth, Windsor Berks SL4 5PE***

Guest Speaker:

Dr Chris Allen,
Consultant Clinical Psychologist
Berkshire NHS



Will be giving a talk about 'Emotions & Caring for a Person with Memory Loss'

Dr Chris Allen, one of NHS Berkshire Healthcare Consultant Clinical Psychologists, has been awarded a Churchill Fellowship to visit the USA to look at how therapy has been used to help patients cope with physical and psychological problems related to long term conditions.

The Evening

Our regular monthly (Admission Free) Café welcomes not only people with Dementia or memory loss, their families and friends but also anyone who is interested in the presentation or dementia related theme of the evening.

To start the evening we invite you to socialise while we serve refreshments. If the weather is a bit chilly - there will be a hot drink waiting for you!

During and after the presentation there will be an opportunity to meet and talk on an informal basis, not just to our Guest Speaker, but also to Health Professionals and Representatives from 'ADS'. It is also a great opportunity to meet and exchange experiences and ideas with other Carers.

**YOUR HELP
IS**

Always Needed

Shop Volunteers
to work for half a
day a week

Shop Stock:
Bric-a-Brac
Ornaments
Jewellery
Jewellery Boxes
Collectables
Male & Child
Mannequins
Call
07707 531689

Donation Drivers
To pick up & drop
off donations to the
shop
(agreed mileage
expenses covered)

INFORMATION, ADVICE & SUPPORT

CONNECTION CAFES

We call them Connection Cafés because ‘ADS’ wants people with Dementia, their Carers and families to know that there is always someone to connect with, someone ready to listen and others to share experiences with.

Sometimes our Cafes just serve tea, coffee and a friendly chat, but we often have activities taking place throughout the sessions including the very popular Seated Exercises. January’s activities are all detailed below.

Advice, information and private 1:1 discussions with ‘ADS’ advisors are always available on all aspects of Dementia.

Maidenhead 10.00 am -12.00 noon Mondays

At: Methodist Church, High Street, Maidenhead, SL6 1E

On: 2nd, 6th, 13th, 20th & 27th January

As Terrie is on holiday there will only be

SEATED EXERCISE
at 11.15am on
January 27th
at the Café.

Seated Exercise will return To its regular schedule in February.

Burns Night Theme
20th January



Langley 1pm – 2.30pm on Tuesdays

St Joseph’s Room, Holy Family Church, 226 Trelawney Avenue, Langley, SL3 7UD.

On 7th, 14th, 21st & 28th January



Burns Night Theme
21st January



INFORMATION, ADVICE & SUPPORT

AAP KI SEHAT SANGEET KE SANG **(Your Wellbeing Through Music)**

This 'ADS' support service is designed specifically for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through stimulation and gentle exercise.

This free drop in service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music.



Our Advisors are always on hand to provide information, support and guidance.



Sessions from 12.30- 2.30pm,
8th, 15th & 22nd January
Venue: St Francis Church,
London Road,
Langley SL3 7LN

WARZISH TAAL KE SAATH **(Moves To Melody)**

A monthly activity with music which 'ADS' provides to support local Asian people with Dementia and their carers. This is a free 'drop in service' which we look forward to welcoming you to.

Next session: 29th January
Session from 12.30-2.30pm
Venue: St Francis Church, London Road, Langley, SL3 7LN

INFORMATION, ADVICE & SUPPORT

SEATED EXERCISE

Regular Seated Exercise Sessions in Ascot

Sessions this month: Thursday 16th, 23rd & 30th January

King Edwards Hall, King Edwards Road, Ascot, SL5 8PD.

Refreshments at 10.30am followed by seated exercises at 11.00.

Dress Code: There isn't one, just come as you are, the exercises are simple to do, fun and will give your muscles a gentle but firm workout.

For further information please

contact Terrie on 07516165647

or email terrie.hall@alzheimersdementiasupport.co.uk



SINGING FOR PLEASURE

Singing is for pleasure so you don't need a good singing voice to come and join in our sessions.

You don't even have to sing if you don't want to! We would just like to invite you to come and join in and experience the joy singing brings to people with Dementia.

We serve refreshments for the first 30 minutes of each session.

Langley 1.00pm - 2.30pm on

Monday afternoons

Sessions this month: 6th, 13th, 20th & 27th Jan

Venue: St Joseph's Room, Holy Family RC, Church, 226 Trelawney Avenue, Langley, SL3 7UD

Windsor 1.00pm - 2.30pm on Tuesday afternoon.

