

'ADS' Newsletter

Alzheimers 
Dementia 
Support 
MORE THAN 10 YEARS OF
Local Support & Guidance

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

FEBRUARY 2022



We are launching a new afternoon session for the 'Fun at BCA' Service

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'ADS' LUNCH CLUBS
LAUNCHING A MEMBERS LUNCH SERVICE

AN ADDITIONAL WEEKLY SESSION
OF FUN AT BERKSHIRE COLLEGE OF AGRICULTURE



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www.adscharity.com



AlzheimersDementiaSupport
alzheimers-dementia-support



adscharity
ADSlocalsupport

Note from the CHAIRMAN

Hello All,

I hope you have had a pleasant month despite the ongoing restrictions and inclement weather.

Our team have re-commenced many great Services for you to enjoy again and they have taken all necessary precautions to ensure your safety whilst you are in attendance. Why not get back into the habit of going along and sharing some quality time in the company of your friends. Read on for further information and service details in the relevant section of this newsletter.

We thought that this month it might be worth taking some time out to consider the importance of our loved ones and those who provide such unselfish care each day. Saying 'Thank You' for all of that unstinting support could make such a difference.

Even though care is given freely, it would be sad if we unwittingly appeared to be taking our loved ones and/or carers for granted. So whether you are a carer or being cared for, showing a little love in return goes a long way to let those closest to us know how much they mean to us and that they are appreciated. Why not make every day of the month a Valentine's day?

Stay safe, take good 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.

Worldwide news



DEMENTIA CASES SET TO TRIPLE BY 2050

Cases of Dementia are on the rise, having increased by 117% from 1990 to 2016. Globally, an estimated 57 million people were living with Dementia in 2019.

According to the recent Global Burden of Disease (GBD) study, which appears in The Lancet, this figure is expected to triple to an estimated 153 million in 2050.

The study is the first of its kind to provide forecasting estimates for 195 countries worldwide. The scientists aimed to improve current Dementia projections by including recognised Dementia risk factors, such as smoking, obesity, high blood sugar, and low education.

They predicted that cases in the United Kingdom would rise from 907,000 to nearly 1.6 million by 2050 and saw similar modest increases in the higher-income Asia Pacific region, with a predicted rise from 4.8 million to 7.4 million by 2050.

Source and full article: <https://bit.ly/3240X2I>



EXERCISE MAY PROTECT YOUR BRAIN EVEN IF YOU HAVE SIGNS OF DEMENTIA

A new study finds that exercise boosts levels of a protein known to strengthen communication between brain cells via synapses, which may be a key factor in keeping Dementia at bay.



The protective effect was even found in active older people whose brains showed signs of plaques, tangles and other hallmarks of Alzheimer's and other cognitive diseases.

Prior studies have shown that physical activity can reduce the risk of Dementia by 30% to 80%. A well-functioning brain keeps electrical signals moving smoothly through synapses from neuron to neuron and to other cells in the body. To do so, the brain needs to constantly replace worn-out proteins in those synapses, while also making sure they are properly balanced and regulated.

Source and full article: <https://cnn.it/3fujJ8e>

'ADS' news

♥
**VOLUNTEER
WITH
'ADS'**

Would you like to help us to make a positive impact on someone's life? Do you have some spare time you would like to Volunteer?

Join the 'ADS' Befrienders Volunteers team!

Being a Volunteer Befriender for 'ADS' can make a real difference to our Member's life, and bring you so much joy and fulfilment while doing so.

All our Befrienders work in pairs – our Team and our existing Befrienders will offer you full support to pair and assign you to the person you will befriending. We estimate that visits would be twice a month. Don't worry, the 'ADS' Advisors are offering the appropriate training and useful tips. They are also always available to help.



Please keep in mind that a DBS check will be necessary before starting to volunteer for 'ADS'. If you would like to help, please contact Terrie on 07516 165647 or at terrie.hall@alzheimersdementiasupport.co.uk.



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.

Highlights from the 'ADS' Charity Shop

Last month we had some fascinating items donated by one of our wonderful supporters. This genuine collection of Native American statues were an eye-catching addition to our shop window!



