

# Newsletter March 2020

Our Newsletter, Information & Updates

## WOMENS' EDITION



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**office.admin@alzheimersdementiasupport.co.uk**

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# NOTE FROM THE CHAIRMAN



Dear All,

I sincerely hope that you had a pleasant month since I last wrote. In addition to the normal array of articles of interest to our many readers, this month we are concentrating on all of you Ladies.

Remember Mother's Day is on 22nd March this year, so don't forget this special date for your diaries all you Grateful Dads, Sons and Grand-Sons out there!!! This is your big opportunity to pamper and shower them with some extra love and show how much they mean to you.

For us at 'ADS' though, we want to give huge recognition for the wonderful work and dedication expended by all of you Ladies as you Care for those loved ones who are in the grip of Dementia, you are truly an inspiration. Also we mustn't forget you Ladies of all ages (young and perhaps just a little older), relatives and friends near or far who give that bit of help day after day.

Equally important are those Ladies who themselves are suffering from the trauma of Dementia, this Month please try to give them an extra special hug. These Ladies' needs are always so important to us at 'ADS' and we intend to continue delivering the support which they so richly deserve.

Finally I can't miss this opportunity to say a few words about the Female members of our incredible 'ADS' Team and the band of Volunteers who do so much to help our Charity continue so effectively supporting our many members. From this very appreciative "Male", please accept my own special THANK YOU

To all of my fellow Men out there who might be feeling a bit left out at this point - please don't, we have a 'Mens Edition' scheduled for August!!

The Month of March celebrates National Women's Day and so in the pages of this edition look out for details of our 'Women's Week' special' events in our 'ADS' Shop. Be sure to attend as many services as you can to join in the Fun with your family and friends. We hope you have a great time and remember that our great 'ADS' team are always on hand to welcome you. 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

PAULINE HURDWELL

MARY BOWERS

BERYL DIXON

### DONATIONS

Angeline Barker

Cyril Lee

Paul Coventry

Gwen Powell

St Edmund Campion  
Parish Church

## WOMEN IN THE NEWS

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

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

Full Article:

<https://bit.ly/39V3BbW>

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

Full Article:

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


NHS boss cheers on football clubs tackling Dementia

Full Article:

<https://bit.ly/35CUeKy>



### Teepa Snow on Living A Better Life with Dementia

 being patient spoke with occupational therapist and Dementia Care Educator, Teepa Snow about ways to improve quality of life while living with Alzheimer's, both for caretakers and those with the disease.



To read more & watch the INTERVIEW visit: <https://tinyurl.com/v63vdus>



### Dementia in football: Ex-England player Sue Lopez blames heading footballs

A pioneer of women's football has revealed she has Dementia and believes her condition is the result of years of heading the ball.

Sue Lopez, 74, was the first British woman to play semi-professionally abroad & represented England 22 times during a career spanning three decades. She wants young footballers to stop heading the ball amid research suggesting women suffer concussion more easily.

To read more & watch the INTERVIEW visit <https://tinyurl.com/qoa9jsq>

### Nine-year-old girl helps little brother with Dementia as he forgets how to walk and talk

Although James is slowly forgetting basic skills after being diagnosed with a condition that causes childhood Dementia, his sister is by his side every step of the way.



But James is still smiling, largely thanks to being helped by Gracie, nine, who helps him walk, eat his meals, and even reads him his favourite stories.

To find out more visit: <https://tinyurl.com/thfoyh7>

### Walking 8,900 steps a day could lower risk of Alzheimer's, researchers claim

Walking just under 9,000 steps a day could help protect the brain from Alzheimer's disease, researchers have claimed.

In a new study published in journal *JAMA Neurology*, a team of scientists assessed how physical activity affects neurodegeneration in older adults.

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

# FUNDRAISING

Alzheimers  
Dementia  
Support  
Local support and guidance



## March 8th - 16th 2020 Women's Accessories Week

Mother's Day is on Sunday March 22nd this year so in conjunction with March also being the host month for International Women's

Day (March 8th) and our own March Women's Edition our fabulous 'ADS' Charity Shop (Maidenhead High St opposite Wilko) is holding a Women's Accessories Week!

Drop in during this week and pick up some beautiful handbags, scarves, jewellery and hats from the amazing selection on sale. Look out for the launch of the event with our specially themed window display on March 8th.