Session this month: 7th, 14th, 21st & 28th Jan

Venue: All Saints Church, Dedworth Road, Windsor, SL4 4JW

Maidenhead 10.30am -12.00pm on Thursday mornings

Sessions this month: 9th, 16th, 23rd & 30th Jan

Venue: Methodist Church, High Street, Maidenhead SL6 1EF

Ascot 10.30am -12.00pm on Friday mornings

Sessions this month: 10th, 17th 24th & 31st Jan

Venue: King Edwards Hall, King Edwards Road, Ascot, SL5 8PD



INFORMATION, ADVICE & SUPPORT

LUNCH CLUBS

Enjoyable social events in a relaxed environment.

Contact Terrie to book all Lunches: 07516 165647

Please note: *We do ask for a £12 voluntary contribution per person for all of our Lunch Clubs. Don't forget to book your place with Terrie*



Former Carers Lunch

Wed 8th January from 12.30pm

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN

Mates with Plates & Ladies that Lunch

Wed 15th January from 12.30pm

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN

Once a month a group of gentlemen with Dementia, meet at Stafferton Lodge and, supported by our trained male Volunteers, they enjoy a good roast, and a chat with other 'chaps'.



While the men eat and talk their Carers are able to enjoy '**Ladies that Lunch**' in a separate part of the Restaurant; relaxing in the knowledge that their 'gentleman' is being looked after. It also gives them the opportunity to connect and share experiences with others carers



INFORMATION, ADVICE & SUPPORT

MOVES & GROOVES

An afternoon of tea and dance or a coffee if you prefer

The 'ADS' Moves and Grooves session is designed for People with Dementia and their Carers to get together for a fun social event where people can participate as much (or as little) as they like.

Whilst we encourage people to join in, we do understand that not everyone will want to, however, please come along as the music is guaranteed to cheer you up on a cold winter's day!

No need to book, please just turn up!

Ascot: 2pm - 4pm

3rd Thursday of the month

Next Session: **Thurs 16th January**

King Edwards Hall, King Edwards Road, Ascot.

SL5 8PD

Windsor: 2pm - 4pm 4th Thursday of the month

Next session: **Thurs 23rd January**

Gardeners Hall 213 St. Leonards Rd, Windsor SL4 3DR



OUT & ABOUT SERVICE

These weekly, days out with lunch are for ('ADS' pre-assessed) mobile people with early stage Dementia. We aim to not only provide some fun and a stimulating experience for People with Dementia, but also to offer some welcome respite for their Carers.

We request a £20 contribution towards each trip, which always includes refreshment, lunch, travel and admission or other charges (where applicable).

OUT & ABOUT CHRISTMAS WREATH MAKING



Please contact Sandra on 07593 661848 to find our further information the service and how to join the waiting list.

COUNCIL CONTACTS

RBWM Optalis
First Contact & Duty
Team: 01628 683744

Dementia Advisors:
01628 683715

**Slough Borough
Council Adult Care**
Service Access Team:
01753 475111
Press 1 for Social
Services

All Out of Hours
Access Team :
01344 786543

'ADS' CONTACTS

Terrie Hall **Senior Advisor**
07516 165647 terrie.hall@alzheimersdementiasupport.co.uk

Santok Modhvia **Multi Lingual Service Delivery Advisor**
07543 243613 santok.modhvia@alzheimersdementiasupport.co.uk

Hannah Deighton **Services Delivery Advisor**
07516 165665 hannah.deighton@alzheimersdementiasupport.co.uk

Sandra Williams **Out & About Service Co-ordinator**
07593 661848 sandra.williams@alzheimersdementiasupport.co.uk

Holly Clarke **Admin, Events & Marketing Specialist**
07513 762900 office.admin@alzheimersdementiasupport.co.uk

Postal Address

Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead Berkshire SL6 1JN

Shop Address

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire SL6 1JX 07707 531689

Website: www.alzheimersdementiasupport.co.uk
Email: info@alzheimersdementiasupport.co.uk
Facebook www.facebook.com/AlzheimersDementiaSupport
Twitter: [@ADSlocalsupport](https://twitter.com/ADSlocalsupport)
LinkedIn: www.linkedin.com/company/alzheimers-dementia-support
Dementia Awareness Training: office.admin@alzheimersdementiasupport.co.uk

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