

# 'ADS' Newsletter

Alzheimers  
Dementia  
Support  
Local support and guidance

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



**PAGE 3**



**'ADS' SERVICE ATTENDANCE & COVID-19**  
OUR MAIN PRIORITY IS KEEPING YOU SAFE

**'A KID'S GUIDE TO DEMENTIA'**

A SPECIAL BOOK TO HELP YOUNG PEOPLE UNDERSTAND DEMENTIA **PAGE 5**



[www.adscharity.com](http://www.adscharity.com)



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

# Note from the CHAIRMAN

Dear Friends of 'ADS',

Happy New Year to you all, I hope you had a pleasant time over the Festive period despite the ongoing restrictions. The team have enjoyed their well-deserved break over the Christmas week and are raring to go again with renewed enthusiasm to deliver our great Services for you to enjoy throughout the month(s) ahead. We are looking forward to 2022 at 'ADS' and we will be pulling out all the stops to provide you with as many safe service opportunities as possible.

In the month(s) ahead we are very excited to announce that due to an increase in demand, we are introducing 'Singing for Pleasure' sessions in Maidenhead, our ever-popular 'Alzheimer Café' is back again and 'Seated Exercises' in Langley are also being added to the offering. All of the details are contained in the appropriate section of this month's Newsletter, so don't miss out on these super Services. It's great to see that there is a need for us to increase opportunities for your enjoyment. We are delighted to respond and look forward to hearing your feedback on these sessions and to any other ideas you would like us to consider.

Have a safe month, take care of yourselves and look after each other.

Best wishes,



**David D. Jannetta**

Voluntary Chairman, Founder, MD & Trustee



Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support.

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IMPORTANT CONTACTS

Please contact us through one of our Advisors or by letter or email if you:

- Would like to be added to our distribution list
  - No longer want to receive our Newsletter
  - Wish to raise any concerns
  - Would like a copy of 'ADS' Privacy Policy
- 'ADS' Privacy Policy can also be accessed via <https://www.adscharity.com/wp-content/uploads/2020/06/ADS-Privacy-Notice-V1.pdf>

Disclaimer: 'ADS' does not promote or declare endorsement for any individual or organisation.

# 'ADS' news



## **IMPORTANT ANNOUNCEMENT: COVID-19 & 'ADS' SERVICE ATTENDANCE**

At 'ADS' we, at all times, remain as flexible as possible in the support of our Members, but also commit to taking the safety of our Members and Staff very seriously.

We have reviewed the latest local Covid figures and the announcements from the Government and have agreed on a set of Operating Rules for our Services. We hope that you see these as protecting our Service Attendees while enabling our Services to continue.

### **SERVICE ATTENDEES MUST:**

- wear a mask at all times (a face shield may be worn in addition to, but not instead of a mask)
- take a Lateral Flow Test (LFT) within 24 hours of attendance
- exceptions can only be made under exceptional circumstances, by prior discussion with the 'ADS' Team and will be recorded on our Member Database. Those who attend under these exceptional circumstances will be physically distanced from other Service Attendees.

### **Should any potential Service Attendee be in contact with someone who has tested positive for Covid:**

- please do not attend 'ADS' Services until evidence can be produced of:
- a clear PCR test taken between days 5-8 from the contact and
- a negative Lateral Flow Test taken within 12hrs hours prior to attendance

### **THE 'ADS' TEAM WILL:**

- continue with the increased levels of cleaning at venues
- create social distancing space at all services
- wear masks and adhere to hand-washing protocols
- update these Service Operation Rules as needed
- continue to support our Members as much as possible within safe limits for all concerned

We will have some masks with a clear panel available for purchase for £3.

Do please contact a member of the 'ADS' Team should you have any concerns or questions.

Thank-you for helping us to continue to put the safety of our Members first.

Please note that this procedure came into effect on Monday 13th December 2021 and it is subject to change as we adapt to developments in the spread of Covid.

# Worldwide news



## **A NEW STUDY SAYS CATARACT SURGERY ASSOCIATED WITH LOWER RISK OF DEMENTIA**

New research led by the University of Washington School of Medicine in Seattle suggests cataract surgery may be associated with a significantly lower risk of developing Dementia among older adults.

