

Newsletter February 2020

Our Newsletter, Information & Updates

SENSORY ACTIVITY EDITION



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 office.admin@alzheimersdementiasupport.co.uk

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Special Guest <i>Belinda Dixon - Optalis "Support for Carers & families living with #Dementia in RBWM"</i>	
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NOTE FROM THE CHAIRMAN

Hello All,

I sincerely hope that you've had a pleasant month.

As you will read in this edition, we are highlighting a very important area of our Services - sensory activities. Over the years we have recognised the huge sensory value to be gained through attending our 'Singing for Pleasure' and 'Seated Exercise' sessions.

This month at our Connection Cafés we will be offering at our Connection Cafes the added element of hand massage (touch), essential oils diffusers promoting a calm and relaxing atmosphere (smell) and sensory trays (for both sight and touch). You will also be able to learn about the benefits of sensory activities you can do at home in this month's newsletter.

I hope that you will enjoy reading our special features and really interesting articles. Be sure to come along to as many of our other 'ADS' Services as you can and join in the fun with your friends.

We really hope that you have a great time and remember that our great 'ADS' team are always on hand to welcome you when you attend.

Have a good month.

Best wishes.

David

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



IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

IN MEMORIAM

ROY SQUIRE

BUVADAS SHOURIE

MOHINDER HANSPAL

PAULINE HURDWELL

RONALD WILLIAMS

GEOFFREY ATKINSON

DONATIONS

Marion Gurney

Jean Wallis

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Win Treadwell

Mary Waxman

Jean Mexter

Carol King

Jean Gould

Dorcas Edwards

Bob Hickmot

Louis Baylis Charitable
Trust

Nationwide, Maidenhead

Catholics Women's
League

Burnham Section

Our Lady of Peace Church

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.

Previous Articles

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

Full Article:
<https://bbc.in/355z1ti>

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

Full Article:
<https://bit.ly/2FAMPAl>

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

Full Article:
<https://tinyurl.com/saflokW>

Dementia-Friendly 'prefab' homes coming to the UK to help house ageing population



The concept was the brainchild of the founder of Swedish furniture giant Ikea, Ingvar Kamprad, before his death and could be the answer to Britain's Dementia crisis

To read more visit: <https://bit.ly/39V3BbW>

What it's like to find out you have Dementia at 50

Debbie Williams from Caerphilly was diagnosed with young onset Dementia in 2018 at the age of 50, though she had symptoms for a few years leading up to that diagnosis.

She is a mother of three children, all aged in their 20s, and lives with her husband Steve, 51. Debbie, who worked at a school, recalled her experience leading up to the diagnosis.



To read more visit <https://bit.ly/2QEfsJW>

NHS Boss Cheers on Football Clubs tackling Dementia



Football clubs in England that have set up schemes to get people living with Dementia active and reconnected to their communities. Premier and English Football League teams have encouraged older people to get moving in

organised activities such as walking football and dancing

To find out more visit: <https://bit.ly/35CUeKy>

FUNDRAISING

Shop Zone

Your opportunity: to take over a window and a Zone in our Charity Shop in Maidenhead High Street for a week to raise funds and advertise your support.

Gather: Donations of Clothes, Jewellery, Collectables from Employees and Members.

Labels: 'ADS' Shop Team can help you to price the items

Signs: We will include signs with 'Shop Zone by (your organisation's name)'



Promote: We will promote before & during your shop zone week on our social media



Celebrate your Total Raised:

We will also add a code to monitor your 'income' and let you know how much you have raised for 'ADS'.

If you would like to set up a Shop Zone please speak to Cathy our Shop Manager, one of the Advisors or email 'ADS' at the following email address: office.admin@alheimersdementiasupport.co.uk

March Women's Accessories Week

March 8th is International Women's Day & our March newsletter will be our Women's Edition.



(our Men's edition is due in August).

To celebrate, the 'ADS' shop will be hosting 'Women's Accessories Week' from March 9th until March 16th.