We were also fortunate in being donated an amazing Starcaster Fender guitar which quickly found a new owner. Someone must be very happy now playing this rare beauty.

As you can see, we often have interesting items to sell, so it's definitely worth paying us a visit from now and then to look for other goodies.

Do you have some special items you would like to donate to us? Please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

When someone you love is diagnosed with Dementia, it can be a difficult and confusing time for everyone. This book was written to try to answer your questions and give advice on what you can do to help. It includes facts, explanations, and fun activities that can be read in sections, alone or with a parent.



Grab your paperback copy or the Kindle edition here:
www.adscharity.com/kids-guide/.

One-to-One discussions



The 'ADS' Advisors are always there for one-to-one discussions for People living with Dementia. You can either organise a meeting in-person during one of our Services or if you would prefer, it can be online via Zoom.

Please be assured that all the discussions are private and confidential, so don't hesitate to reach out to us.

To organise a session at a convenient time for you, please contact Terrie on either 07516 165647 or at terrie.hall@alzheimersdementiasupport.co.uk

Special Thanks to...

We would like to sincerely thank Maidenhead Golf Club for deciding to continue working with us and supporting our Charity throughout 2022.

We are very thankful that MGC members felt that 'ADS' makes a difference in the local community. Based on their fantastic feedback, Maidenhead Golf Club has chosen us again as its **Charity of the Year**.



Mike Hurst, Joanne Holde, and Ben Marshallsay are the new Captains for this year and we wish them good luck with all their projects. We cannot wait to be part of them too!

Maidenhead Golf Club has a full year of activities planned together with some great fundraising opportunities, so make sure you check their website regularly to stay up-to-date with everything: www.maidenheadgolf.co.uk!



"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!

ANNA ROADS
MERCIA HYLAND
MERRIK BOUSFIELD

MICHAEL DAVIES
MICHELE HARRIS
NICK BRANDON

PATRICIA ALLEN
SARAH HAMPTON
SUZZANNE JONES

Thank you!

Also, a big 'Thank You' to Mr. Paul Bradley for presenting a donation on behalf of the Residents Association Rushington Ave. They organised a carol singing evening for us back in December 2021.

Donations in memoriam

GRAHAM DRUDKIN
MICHAEL CAMERON-WOOD

JOSEPH HINDMARSH
PHILIP GRIFFIN

Benefits of Positive Thinking

Positive Thinking is the idea that you can change your life by thinking positively about things. This can sound a bit soft and fluffy and therefore may not always be taken seriously.

However, research shows that positive thinking really does have a scientific basis. You can't change the world but you can change how you perceive it and how you react to it. And that can change the way that you feel about yourself and others, which can in turn have a huge effect on your well-being.



Positive thinking can be achieved through a few different techniques that have been proven effective, such as positive self-talk and positive imagery.

Here are some tips that can help you train your brain on how to think positively and be in a cheerful mood:

Focus on the good things

Challenging situations and obstacles are a part of life. When you're faced with one, focus on the good things no matter how small or seemingly insignificant they seem. If you look for it, you can always find the proverbial silver lining in every cloud – even if it's not immediately obvious.



Spend time with positive people

Negativity and positivity have been shown to be contagious. Consider the people with whom you're spending time. Being around positive people has been shown to improve self-esteem and increase your chances of reaching goals. Surround yourself with people who will lift you up and help you see the bright side.

Start every day on a positive note

Create a ritual in which you start off each day with something uplifting and positive. Tell yourself that it's going to be a great day, listen to a happy playlist, do something nice for someone – anything that brings you joy and contentment will keep you on a positive track.

Positive thinking isn't magic and it won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships in a more positive and productive way. With some practice, you can learn how to approach things with a more positive outlook and feel better when facing the everyday struggles.

Signposting



FREE DEMENTIA SUPPORT GROUPS

Starting on 2nd of February Optalis are organising Free Dementia Support Groups as follows:



- 1st Wednesday of every month, 10:30am – 11:30am: hosted by their Ethnic Minorities Development Worker in partnership with their Dementia Care Advisors, this is a culturally-specific support group for Black, Asian and minority ethnic communities.
- 1st Thursday of every month, 10:30am – 11:30am: hosted by their Dementia Care Advisors, the sessions offer a safe space for caregivers, family and friends of those living with Dementia or memory loss.