The study included data from more than 3,000 Dementia-free participants with cataracts or glaucoma.

Researchers followed up with participants every two years and noted when Dementia symptoms or Alzheimer's presented themselves. Of the 3,038 participants, 853 developed Dementia, including 709 with Alzheimer's.

After analyzing the data, researchers found that participants who underwent cataract surgery had nearly 30% lower risk of developing Dementia compared with those who did not have the procedure. The study also found that the reduction of risk continued for at least a decade following surgery and was associated specifically with the lower risk of Alzheimer's.

While the research did not directly link cataract surgery to lessened Dementia risk, researchers hypothesize that the lower risk may be associated with higher quality sensory input from the eyes to the brain after cataract surgery.

Source and full article: <https://bit.ly/321dAWA>



## **SCIENTISTS IDENTIFY MALFUNCTIONING BRAIN CELLS AS A POTENTIAL TARGET FOR ALZHEIMER'S TREATMENT**

For the first time, scientists have identified a rare population of potentially toxic senescent cells in human brains that can serve as a target for a new Alzheimer's disease treatment.

Research conducted by Orr in 2018 found that senescent cells accumulated in mouse models of Alzheimer's disease where they contributed to brain cell loss, inflammation and memory impairment. When the researchers used therapy to clear the senescent cells, they halted disease progression and cell death.

Source and full article: <https://bit.ly/3GAHvea>

# A Kid's Guide to Dementia

Back in August 2020, we launched our special book 'A Kid's Guide to Dementia', written by 18-year-old author Tegan Harris who has kindly donated all proceeds of sale to 'ADS'.

Available as a paperback from our Charity Shop in the High Street, to purchase online from our new website, or as an e-book downloadable from Amazon, 'A Kid's Guide to Dementia' is the culmination of 2 years of work for Tegan.



'A Kid's Guide to Dementia' is primarily for 8-11-year-olds to help them understand what to expect when someone they are close to develops Dementia, however, adults new to Dementia can also find it very useful. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.

The book is a part of the new Youth Initiative 'ADS' is developing to educate young people about Dementia. This exciting new initiative is aimed at identifying and extending our current support network to an ever-growing number of young Carers in our community. We will keep you updated through our newsletter and social media.



If you would like to learn more about Dementia, you can buy our book as a Paperback copy or as a Kindle edition directly from our website: [www.adscharity.com/kids-guide/](http://www.adscharity.com/kids-guide/) and choose which version you would like to have.

Or if you are visiting our High Street Maidenhead Charity Shop, you can buy it from there.



Our Charity Shop is right on the High Street, making 'The Shop Zone' an amazing opportunity to promote your Company to our local community.

Take over a window and an area in our shop to display your donations and let Maidenhead know about you and how you are supporting us.

If you would like to know more, contact Andreea at [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk).



# Special Thanks to...

The Students and Staff of Berkshire College of Agriculture who made our final session of the year extra special with snacks and a wonderful set of carols from the students from the Performing Arts course.  
We look forward to seeing you all again in the New Year!



On Sunday 5 th December Slough Masons held a Christmas lunch for Slough Carers. We were invited to a Christmas lunch with all the trimmings.

A big thank-you to Gary & Suzanne Mason who organised this event and to the catering team at Slough Masonic Centre for a wonderful meal with good company.



## "Thank You" for your support & donations...

We can't thank you enough for all your support and for your trust in our Services and Guidance for the local community!

KEITH CHILD  
WIN TREADWELL  
C A MCKENNA  
NOOR SINGH

GAYNOR SADLO  
ANGELI JALIF  
EDNA DOWSET  
PHILIPPA TREACY

ANNA ROADS  
JACKIE DAUNCEY  
CATHERINE MOSS  
SARA HAMPTON

SUNNINGDALE BAPTIST CHURCH

JOEL'S PLACE CHURCH SUNNINGDALE

### Donations in memoriam

CHITHRA RAJAPAKSA  
PHILIP GREEN

MARY PRATT  
PATRICIA LOWE

# Out & About

by Sandra Williams  
Out & About Service Coordinator

The Pandemic has impacted us all, in many ways that none of us could ever have anticipated. Out & About did not go untouched. Whilst I anticipated a change in attendees, I never expected such a dramatic change. As we rebuild the Service, we have welcomed many new faces, full of enthusiasm and open to experiencing new opportunities. I also never anticipated so many venues we loved to visit or providers who came to us, to sadly fold. Other venues have yet to reopen and my wish for 2022 is that they open soon. I hold onto the saying "there is always a silver lining in a cloud". We have become very creative and my new colleague, Denise, has helped in coming up with some new ideas, keeping us busy in November and December.