### DID YOU KNOW?

The theme for International Women's Day 2020 is **"I am Generation Equality: Realizing Women's Rights"** so we are sharing some facts about caring and its impact on women in the UK:

- 1) Overall, women are more likely to take on caring roles than men. Of the 6.5 million unpaid Carers in the UK 58% (3.34 million) are women.
- 2) Carers UK has calculated that the economic value of the unpaid care provided by women in the UK is estimated to be a massive £77 bn per year.
- 3) Female Carers are more likely to be providing 'round the clock' care, with 60% of those caring for over 50 hours a week being female.
- 4) Women are also more likely to be 'sandwich' Carers - caring for young children and elderly parents at the same time.
- 5) Caring falls particularly on women in their 40s, 50s and 60s. 1 in 4 women aged 50-64 has caring responsibilities for older or disabled loved ones.
- 6) Women aged 45-54 are more than twice as likely as other Carers to have reduced working hours as a result of caring responsibilities.
- 7) Women are more likely to have given up work or reduced working hours to care, particularly in their 40s-60s. Women aged 45-54 are more than twice as likely than men to have given up work to care and over four times more likely to have reduced working hours due to caring responsibilities
- 8) Women have a 50:50 chance of providing care by the time they are 59; compared with men who have the same chance by the time they are 75 years old.



Full article can be read at <https://tinyurl.com/y48c59lm>

## Ways to Donate

**Collection Tins**  
Outdated or foreign currency also welcome

**Maidenhead Charity Shop**  
Donate goods

**Paypal**  
Donations: one off payment or monthly

**Amazon Wish List**  
Purchase a product needed by the charity and have it sent directly to us. More information: <https://goo.gl/yJ8zqy>

**Ebay**  
make 'ADS' your chosen charity when you buy or sell. More information: <https://charity.ebay.co.uk/charity/Alzheimers-Dementia-Support-'ADS'/150391>

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

Dementia affects around  
**850,000**  
 people in the UK,  
 with  
**1 in 14 people**  
**over the age of 65**  
 living with the  
 condition.

### LIVING WITH DEMENTIA IN THE FAMILY

A number of female celebrities have shared their own experiences with the condition, having seen their own parents or loved ones struggle with Dementia. See what they have to say...

**Davina McCall** has previously spoken about how her father Andrew who isn't letting his diagnosis with Alzheimer's disease get the better of him. "It's getting worse & his short-term memory is much worse than it was a couple of years ago," she explained. "But his positive mental attitude they said is absolutely key in him dealing with his illness."



She added: "I look at my Dad & I see such hope & such positivity & each hurdle we'll cross when we get to it. So he's a real inspiration & I hope he can be for other people too."

**Ruth Langsford** spoke candidly about her father's Alzheimer's battle on *This Morning*, saying it was "quite frightening" when his behaviour started to change. The TV presenter's dad Dennis passed away in 2012, after living with Alzheimer's for 13 years. "It's quite frightening, there is also a sense of relief when you're given that diagnosis," she said. "I hope that doesn't sound strange but when you know something is wrong & you've been looking into it & wondering & wondering 'why are they behaving like this?'. when we got that diagnosis as a family, there was an element of relief, [of] 'oh, that's why.' Then we understood it



Both of **Fiona Phillips'** parents were diagnosed with Alzheimer's disease moments apart, & she has since said she still has nightmares about their health struggles. "I still have nightmares about it because you feel you haven't done enough. My brothers didn't do a 10th of what I did, so resentment comes in & families are blown apart by it," Fiona said in 2016. She has since said that she feels guilty for "not seeking justice" for her father, who she believes was "over-medicated" after being moved to a mental health unit in Hampshire.



Former *Strictly* judge **Arlene Phillips'** father Abraham passed away in 2000 after more than a decade battling Alzheimer's. Writing for The Telegraph about finding a suitable nursing home for her father after his condition became too difficult to manage, Arlene explained: "It's hard for anyone to say that they chose to put their parent in a home rather than give up a large part of their own life to care for them, & thinking about the years leading up to my father's death still punishes me."



She continued: "It wasn't anything to do with how much I loved him, but when it came to tasks such as helping my father eat – he'd forgotten how to swallow & had lost all interest in food anyway – I had to accept that I couldn't cope."

## SIGNPOSTING

### Signposting (to other service providers)

The full list of 'ADS' services for March 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 are/ may be of interest / benefit to our service users.