Please make a note in your diary to visit us to shop and treat to treat yourself from our range of fabulous handbags, jewellery, hats and scarves. Maybe even pick something fantastic for Mother's Day!



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/Alheimers-Dementia-Support-'ADS'/150391>

JustGiving
Support one of the 'ADS' Fundraisers by making a donation on their page.
To see who is fundraising:
<https://goo.gl/bBMVB7>

DID YOU KNOW?



WHAT ARE OUR 5 SENSES



Regular, compassionate touch is said to:

- Help fight stress-induced illness
- Satisfy the craving for human touch
- Balance the nervous system
- Provide positive non-verbal communication
- Relieve pain
- Increase empathy and understanding
- Provide a strong display of love and support



SENSORY

Sensory activities can be very calming for someone living with Dementia who may experience agitation or anxiety. Soothing music and smelling a familiar scent can both help to reduce agitation and encourage relaxation, helping to improve the overall well-being and quality of life for that individual.



Sensory activities are designed to engage the senses in natural and creative ways, which can be extremely powerful for those with conditions which affect memory or cognitive ability. Sensory stimulation can encompass a variety of Dementia friendly activities from taking a walk outside and enjoying the feeling of the sun and scent of the flowers, to cooking, listening and singing to music or even looking through old photographs.



Music and memory is a powerful connector. Music lights up emotional memories – everyone remembers songs from their past – the first kiss, the song at a wedding, seeing their parents dance and we often use music to remember people at funerals.

Music can have many benefits in the setting of dementia. It can help reduce anxiety and depression, help maintain speech and language, is helpful at the end of life, enhances quality of life and has a positive impact on Carers.

Musical memory is a form of implicit memory, usually hardwired into the brain unless prone to the changes in the brain which usually herald Dementia. There is evidence from scientific studies that listening to music lights up the brain in many places, reaching the parts that others can't.

Touch is important for everyone; it is an essential part of our well-being. From the moment we are born, a gentle touch calms us and lets us know that someone cares. For the elderly, the healing power of human touch cannot be underestimated. Unfortunately, many seniors do not experience the simple act of touch daily. This can exacerbate feelings of social isolation and depression.

A lack of human touch has psychological and emotional consequences. The touch elders seek is informal, emotional touch. Touch that conveys warmth, concern, security, encouragement, and comfort. The older we get, the greater we need for human touch. Regular, gentle touch given with warmth and attention can have a huge positive impact on the elderly.

Sources: www.theabbeyfield.com, www.englandnhs.uk

SIGNPOSTING

Signposting (to other service providers)

The full list of 'ADS' services for February 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

DATCHET CARERS GROUP

Datchet Day Centre, 2 Allen Way, off Green Lane, Datchet, Berks SL3 9HR

10.30am—12 noon

(Excluding January & August)

The group meets on the third Wednesday of each month

New Carers are warmly welcome.

There is no need to book, please just call in. Refreshments are available.

For further information please contact the group's organiser - Joyce Adams on 07940 576666.



A Reminder of previous Signposting

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, SL4 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



*Catch up with
friends and enjoy
the magic of film*

ODEON
FANATICAL ABOUT FILM

Let Odeon lead you into the magical world of film



The magic of cinema is timeless. ODEON Silver Cinema is a series of film screenings for guests who are over-55. Tickets are from £3 each and include tea, coffee and biscuits before your film.

Unwind and catch up with friends over aromatic tea & coffee & buttery biscuits as you get ready to be transported to another reality. **Visit:** www.odeon.co.uk/silvercinema/ to see what films are on each week at Maidenhead Odeon

SPECIAL EVENTS

'ADS' Summer Weekend Break-Away 2020



JUNE 5th - 8th 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.
- Single & Twin rooms available.



Please contact Terrie on 07516 165647 for further information.



QUIZ

- February gets its name from the word februa - which language does this word come from?
- What is the birthstone for February?
- How often does February have twenty-nine days?
- Which poet wrote a Red, Red Rose?
- The play Romeo & Juliet is set in which city?