One of the December highlights was making Apple & Cranberry Chutney. I must admit that inspiration came late but it was worth waiting for! Apples and ginger were chopped before being added to the pan with apple cider vinegar, sugar, star anise, cinnamon sticks and mixed spice.

It was a truly sensory experience, as we stood in solidarity around the hob, gazing at this bubbling pulp whilst immersing ourselves in the festive smell. When the cranberries were added, we each took a turn to stir and make a wish. I hope that each wish comes true.

2021 concluded with our joint O&A Christmas lunch, enjoyed by everyone who attended. Lunch was delicious, served in a private dining room with beautifully laid tables at Maidenhead Golf Course.



Pouring of our chutney required intense concentration and was a satisfying experience. Once cooled we decorated the jars.

"Out & Abouters" gave each O&A Volunteer a jar of their Apple & Cranberry Chutney, as a small token of thanks for their support in delivering this Service. Without our dedicated Volunteers Out & About could not operate.

2022 beckons with two new venues already in the programme, as we search for more. The Windsor Service will recommence with a visit to Windsor Castle where there is a new learning centre offering reminiscence sessions. In the year of our Queen's Diamond Jubilee, it seems appropriate to choose Her Majesty, The Queen, as the topic for our first session.

There are a few places available on the Windsor Service which meets in Dedworth. If you are interested in benefitting from this respite Service, which promises days full of fun and laughter for a loved one with Dementia, please do get in touch with Sandra at 07593 661848 or Denise at 07516 165665.

# Information, support & advice

Alzheimers Dementia Support 'ADS' exists solely to provide a wide range of high quality, varied and enjoyable services whilst giving companionship, support, advice, information and sign-posting to as many people with Dementia, their Carers and Families as we possibly can within the local communities of Windsor, Ascot, Maidenhead, Slough & Langley.



This wouldn't be possible without our amazing 'ADS' Advisors!



**TERRIE HALL**

Senior Dementia Advisor

Terrie is committed to guiding and supporting People with Dementia and their Families.



**SANDRA WILLIAMS**

Out & About Service Coordinator

Sandra is specialised in delivering meaningful activities for People with all stages of Dementia.



**SANTOK MODHVADIA**

Multi Lingual Service Delivery Advisor

Santok is passionate and dedicated to helping Carers and their loved ones.



**DENISE DAVIES**

Service Delivery Advisor

Denise is dedicated to making a difference with those living with Dementia.



**RACHEL SPENCER**

Service Delivery Advisor

Rachel is devoted to helping People with Dementia and their Carers and Families.

**Charity  
of the year!  
2022**

Could Alzheimers Dementia Support 'ADS' be your Charity of the Year for 2022?

Together we can create an important impact on the lives of People with Dementia, their Families and Carers.

Please contact Andreea at [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk) if you would like to discuss further details.



# 'ADS' Services News

## LAUNCHING NEW SERVICES STARTING THIS MONTH

Due to the high demand for our Services, we are now opening new sessions available to our Members. We want everybody to be able to join our Services, so we hope that having new locations added to our Services Directory, it will be easier for you to access them.

### Starting this month, we have opened the following new Services:

**SEATED EXERCISES** in **LANGLEY** - more information on page 13.

**SINGING FOR PLEASURE** in **MAIDENHEAD** - more information on page 14.

**ALZHEIMER CAFÉ** - more information below and on page 15.

From February, we are also launching a new activity part of the Lunch Clubs - **THE MEMBERS LUNCH** which will take place in **MAIDENHEAD**. More information is on page 15.

