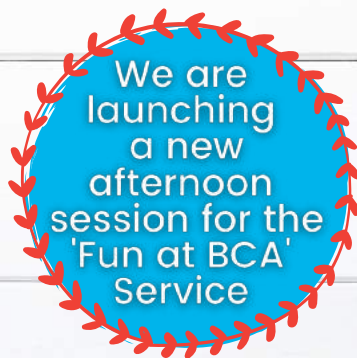


# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

MARCH 2022



**PAGE 5**



**HIGHLIGHTS FROM THE 'ADS' SHOP**  
COME AND VISIT US AT 75 HIGH ST, MAIDENHEAD

**A NEW 'OUT & ABOUT' ADVENTURE**  
WE'VE BEEN BUSY MAKING NEW FRIENDS



**PAGE 6**

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



AlzheimersDementiaSupport  
alzheimers-dementia-support



adscharity  
ADSlocalsupport

# Note from the CHAIRMAN

Hello everyone,

I hope you have enjoyed a pleasant month and you have regularly joined in with our team at many of our great Services.

Hopefully, you are now back into the swing of things again sharing quality time in the company of your friends. Read on for further information on our super range of Services in the relevant section of this edition of our action-packed 'ADS' Newsletter.

One very important date for you to remember this Month is 27th March which is, of course, Mothering Sunday.

This is our annual opportunity to shower our Mums with lots of their favourite treats and for us to recognise all of the love they have shown to us over the years. Saying a special thank you for all of that unconditional support will make such a difference to their day, I'm sure you will agree.

So show a little love to your wonderful Mums, let them know how much they mean to you and how much they are appreciated. Why not make every day a Happy Mothers Day.

Stay safe, take care of yourselves, look after each other and have a great month.

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.

Inside  
THIS ISSUE

02

NOTE FROM THE CHAIRMAN

03

WORLDWIDE NEWS

04

'ADS' NEWS

05

THE 'ADS' CHARITY SHOP

06 - 07

OUT & ABOUT

08

SPECIAL 'THANK YOU'

09

SIGNPOSTING

10 - 11

GETTING TOGETHER SERVICES  
MARCH CALENDAR

12 - 18

OUR SERVICES

19

FUN PAGE

20

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/uploads/2020/06/ADS-Privacy-Notice-V1.pdf>

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

# Worldwide news



## RESEARCHERS INTRODUCE INTO HUMAN CELLS A GENETIC MUTATION THAT PROTECTS AGAINST ALZHEIMER'S DISEASE

Researchers from the Université Laval Faculty of Medicine and CHU de Québec–Université Laval Research Center have successfully edited the genome of human cells grown in vitro to introduce a mutation providing protection against Alzheimer's disease.

"Some genetic mutations increase the risk of developing Alzheimer's disease, but there is a mutation that reduces this risk. This is a rare mutation identified in 2012 in the Icelandic population." says lead author Professor Jacques-P. Tremblay.

In theory, introducing the Icelandic mutation into the genome of people at risk of developing Alzheimer's could prevent or slow the progression of the disease.

Source and full article: <https://bit.ly/3rFW2R3>



## STUDY FINDS LINK BETWEEN ALZHEIMER'S AND CIRCADIAN CLOCK

People who develop Alzheimer's disease can experience sleep disturbances years before the condition takes hold, but whether one causes the other, or something more complex is afoot, has always proved hard for scientists to determine.



The findings show that humans' 24-hour circadian clock controls the brain's ability to mop up wayward proteins linked to Alzheimer's disease. If the scientists are right, the work would explain, at least in part, how disruption to circadian rhythms and sleep disturbances might feed into the onset and progression of Alzheimer's disease, and how preventing such disruption might stave off the condition.

To keep the brain healthy, immune cells called microglia seek out and destroy troublesome proteins that threaten to accumulate in the brain. One type of protein targeted by the cells is called amyloid beta, a hallmark of Alzheimer's.

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

# 'ADS' news



Mother's Day is a celebration of all mums and a chance to show your mother that you love and appreciate her. It can also be an opportunity to think about a mum who is no longer with you.

There are things you will always remember with joy about her and we've asked our Members to share with us some special thoughts about their Mother and what are they missing the most. Here is what they said...

*"Mum was always there when needed"*  
Denise

*"Cooking meals on the bunsen burner during the fuel shortish in the 70's." (Sandra)*

*"Mum's Rhubarb crumble and pie." (Ernie)*

*"My Mum running around the kitchen with a broom to get rid of any rats." (Dave)*

*"Every Saturday mum would wonder if she had won the football pools (never did them!)"*  
John

*"How Mum managed 9 children on her own for months at a time" (Tim)*



## 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

During February, our shop window was full of love! Everyone celebrating Valentine's Day had the opportunity to choose something from our shop as a gift for their loved one. We were also delighted by the donation of a lovely dolls house!



If 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.



We appreciate every little thing you can donate to our Shop - it helps us supporting the local community living with Dementia.



## EXCITING NEW SHOP ZONE!

from Monday 7th March

Visit our shop to purchase some of the amazing donations from the generous Members of Maidenhead Golf Course.