Quiz Answers
A. Latin
B. Amethyst
C. Every four years
D. Robert Burns
E. Verona, Italy



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

*Tell us your
favourite jokes*

**What did one flame
say to the other on
Valentine's Day?**

We're a perfect match.

**Why do oars fall in
love?**

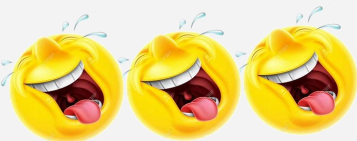
*Because they're
row-mantic*

**Why do melons have
to get married in
churches?**

*Because they
cantaloupe!*

**What kind of flowers
do you never give on
Valentine's Day?**

Cauliflowers



AND FINALLY THIS MONTH



The six acre garden is in a rural location centrally located between Bracknell and Maidenhead and features a 400 tree orchard, half acre vineyard, large polytunnel, three acres of cultivated ground and plans to develop a half acre sensory garden.

The JHCL mission is to create an environment which encourages and nurtures individuals and groups to learn, share and develop skills whilst maintaining a sustainable environment.

Volunteers, with or without horticultural experience, of all ages and backgrounds are welcomed, as well as groups, to enjoy activities such as growing food, maintaining flower beds and supporting local wildlife.

Community gardening activities have many therapeutic benefits, including increased self esteem and a feeling of belonging, promoting well being, healthy eating and exercise.



It also builds environmental awareness and helps support our local wildlife habitats.

Community First is a free opportunity for residents of East Berkshire to gain therapeutic benefits of gardening, meet new people and learn new skills.

The range of activities on offer varies from pruning, planting and propagating, to working in the orchard or vineyard, to woodwork and craft. Wet day activities are also available.

This opportunity is most beneficial to those over the age of 65, at risk of isolation, early retirees and People with Dementia.

Community First is based at Jealott's Hill Community Landshare, Wellers Lane, Warfield, Bracknell RG42 6BQ

To find out more email: jealottshilllandshare@gmail.com

Visit: www.jealottshilllandshare.org.uk

AND FINALLY THIS MONTH

OUT & ABOUT BUCKINGHAM PALACE JANUARY 2020



Twelve 'Out & Abouters', led by Out & About Service Co-ordinator and supported by 4 'ADS' Volunteers, saw in the New Year in style with a private visit to Buckingham Palace's State Apartments!

We met at the earlier hour of 9.00 a.m. to ensure we were on time for our tour. On arrival we were warmly greeted by Palace staff who led us through security; no jostling in queues or hand-sets for us! With a personal Guide, supported by a team of wardens, we moved through the rooms; one 'Out & About' gasped "each room just gets better".

We learned about Palace's history. From its purchase as 'Buckingham House' by King George III in 1762 from The Duke of Buckingham, followed by 12 years of major renovations. Further extensions by Queen Victoria, provided a larger ballroom plus nurseries for her 9 children.

How regal we felt walking up The Grand Staircase. With feet sinking into the deep pile of the luxurious red carpet, eyes drawn upwards to the exquisite gilded ceilings with their magnificent chandeliers we imagined what it was like with all that wax dripping on you and (apparently) smoky from all the burning candles! Our Guide selected a few paintings to talk about, including a new portrait of the Queen, with her dogs, which was commissioned by the Royal Mail for their Coronation Jubilee first class stamp series to celebrate the 60th Anniversary of the Queen's reign.

Continuing through The Throne Room, The State Dining Room (which takes 10 days to set up for a banquet), The Blue Drawing Room, The White Drawing Room (with its secret door to the private apartments), The Green Drawing Room and The Picture Gallery we took our seats in The Ballroom. We learned about a milkman in Leicestershire, awarded an MBE in 2010, who contributed to the capture of criminals whilst watching for suspicious behaviour on his rounds He had also befriended the elderly. Arriving for his investiture dressed as a Friesian cow, he was politely asked to remove his face paint and tail before being presented to Her Majesty who was amused, but would have preferred him to be dressed as a Jersey Cow in deference to the Royal Herds.