On Monday, 31st January, we are organising a New Year Lunch!  
Find more details on page 11.



## Alzheimer Café re-launch

We are happy to announce that we are re-launching the Alzheimers Café Service.  
**The next session will take place on 17th January, 19:00 - 21:00.**  
Our special guest & speaker is Belinda Dixon, Senior Dementia Advisor, Optalis.

Venue details: Dedworth Green Baptist Church, Smiths Lane, Windsor SL4 5PE.  
No booking required. Just turn up and enjoy. Refreshments are available.



## Hayling Island weekend break

### JOIN US IN MAY 2022 FOR OUR NEXT TRIP

We have already started to plan the next trip so mark your calendars because we are going to Hayling Island again on **20th - 23rd May 2022!**

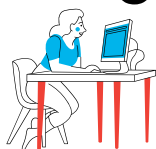
This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.



If you would like to join us, please give Terrie a call on 07516 165647 to find out more information.

# Our Getting Together Services

## JANUARY CALENDAR



WED	5th	10:00	MAIDENHEAD	FAB - FUN AT BCA	
WED	5th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC	
THU	6th	13:30	ASCOT	SEATED EXERCISES	
FRI	7th	10:30	ASCOT	SINGING FOR PLEASURE	
MON	10th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES	
MON	10th	13:00	LANGLEY	SINGING FOR PLEASURE	
MON	10th	13:30	ZOOM	SINGING FOR PLEASURE	
TUE	11th	10:30	LANGLEY	SEATED EXERCISES	<b>NEW</b>
TUE	11th	13:00	WINDSOR	SINGING FOR PLEASURE	
WED	12th	10:00	MAIDENHEAD	FAB - FUN AT BCA	
WED	12th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC	
WED	12th	13:00	MAIDENHEAD	SINGING FOR PLEASURE	<b>NEW</b>
THU	13th	13:30	ASCOT	SEATED EXERCISES	
FRI	14th	10:30	ASCOT	SINGING FOR PLEASURE	
MON	17th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES	
MON	17th	13:00	LANGLEY	SINGING FOR PLEASURE	
MON	17th	13:30	ZOOM	SINGING FOR PLEASURE	
MON	17th	19:00	WINDSOR	ALZHEIMER CAFÉ	<b>NEW</b>
TUE	18th	10:30	LANGLEY	SEATED EXERCISES	<b>NEW</b>
TUE	18th	13:00	WINDSOR	SINGING FOR PLEASURE	

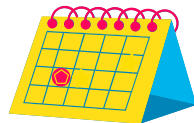
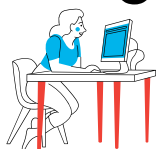
### IMPORTANT!

The 'ADS' Services are organised keeping in mind the safety of everybody in terms of COVID-19.

This calendar is subject to change in case of updates to the Covid Roadmap.

# Our Getting Together Services

## JANUARY CALENDAR



WED	19th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	19th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	19th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	19th	13:00	MAIDENHEAD	SINGING FOR PLEASURE <span style="background-color: red; color: white; padding: 2px;">NEW</span>
THU	20th	13:30	ASCOT	SEATED EXERCISES
FRI	21st	10:30	ASCOT	SINGING FOR PLEASURE
MON	24th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	24th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	24th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	25th	10:30	LANGLEY	SEATED EXERCISES <span style="background-color: red; color: white; padding: 2px;">NEW</span>
TUE	25th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	26th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	26th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
WED	26th	13:00	MAIDENHEAD	SINGING FOR PLEASURE <span style="background-color: red; color: white; padding: 2px;">NEW</span>
THU	27th	13:30	ASCOT	SEATED EXERCISES
THU	27th	14:00	WINDSOR	MOVES & GROOVES
FRI	28th	10:30	ASCOT	SINGING FOR PLEASURE
MON	31st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	31st	13:00	LANGLEY	SINGING FOR PLEASURE
MON	31st	13:30	 ZOOM	SINGING FOR PLEASURE

**New Year Lunch**  
MONDAY 31 ST JANUARY, 2022

We are organising a special 2-course lunch, including tea and coffee, to celebrate the New Year and YOU are invited to join us!