### MOUNTBATTEN GRANGE MONTHLY LUNCH



Mountbatten Grange in Windsor would like to invite members of the local community who feel isolated or alone, to come and dine out with a loved one or sample their food.

- Enjoy a delicious lunch and share experiences
- Followed by an afternoon of entertainment

Lunches are held on every third Friday of each month (next one Friday March 20th) at 12.15pm (and MUST be booked in advance)

**At:** Mountbatten Grange, Helston Lane, Windsor, SL4 5GG

**RSVP is essential as places are limited at this event.** For more information or to book your free place, please call 01753 336350

### FILMS THAT DEMONSTRATE THE CHALLENGES OF DEMENTIA

Films and television programmes can evoke many emotions and lots of us seek support and shared experiences through them. If you're caring for someone who's living with a form of Dementia, there are several great films that explore the subject of Alzheimer's disease and Dementia with grace, dignity, and realism.

- Away From Her (2007)
- Still Alice (2015)
- The Savages (2007)
- The Notebook (2004)
- Iris: A Memoir of Iris Murdoch (2001)
- Still Mine (2012)
- The Iron Lady (2011)
- Emmerdale (2017)



To read full descriptions of each film visit: <https://tinyurl.com/ttjyblw>

### A Reminder of previous Signposting

#### Datchet Carers Group

The group meets on the third Wednesday of each month.

New Carers are welcome. No need to book, just call in. Refreshments available.

For information contact Joyce Adams on 07940 576666

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

#### Attendance Allowance

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

**£58.70** if you need frequent help or constant supervision throughout the day.

**£87.65** if you need help throughout day and night or if you' are terminally ill.

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

## SPECIAL EVENTS



**Music, Fun  
& Laughter  
IS  
the best  
medicine**  
*Tell us your  
favourite jokes*

**What do you call a  
Leprechaun who  
broke the law?**

A Lepre-con



**What's Irish and  
stays out all  
night?**

Paddy O'Furniture



**Why do Irish  
people recycle?**

They like to  
go green



**What is a huge  
Irish spider  
called?**

Paddy long legs



**New  
Years  
Lunch**

Feb 10th,  
Birds Hill  
Golf Club



## 'ADS' Summer Weekend Break-Away 2020

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

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

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



### Price includes:

- Travel
- Accommodation
- Breakfast & Evening meal
- Entertainment,
- Indoor and Outdoor Activities.

*Single & Twin rooms available.*



Please contact Terrie on 07516 165647 for further information.

## AND FINALLY THIS MONTH

### Amazon Alexa: The potentially life-saving secret question you can ask



CPR can provide potentially life-saving assistance if someone should need help in an emergency. In situations where someone is **not breathing normally**, the **NHS** tells the public to call 999 immediately and to begin CPR. However, many people do not know how to give CPR, and this is where Amazon's Alexa can come in.

Alexa will guide you through the process of CPR. Simply say: "Alexa, activate emergency CPR", and the smart technology will talk you through the process. This will allow the patient to receive potentially life-saving attention before the ambulances arrive.

How to carry out CPR If you do not have an Amazon Alexa in your home, here are the NHS guidelines on how to give CPR.

#### Hands-only CPR

To carry out a chest compression:

- Place the heel of your hand on the breastbone at the centre of the person's chest. Place your other hand on top of your first hand and interlock your fingers.
- Position yourself with your shoulders above your hands.
- Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.
- Keeping your hands on their chest, release the compression and allow the chest to return to its original position.
- Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or you become exhausted.
- When you call for an ambulance, telephone systems now exist that can give basic life-saving instructions, including advice about CPR.



If you don't have an Alexa there is also an app you can download called **REAL TIME CPR GUIDE**

that can talk you through how to carry out CPR from your phone



**Quiz Answers**  
A. Daffodil  
B. Little Women  
C. Pisces (until March 20) and Aries (March 21 onwards)  
D. 17th March  
E. Alice's Adventures in Wonderland

### QUIZ

- What is the birth flower of March?
- The lives of four March sisters feature in which novel?
- What's the zodiac signs for early March until March 20? And what about the sign for the latter part of March?
- On what date in March is Saint Patrick's Day?
- The March Hare is a character from which book?