Buckingham Palace has its own Post Office, Cinema, Swimming Pool, 200+ domestic staff and holds 80 plus functions annually including four Garden Parties.

Our tour complete we lunched at Bag O Nails, tucking into traditional fare. Homemade fairy cakes, worthy of a Royal Warrant of Appointment, were served as 'pud' during our journey back to Maidenhead. It was a truly amazing day!



Buckingham Palace



OUR SERVICES CALENDAR FOR FEBRUARY

Mon	3rd	10:00 -12:00	Maidenhead	Connection Café: Seated Exercise from 11.15 am.
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	4th	13.00-14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	5th	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 Belinda Dixon, Senior Dementia Care Advisor - Optalis. 'Living with Dementia within the Royal Borough'
Thur	6th	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Singing For Pleasure
		1.30 - 16.00	Wexham Park Hospital	Singing in Hospital
Fri	7th	10:30 -12:00	Ascot	Singing For Pleasure
Mon	10th	10:00 -12:00	Maidenhead	Connection Café
		12.30 - 14.30	Birds Hill Golf Centre	New Years Lunch
Tue	11th	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	12th	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke San
Thur	13th	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Connection Cafe
Fri	14th	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

OUR SERVICES CALENDAR FOR FEBRUARY

Mon	17th	10:00 - 12:00	Maidenhead	Connection Café: Seated Exercise from 11.15 am.
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	18th	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café:
Wed	19th	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke Sang
		12.30 - 14.15	Maidenhead	Mates with Plates / Ladies that Lunch
Thur	20th	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Singing For Pleasure
		14.00 - 16.00	Ascot	Moves & Grooves
		1.30 - 16.00	Wexham Park Hospital	Singing in Hospital
Fri	21st	10.30 - 12.00	Ascot	Singing For Pleasure
Mon	24th	10.00 - 12.00	Maidenhead	Connection Café: Seated Exercise from 11.15 am.
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	25th	13.00 - 14.30	Langley	Connection Café:
		13.00 - 14.30	Windsor	Singing For Pleasure
Wed	26th	12:30 - 14:30	Langley	Warzish Taal Ke Saath
Thur	27th	10.30 - 12.00	Maidenhead	Connection Cafe:
		10.30 - 11.45	Ascot	Seated Exercise
		14.00 - 16.00	Windsor	Moves & Grooves
Fri	28th	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!

Alzheimers
Dementia
Support
Local support and guidance



Alzheimer Cafe U.K.



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,

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

Please contact
Terrie
for an
appointment
T: 07516165647

INTERVIEW - ANTHONY MACKEY



"We are all very pleased to welcome Anthony to the 'ADS' Team".

Anthony Mackey joined 'ADS' in November 2019 as Youth & Training Specialist. Anthony has worked as a Drama Teacher for 7 years and is also the co-Artistic Director of his own theatre training company. Anthony's theatre company operates to the three principles of Communication, Confidence and Creativity.

These key values have seen him successfully work with students both one-to-one & in groups. Anthony is looking forward to applying these principles to 'ADS' vital training programme as he very clearly recognises the importance, and need, to be able to connect with 'ADS' members on a one-to-one level as well as delivering training to larger groups.

Anthony has taught a range of age groups - from 6 years old to young adult. He will be utilising this experience with younger people as he heads up and leads 'ADS' exciting new youth programme; aimed at identifying and supporting those incredible young Carers in our community.

As part of this project, Anthony will also be looking at developing and delivering training in schools to support the 'ADS' plan to educate a whole generation making them better equipped to support those affected by Dementia now and in the future.

With the help of an incredible new book that 'ADS' will be releasing this year, our aim is to break down the stigmas and myths surrounding Dementia, providing more people with the confidence to support those affected in anyway they can. By being out in schools, connecting with possible young Carers, we hope to find more ways to support them and their families.