Venue: Maidenhead Golf Club, Shoppenhangers Road, Maidenhead SL6 2PZ.  
Cost £TBC per person. Places are limited, so please contact Terrie on 07516 165647 to book your place.

# Getting Together

## DETAILED INFORMATION



**Fun at  
Berkshire College  
of Agriculture**

This FABulous 'ADS' Service was created especially for People with Dementia and their Carers. We have a unique partnership with Berkshire College of Agriculture who are offering us their full support in the creation and delivery of this new project.

This Service is delivered by the students, with the activities customised to each person, including the supported use of crafts, cooking, games and a magic table. The sessions end with a short sing-along.



The FABulous Service - Fun & Activities at BCA is a part of the students' curriculum, giving them the opportunity to build up their practical experience. With their teachers' support, but also with the help of the 'ADS' Team, they are in work with the People with Dementia and their Carers during the entire session.

This Service takes place at the Berkshire College of Agriculture new Health Science Building. The entire venue is Dementia friendly and includes:

- Easy access & parking
- Lift
- Activity rooms
- Café
- Adapted kitchen & life-skills room
- Private conversation room



Carers are able to join in the Service or take some time to chat with the other Carers or with the students in an on-site Café. They can also have private discussions with the 'ADS' Advisors, or even take a walk in the surrounding beautiful grounds.

**We meet each Wednesday from  
10:00 to 12:00.**



Pre-booking is essential as the number of participants is limited. This is not a drop-in Service, so if you would like to join please contact Terrie Hall on 07516 165647 or via e-mail at [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk).

# Getting Together

## DETAILED INFORMATION



### Connection Café

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.

#### MAIDENHEAD

**Mondays 10:00 – 12:00**  
Methodist Church, High Street  
Maidenhead, SL6 1EF

Sometimes our Cafés just serve tea, coffee with the opportunity to chat with the others, but we often have activities taking place throughout the sessions including the very popular Seated Exercises.



### Seated Exercises

There is no dress code, just come as you are, the exercises are simple to do, fun and will give your muscles a gentle but firm workout.

#### MAIDENHEAD

**every Monday from 11:00 – 11:45**  
Methodist Church, High Street  
Maidenhead, SL6 1EF

#### LANGLEY

**every Tuesday from 10:30 – 11:45**  
St Francis Church, London Road  
Langley, SL3 7LN

**NEW**

#### ASCOT

**every Thursday from 13:30 – 14:45**  
King Edwards Hall, Chapel of St  
Mary & St John  
King Edwards Road,  
Ascot, SL5 8PD



Advice, information and private 1:1 discussions with 'ADS' Advisors are always available on all aspects of Dementia.

For further information about any of these Services,  
please contact Terrie on 07516 165647.

# Getting Together

## DETAILED INFORMATION



**Singing  
for Pleasure**  
ALSO ONLINE EVERY  
MONDAY

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! Just come and join in and experience the joy singing brings to People with Dementia.

### LANGLEY

**Mondays 13:00 – 14:30**

St. Joseph's Room, Holy Family Church,  
226 Trelawney Ave, Langley SL3 7UD

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

### WINDSOR

**Tuesdays 13:00 – 14:30**

All Saints Church, Dedworth Road  
Windsor, SL4 4JW



**NEW**

### MAIDENHEAD

**Wednesdays 13:00 – 14:30**

Cox Green Community  
Centre, 51 Highfield Lane, Cox Green,  
Maidenhead SL6 3AX

### ASCOT

**Fridays 10:30 – 12:00**

King Edwards Hall  
Chapel of St Mary & St John  
King Edwards Road, Ascot, SL5 8PD

We also run this Service ONLINE on Mondays from 13:30. Every Monday morning we will be emailing our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.



**Moves &  
Grooves**

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 and brighten your day!

### WINDSOR

**4th Thursday of the month**

**14:00 – 16:00**

Gardeners Hall 213 St. Leonards Rd  
Windsor SL4 3DR



For further information about any of these Services,  
please contact Terrie on 07516 165647.

# Getting Together

## DETAILED INFORMATION



### Alzheimer Café **NEW**

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.