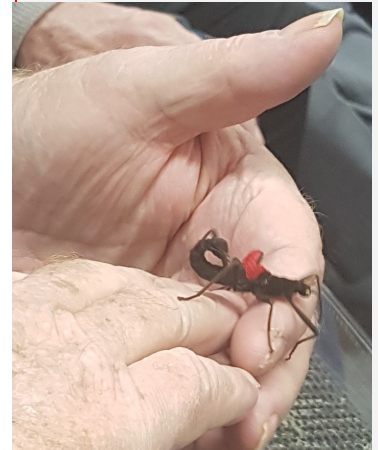


## AND FINALLY THIS MONTH

### OUT & ABOUT

Statistically more women than men are diagnosed with Dementia. When asked why more men attend Out & About than women, my answer is “**Behind every good man is a GreatER Woman**”. Most of our men are fortunate to have wonderful wives who care for them and motivate them, ensuring they can attend O&A.

So, what have those men been getting up to, accompanied by a small and perfectly formed group of ladies? You might not want to know, but we are going to tell you! Owen’s Animals visited, only his animals are not furry. They are creepy, crawly and selected because they are friendly.



Owen describes himself as a “Reptile Anorak”. His passion is sharing his knowledge of insects and reptiles. He challenges preconceptions and builds people’s confidence in handling the many creatures who share his home. He speaks calmly and quietly, gently gliding around the room on his wheelie stool. If you don’t want to get too close, he respectfully glides on.

A green stick insect was the first exhibit. We each had the chance to handle these delicate beings. Then onto some velvety black stick insects with beautiful red wings. The ladies are bigger than the men. They need to be seen to tempt their man!

Out came a gorgeous, hairy, golden tarantula to handle. We admired a chameleon, camouflaged against a large piece of bark and stroked it. Now for the cockroach... ugh. If you poke them, they hiss. Unlike those in the wild, these do not eat poo. They are upmarket cockroaches.



Totally absorbed, an hour and a half flew by. Time for the climax, now we were all experienced reptile handlers. Owen introduced a snake. Our ladies said it felt just like a handbag! It became adventurous and gently disappeared up a fearless gentleman’s sleeve, who screamed with laughter.

To conclude our fascinating day, we went out for lunch. Snake was not on the menu!

## OUR SERVICES CALENDAR FOR MARCH

Mon	2nd	10:00 -12:00	Maidenhead	Connection Café: <b>Seated Exercise from 11.15 am.</b>
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	3rd	13.00-14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	4th	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 <b>Guest Speaker Clive Dent, RBWM Community Warden' - SCAMS Talk</b>
Thur	5th	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	6th	10:30 -12:00	Ascot	Singing For Pleasure
Mon	9th	10:00 -12:00	Maidenhead	Connection Café <b>Seated Exercise from 11.15 am</b>
		13.00 - 14.30	Langley	Singing For Pleasure
Tue	10th	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café
Wed	11th	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke San
Thur	12th	10.30 - 11.45	Ascot	Seated Exercise
		10.30 - 12.00	Maidenhead	Singing For Pleasure
Fri	13th	10.30 - 12.00	Ascot	Singing For Pleasure
Mon	16th	10:00 -12:00	Maidenhead	Connection Café: <b>St Patricks Day Theme.</b>
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	17th	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café: <b>Seated Exercise from 1.15 pm.</b>

## OUR SERVICES CALENDAR FOR MARCH

Wed	18th	12:30 - 14:30	Langley	Aap Ki Sehat Sangeet Ke Sang
		12.30 - 14.15	Maidenhead	Mates with Plates / Ladies that Lunch
Thur	19th	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	20th	10.30 - 12.00	Ascot	Singing For Pleasure
Mon	23rd	10.00 - 12.00	Maidenhead	Connection Café: <b>Seated Exercise from 11.15 am.</b>
		13:00 - 14.30	Langley	Singing For Pleasure
Tue	24th	13.00 - 14.30	Langley	Connection Café:
		13.00 - 14.30	Windsor	Singing For Pleasure
Wed	25th	12:30 - 14:30	Langley	Warzish Taal Ke Saath
Thur	26th	10.30 - 12.00	Maidenhead	Singing For Pleasure:
		10.30 - 11.45	Ascot	Seated Exercise
		14.00 - 16.00	Windsor	Moves & Grooves
Fri	27th	10.30 - 12.00	Ascot	Singing For Pleasure
Mon	30th	10:00 - 12:00	Maidenhead	Connection Café: <b>Seated Exercise from 11.15 am.</b>
		13:00 - 14:30	Langley	Singing For Pleasure
Tue	31st	13.00 - 14.30	Windsor	Singing For Pleasure
		13.00 - 14.30	Langley	Connection Café:

**\*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.

We change the photographs every edition, so do look to see if you recognise anyone this month! We welcome your feedback, so do please let us know if there is something that you'd particularly like to see in these pages.