The sessions are taking place at Boyn Grove Library, Courthouse Road, Maidenhead, SL6 6JE. For more information, please visit www.optalis.org.



LIBRARY SERVICE HOME DELIVERY SERVICE & REVISED OPENING TIMES

The council is working with parish councils, community groups, trusts and volunteers to deliver the service in a more resilient and viable way, retaining a strong physical library provision, supported by an expanded home delivery service, plus a digital offer including e-books, magazines, newspapers, films, music and training courses.

All 11 permanent library buildings are staying open under revised operating timetables. For more details, please visit <https://bit.ly/3Klp67J>.



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.



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

'ADS' Services News



**ADDITIONAL BERKSHIRE COLLEGE OF AGRICULTURE WEEKLY SESSION
WILL BE LAUNCHED IN MARCH – SEE PAGE 12 FOR DETAILS.**



**Berkshire Birds
of Prey**

'Berkshire Birds of Prey' have kindly offered our Members a therapeutic program that uses multisensory stimulation and the natural world of birds to help People living with Dementia interact with their environment and share meaningful experiences with others.

The small family-run team will meet our Members and introduce them to 10 wonderful birds, including owls, falcons and hawks. You can meet them up close and learn about their habits and habitats, falcony 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.



Out & About - places available



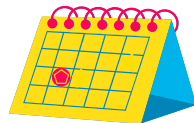
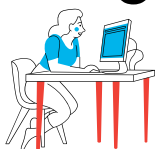
Everyone needs a refreshing change of scenery sometimes, so that is why every week we organise a new O&A adventure for People living with Dementia while offering respite for their primary Carers.

There are a few places available on the Windsor and Maidenhead Services. 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.

For more details about this Service, please check page 18.

Our Getting Together Services

FEBRUARY CALENDAR

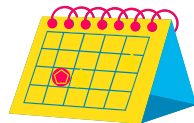
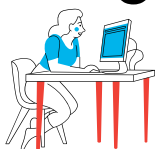


TUE	1st	10:30	LANGLEY	SEATED EXERCISES
TUE	1st	13:00	WINDSOR	SINGING FOR PLEASURE
WED	2nd	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	2nd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	2nd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	3rd	13:30	ASCOT	SEATED EXERCISES
FRI	4th	10:30	ASCOT	SINGING FOR PLEASURE
MON	7th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	7th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	7th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	8th	10:30	LANGLEY	SEATED EXERCISES
TUE	8th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	9th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	9th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	9th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	9th	13:00	MAIDENHEAD	MEMBERS LUNCH 
THU	10th	13:30	ASCOT	SEATED EXERCISES
FRI	11th	10:30	ASCOT	SINGING FOR PLEASURE
MON	14th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	14th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	14th	13:30	 ZOOM	SINGING FOR PLEASURE

Our Charity provides 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.

Our Getting Together Services

FEBRUARY CALENDAR



TUE	15th	10:30	LANGLEY	SEATED EXERCISES
TUE	15th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	16th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	16th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	16th	13:00	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
THU	17th	13:30	ASCOT	SEATED EXERCISES
FRI	18th	10:30	ASCOT	SINGING FOR PLEASURE
MON	21st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	21st	13:00	LANGLEY	SINGING FOR PLEASURE
MON	21st	13:30	📺 ZOOM	SINGING FOR PLEASURE
TUE	22nd	10:30	LANGLEY	SEATED EXERCISES
TUE	22nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	23rd	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	23rd	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	24th	13:30	ASCOT	SEATED EXERCISES
THU	24th	14:00	WINDSOR	MOVES & GROOVES
FRI	25th	10:30	ASCOT	SINGING FOR PLEASURE
MON	26th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	26th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	26th	13:30	📺 ZOOM	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.

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 giving us their full support in the creation and delivery of this service.

The session 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.

Currently, we meet each Wednesday from 10:00 to 12:00. Starting with 2nd of March, we'll have another session from 14:00 to 15:30.