Our regular monthly (Admission Free) Café welcomes not only People with Dementia, 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 to our Guest Speaker and to Health Professionals and Representatives from 'ADS'.

**We meet every 3rd Monday of the Month from 19:00 – 21:00.**

For our next session, the special guest & speaker is Belinda Dixon, Senior Dementia Advisor, Optalis. We'll meet at Dedworth Green Baptist Church, Smiths Lane, Windsor SL4 5PE.



### Lunch Clubs

#### **MATES WITH PLATES & LADIES THAT LUNCH**

Mates with Plates and Ladies that lunch takes place on the 3rd Wednesday of the month from 12:30 to 14:15pm. We meet at The Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

Mates with Plates is a lunch for gentleman with Dementia. This is supported by our male volunteers. While the gentlemen are enjoying their talking about male type pursuits the ladies are enjoying lunch in another part of the restaurant. This gives the ladies an opportunity to connect with each other.



#### **MEMBERS LUNCH**

We meet every 2nd Wednesday of the month starting Wednesday 9th February from 12:30 to 14:15 Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN

**NEW**

All our lunches are to be booked in advanced by calling Terrie on 07516 165647. We ask for a voluntary donation of £13.00 per person.

# Getting Together

## DETAILED INFORMATION



### ASIAN LANGUAGE & CULTURAL SERVICES

We have designed specific Services for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through stimulation and gentle exercise.

#### AAP KE SEHAT SANGEET KE SANG *Wellbeing through music*

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.



#### WARZISH TAAL KE SAATH *Moves to melody*

Music and dance are recognised as helping People with Dementia. A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.



Sessions are held every Wednesday from 13:00 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN.

Please check the Services Calendar from pages 10-11 for more details.

For more details about the Asian Services, please contact Santok on 07543243613.



# Getting Together

## DETAILED INFORMATION



### Out & About

Out & About is a respite Service, providing stimulating and fun days out for able People with early-stage Dementia, who are still active.

The Service is designed to give Carers a welcome and much needed break.

There are 8 places on each Service. Places are assigned after a successful assessment. In Maidenhead, we meet every Tuesday and in Windsor, every other Thursday. Our programme is very varied, providing the opportunity to do things you have done in the past, or perhaps have a go at something new. Lunch is included, whether it be a picnic or a meal at a pub or restaurant.

To be eligible to take part in this respite Service, you must:

- Have been diagnosed with early-stage Dementia
- Be mobile. We don't do hikes, but you must be able to participate in a general stroll
- Commit to using the allocated space on a regular basis
- Be able to manage the steps of a minibus
- Be able to manage your own personal care
- Have transport to and from the service.

The Service is led by Sandra Williams, our Out & About Service Co-ordinator, supported by a team of dedicated and experienced Volunteers, whom all have enhanced Disclosure and Barring Certificates.

The many venues we visit, are all risk assessed, mindful of the individual needs of each attendee.



For further information about the Service and/or to put your name down on the waiting list, please contact Sandra Williams on 07593 661848 or via email at [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

The Service is heavily subsidised by 'ADS'. We request a £25 donation, which includes refreshments, lunch, travel and admission charges.

There is a waiting list for this popular Service, so please put your name down AS SOON AS POSSIBLE!

# Signposting



Berkshire Birds of Prey have kindly offered to meet our members and to introduce them to their wonderful birds: 10 birds, including owls, falcons and hawks.

You can meet the birds of prey up close and learn about their habits and habitats, falconry history and equipment.

Their display will take place on Wednesday, 16th February from 10:45 to 12:30 at the Methodist Church, High Street, Maidenhead SL6 1EF.  
Refreshments are available.

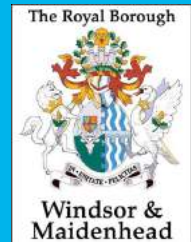


To register your interest and book your place, please contact Terrie on 07516 165647.

## Windsor, Ascot and Maidenhead Social Prescribing Service

Social prescribing helps you explore extra services in your community that may support you to improve your health and sense of wellness. These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support



If you would like to get in touch with a Social Prescriber you should request a referral from your healthcare provider. The Social Prescriber will contact you by telephone within 5–7 working days to discuss the referral with you and further steps.