The 'ADS' training plan objective is to reach more and more people with our training, working with both local organisations and individuals to create a better understanding of Dementia across a wide area of the local community.

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?

Being a Volunteer Befriender for 'ADS' can make a real difference to someone's life & if you are interested in joining our existing Volunteer team, simply contact Terrie for an initial chat.

- All our Befrienders work in pairs - we will work with you & existing Befrienders to pair you & assign the person you will be befriending
- Full training & DBS check is provided by 'ADS' Depending on the person you are assigned we estimate that visits would be twice a month.

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



Bobbie, Tom & John

Our volunteer befrienders, Bobbie & John have been befriending Tom for around 6 months. They call in regularly to see him for a chat. They share jokes and stories and Tom looks forward to their visits.

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 5th February 7.30 - 9.30pm

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

Guest Speaker: Belinda Dixon

Senior Dementia Care Advisor at Optalis

Optalis are the providers of Adult Social Care for the Royal Borough of Windsor & Maidenhead

Belinda will be talking about the Dementia Advisor's role and the help and support they provide to Carers and families living with Dementia within the Royal Borough.

The Evening

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, 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.

ALZHEIMER CAFÉ JANUARY 8TH 2020



*Held on January 8th,
Guest speaker - Dr Chris Allen,
Consultant Clinical*

*Psychologist - Berkshire NHS
gave a talk about 'Emotions &
Caring for a Person with Memory
Loss'*



optalis
choices for living



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 Cafés just serve tea, coffee and a friendly chat, but we often have activities taking place throughout the sessions including the very popular Seated Exercises. February'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

Methodist Church, High Street, Maidenhead, SL6 1EF

Mondays 10.00 am -12.00 noon

On: 3rd, 10th, 17th & 24th February

Thursdays 10.30am - 12.00 noon

On: 13th & 27th February



SPECIAL ACTIVITIES

3rd & 17th February

Seated Exercise

10th February

Valentines Art & Craft

24th February

Essential oil diffuser &



Langley 1pm – 2.30pm on Tuesdays

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

On 4th, 11th, 18th & 25th February

SPECIAL ACTIVITIES

11th February

Valentines Tea

25th February

Essential oil diffuser &
10-minute Hand Massage



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
5th, 12th & 19th February
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.



Next session:
26th February
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 6th, 13th, 20th & 27th February
King Edwards Hall, King Edwards Road,
Ascot, SL5 8PD.



Refreshments at 10.30am followed by seated exercises at 11.00am.

Connections Café Seated Exercise Sessions

Check the Calendar to find out when Terrie will be running a Seated Exercise Session at Maidenhead.

There is no seated exercise sessions in February for Langley .

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: 3rd, 17th & 24th Feb

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

Windsor 1.00pm - 2.30pm on Tuesday afternoons

Session this month: 4th, 11th, 18th & 25th Feb

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

Maidenhead 10.30am -12.00pm on Thursday mornings

Sessions this month: 6th & 20th Feb

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

Ascot 10.30am -12.00pm on Friday mornings

Sessions this month: 7th, 14th, 21st & 28th Feb

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 5th February from 12.30pm

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN



Mates with Plates & Ladies that Lunch

Wed 19th February 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



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

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 20th February**

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

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

Next session: **Thurs 27th February**

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 LUNCH

*Held on December 17th, 2019
at Maidenhead Golf Club*



Please contact Sandra on 07593 661848 to find our further information about 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 Modhvadia **Multi Lingual Service Delivery Advisor**
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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: training@alzheimersdementiasupport.co.uk

If you wish to be added to our distribution list or no longer wish to receive our monthly newsletter, please contact one of our Advisors or by letter or email.

Disclaimer: Alzheimers Dementia Support (ADS) are supportive of our partner agencies and will, from time to time, pass on information related to our relevant field. We do not however promote or declare endorsement for any individual or organisation