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.

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 and a friendly chat, 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

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.

Music and social interaction have a positive impact on anyone's mood, but for People with Dementia, the impact is huge.



It has been demonstrated that music can help reduce some of the most common symptoms of Dementia, such as agitation, apathy and anxiety.

Every Monday, Tuesday, Wednesday and Friday we offer our Members the opportunity to join 1hr full of fun and joy, singing along with our professional singers.

Each session starts with a 30-minutes chat while enjoying a warm cup of tea or coffee and some delicious biscuits.

LANGLEY

Mondays 13:00 – 14:30

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

WINDSOR

Tuesdays 13:00 – 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW

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 email our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

Music can be lovely distraction, so if you would like to join us, please get in touch with Terrie at 07516 165647.

Getting Together

DETAILED INFORMATION



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



ALZHEIMER CAFÉ

Our regular monthly (Admission Free) Café includes a guest speaker giving a brief talk on a subject of interest not only for People with Dementia, their families, and friends but also anyone who is interested in the topic.



We start the evening, by inviting you to socialise while we serve refreshments. If the weather is a bit chilly – there will be a hot drink waiting for you!

Before and after the presentation, there will be an opportunity to meet and talk on an informal basis to our Guest Speaker, to Health Professionals and to the Team from 'ADS'.

Thank you to our guest speakers at a January Cafe, Belinda Dixon and Nancy Thorn, Dementia Care Advisors from Optalis (pictured above) and Sandra Wheeler, Day Centre Manager at Boyn Grove.

Our next meeting will be in May. More details to follow.

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

Getting Together

DETAILED INFORMATION



LUNCH CLUBS

Social interaction is healthy, like exercise for the brain. Staying socially engaged with friends has been shown to boost self-esteem, which for People with Dementia, is very important.

The 'ADS' lunches are enjoyable social events in a relaxed, safe environment, giving Carers an opportunity to chat while gentlemen with Dementia socialise in a separate group.

MATES WITH PLATES & LADIES THAT LUNCH

Mates with Plates is a lunch for gentlemen with Dementia. This is supported by our male Volunteers.



While the gentlemen are enjoying lunch and a chat with their peer group, their lady carers eat and talk in another part of the restaurant. This gives the ladies an opportunity to connect with each other.



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.



MEMBERS LUNCH

Witnessing the benefits of this type of service for People living with Dementia, we have decided to organise a new lunch to which we invite all the 'ADS' Members.

This is a friendly social lunch for Carers, past Carers, People with Dementia to meet up with old friends and make new ones.

We will meet every 2nd Wednesday of the month from 12:30 to 14:15 Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN. The first session will be on Wednesday 9th February,

All our lunches are to be booked in advance 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 music 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.

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!

Happy February

PUZZLE PAGE



D J D K C Y N F L O W E R S C L U W Z R
 S M F B O O R W K I S S J Q A A B L Z N
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 T V V A X S C Z Z V N Y Y E S E G B O I
 P Y E F A M I L Y I V G L S H E S I N A
 I V W A D M B N Q B W A R M I T W I F E
 Z R H A P P I N E S S P H I P U Z Y G R

FRIENDSHIP
 FAMILY
 HUSBAND
 JOY
 SWEET
 FUN
 CARING
 HUGS
 HAPPY
 KISSES
 HAPPINESS
 HEART
 FOREVER
 MARRIAGE
 CHOCOLATE
 WARM
 TRUST
 ROMANCE
 WIFE
 FLOWERS
 LOVE
 PASSION



CAN YOU SOLVE THIS MATH PUZZLE?

$$\begin{aligned} \heartsuit + \heartsuit &= 10 \\ \heartsuit \times \heartsuit + \heartsuit &= 12 \\ \heartsuit \times \heartsuit - \heartsuit \times \heartsuit &= \heartsuit \\ \heartsuit &= ? \end{aligned}$$

I saw a boat full of people, yet there wasn't a single person on the boat. How?

They were all married.



Important 'ADS' Contacts

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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.

**Would you like to receive our 'ADS' monthly Newsletter by email?
Register on our website: www.adscharity.com/registration/**