## ATTENDANCE ALLOWANCE INFORMATION

Attendance Allowance is a non means tested benefit for a person who is state pension age or older and has a long-term illness or disability.

**There are 2 different rates of allowance:**

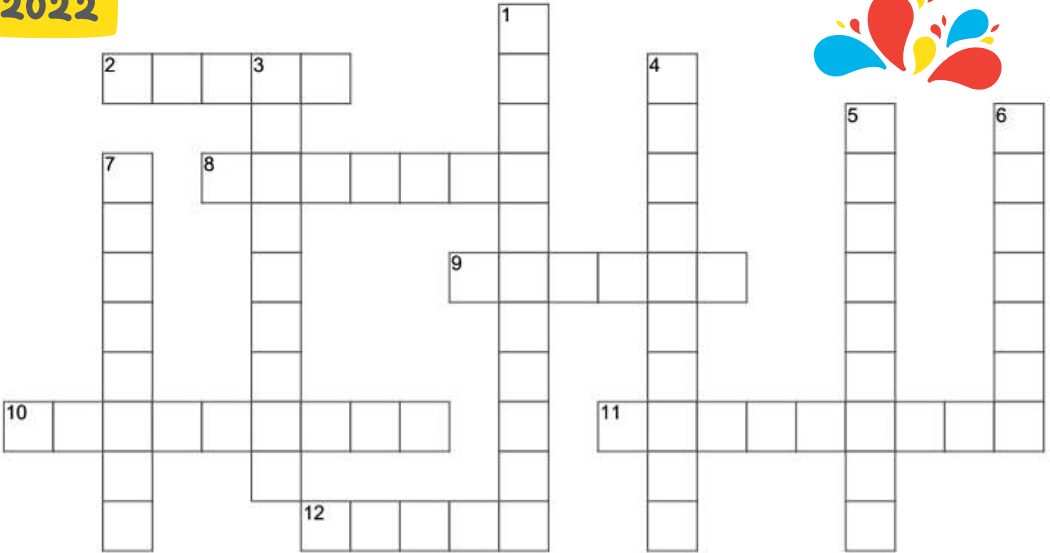
- £59.70 per week if you need frequent help or supervision throughout the day
- £89.15 per week if you need help or supervision during day and night or if you are terminally ill

You can download a form on the GOV.UK website or obtain a claim form by calling 0800 7310122. Lines are open 9.30–3.30 Monday to Friday.



# Happy New Year!

## PUZZLE PAGE



### ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

### DOWN

1. January 1st.
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.



Why should you put your new calendar in the freezer?

To start off the new year in a cool way.



# Important 'ADS' Contacts

## **TERRIE HALL**

Senior Dementia Advisor

07516 165647

terrie.hall@alzheimersdementiasupport.co.uk

## **SANTOK MODHVADIA**

Multi Lingual Service  
Delivery Advisor

07543 243613

santok.modhvadia@alzheimersdementiasupport.co.uk

## **SANDRA WILLIAMS**

Out & About Service  
Co-ordinator

07593 661848

sandra.williams@alzheimersdementiasupport.co.uk

## **DENISE DAVIES**

Service Advisor

07516 165665

denise.davies@alzheimersdementiasupport.co.uk

## **RACHEL SPENCER**

Service Advisor

07706 324372

rachel.spencer@alzheimersdementiasupport.co.uk

## **DEE ALLGOOD**

Membership & Funding  
Specialist

07884 055419

funding@alzheimersdementiasupport.co.uk

## **ANDREEA MOISĂ**

Marketing & Events  
Specialist

07513 762900

marketing@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 531 689

**Council contacts**

### **RBWM Optalis**

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

### **Slough Borough Council Adult Social Care**

Service Access Team: 01753 475 111 (press 1 for Adult Social Care)

### **All Out of Hours Access Team**

01344 786 543



Would you like to receive  
our ADS' monthly  
Newsletter by email?

**REGISTER ON OUR WEBSITE:**

**[WWW.ADSCHARITY.COM/REGISTRATION/](http://WWW.ADSCHARITY.COM/REGISTRATION/)**

**'ADS' at a glance**

## **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 & surroundings.