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

Please contact  
Terrie for an  
appointment  
T: 07516165647



### 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, Langley

### COULD YOU BE A VOLUNTEER BEFRIENDER?

Do you have some spare time you'd like to volunteer?

Would you like to make a beneficial difference to someone's life?

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

Contact Terrie for an initial chat.

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

**To find out more or for a chat please contact Terrie on 07516 165647 or email [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk)**

We previously covered our Befrienders Bobby and John visiting Tom.



This month Pritpal and Yasmein befriended Mohan Kocchar.

Pritpal and Yasmein are Befriending Mr Kocchar with home visits. He is a very pleasant gentleman with a quiet personality.

After few visits he is delighted to see them both. They are trying to encourage him in communication and social interaction. He is making an eye contact and smiles which is encouraging.



## 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 4th March 7.30 - 9.30pm**

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

#### Guest Speaker: Clive Dent

RBWM Community Warden

Clive is a Community Warden at the Royal Borough of Windsor & Maidenhead and part of the Borough Scam Team

He will be talking about SCAMS and will also be available to speak to any of our members individually and in confidence.



#### 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.

## 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. March's activities are all detailed below.

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



#### SPECIAL ACTIVITIES

**2nd, 9th & 24th March**  
Seated Exercise

**16th March**  
St Patrick's Day Theme

#### Maidenhead

Methodist Church, High Street, Maidenhead, SL6 1EF  
Mondays 10.00 am -12.00 noon

**On: 2nd, 9th, 16th, 23rd & 30th March**

#### Langley

St Joseph's Room, Holy Family Church, 226 Trelawney Ave, Langley SL3 7UD  
Tuesdays 1pm – 2.30pm

**On 3rd, 10th, 17th, 24th & 31st March**



#### SPECIAL ACTIVITIES

**17th March**  
Seated Exercise

**17th March**  
St Patrick's Day Theme

#### Burns night theme day

*Held at February's Connection Café's in Langley & Maidenhead*



## 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**  
**4th, 11th & 18th March**

**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: 25th**  
**March**

**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 5th, 12th, 19th & 26th March

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.

**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](mailto: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: 2nd, 9th, 16th, 23rd & 30th March**

**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: 3rd, 10th, 17th, 24th & 31st March**

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

**Maidenhead** 10.30am -12.00pm on Thursday mornings

**Sessions this month: 5th, 12th, 19th & 26th March**

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

**Ascot** 10.30am -12.00pm on Friday mornings

**Sessions this month: 6th, 13th, 20th & 27th March**

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

#### Maidenhead

12th March only  
10.30am - 12.00

#### VENUE CHANGE TO

St Joseph's  
Parish Centre  
Maidenhead  
SL6 7EG

## 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 4th March from 12.30pm

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN



#### Mates with Plates & Ladies that Lunch

Wed 18th March 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 19th March**  
King Edwards Hall, King Edwards Road, Ascot. SL5 8PD

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

Next session:

**Thurs 26th March**  
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*).

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



Creating Hanging Baskets

## 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

07516 165647

### Senior Advisor

terrie.hall@alzheimersdementiasupport.co.uk

### Santok Modhvadia Multi Lingual Service Delivery Advisor

07543 243613

santok.modhvadia@alzheimersdementiasupport.co.uk

### Hannah Deighton

07516 165665

### Services Delivery Advisor

hannah.deighton@alzheimersdementiasupport.co.uk

### Sandra Williams

07593 661848

### Out & About Service Co-ordinator

sandra.williams@alzheimersdementiasupport.co.uk

### Holly Clarke

07513 762900

### Admin, Events & Marketing Specialist

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](http://www.alzheimersdementiasupport.co.uk)

### Email:

[info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)

### Facebook

[www.facebook.com/AlzheimersDementiaSupport](http://www.facebook.com/AlzheimersDementiaSupport)

### Twitter:

[@ADSlocalsupport](https://twitter.com/ADSlocalsupport)

### LinkedIn:

[www.linkedin.com/company/alzheimers-dementia-support](http://www.linkedin.com/company/alzheimers-dementia-support)

### Dementia Awareness Training:

[training@alzheimersdementiasupport.co.uk](mailto: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