### Meet Gavin Gordon, one of our beloved Members.

He is regularly attending our Seated Exercises Service in Ascot. Last month, he surprised us and brought the Blue Peter Badge which he received in 1975 at the time of the Queens Silver Jubilee. We are thankful that he decided to share his experience with us.



## 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](mailto:terrie.hall@alzheimersdementiasupport.co.uk)

# Out & About

Out & About recently welcomed Graham from Berkshire Reptiles, together with “his friends”, who arrived in a series of sturdy black boxes, so we couldn’t anticipate what was inside!

The first reptile to be introduced to us intrepid Out & Abouters, was a 20 Kilo desert tortoise, aptly named “Tank”. This species originates from Africa and is the third-largest tortoise in the world. Unlike, tortoises from the Mediterranean, they do not hibernate. Tank plodded around the room, before taking up residence behind my bag, where she enjoyed forty winks, re-emerging with perfect timing, at the end of the session.

Princess Meredith was introduced to us. She was a Bearded Dragon, a species which is typically found in the Outback. She was rather cute and appeared to enjoy having her chin tickled. A Blue-tailed Schink made its entrance and to my surprise, it looked quite attractive. They live underground and are fond of cockroaches; each to their own!

Oreo, a Black and White Tegu was a wonderful creature; this species comes from Argentina. Graham treated him just like a baby, placing him on his shoulder. When on search for a mate, they heat their bodies, providing them with additional energy to seek their mate.

Full of confidence we moved onto snakes. Po, the python was passed around, feeling just like a handbag. They are not at all slimy. Po appeared quite chilled out, totally unaware of our interest in him. They don’t do friends, nor do they have any intellectual capacity, which probably explains why this reptile is content eating rats. This snake’s teeth are curved backwards to assist in snaring its food.



Dave with the cuddly Oreo



Graham, Brian & Ann  
with Little Custard

The climax was being introduced to “Little Custard” an 8 Kilo Burmese Python about 2 meters long. She was docile as she explored, gently wrapping herself around willing human bodies.

We concluded this visit with a hearty lunch at The Blacksmith’s Arms – no cockroaches or rats for us. Sadly, however, they had run out of custard, so we laughed, consoling ourselves that we had already had our fill of not so “Little Custard”.

In the week of the National Bird Watch, our Windsor Out & Abouters visited Waltham Place, where we made bird boxes to take home.

Staff at Waltham Place had kindly prepared the boxes, using old wood from the farm. The noise was horrendous as we bashed nails through pre-drilled holes. In our enthusiasm, no one noticed the noise.

Niki who leads our sessions at Waltham Place showed us some stunning photos of the many birds that have been spotted on the farm. We put our minds to recalling lots of bird sayings, discussing the origins.

As the theme of this newsletter is mothers, it seems appropriate to share Niki's story about Wrens "feathering their nests". A female Wren expects her mate to build her nest. When built, she inspects it. If it doesn't meet her expectations, the hard work of the dad to be, is rejected. He is told to do better and build another nest!



Mas & Tim at work



Tim & Stanley with the finished product

## FUN AT BERKSHIRE COLLEGE OF AGRICULTURE

The 'FAB' Service was launched last year in September and quickly has become a popular Service among our Members. Due to high demand, we have launched an additional session which you can read more about on page 12.

# 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.

# Special Thanks to...



Our New Year Lunch took place on Monday 31st January. We were pleased to have 57 Members attending the 2-course delicious lunch within the beautiful surroundings of Maidenhead Golf Club.

We welcomed new Members and we were entertained by our Singing for Pleasure Facilitator, Izzy Swinhoe Standen who closed the lunch with a number of well-known songs which we all sang along to.

We also organised a raffle which was very popular among all the participants. Many prizes were won and our Members enjoyed the company of each other and the lovely food.

A big 'Thank You' to Maidenhead Golf Club and their wonderful Staff for all the support they've given us organising this event.



## "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!

MR. DOLING      SALLY WORMAN  
SALLY CLARKE      AHMET CAVUS

### Donations in memoriam

MICHAEL SENIOR  
OLIVE CHAPMAN  
EILEEN MACKINTOSH "SISTER MAC"



# Signposting



## AGE CONCERN WINDSOR – SPENCER DENNEY CENTRE

### MEALS ON WHEELS

This service is available to people living within, Windsor, Old Windsor, and Datchet who live in a household with someone who is over 55. It runs Tuesday through Friday and delivers a hot two-course midday meal to people. Meals will be delivered 12:00-12:45. The cost of a meal is £6.50. For those on income or disability-related Benefits, they can offer a discount to £4 a meal.



Qualifying Benefits: Pension Credit, Income Support, Universal Credit, Personal Independence Payment, Employment and Support Allowance (Income-based), Job Seekers (Income-based), Carers Allowance- for the named people (i.e. the carer and cared for), Attendance Allowance, Disability Living Allowance, Housing Benefit.

In cases where there is great financial hardship free meals can be offered on a case by case basis, please call 01753 860685 9:00-15:00 Tuesday to Friday or email [info@ageconcernwindsor.org.uk](mailto:info@ageconcernwindsor.org.uk).

### BOREDOM BUSTER PACKS

They are currently delivering a weekly Boredom Buster Pack that contains a selection of Puzzles, word searches, quizzes, colouring sheets and other interesting ones for you to enjoy at your leisure. These are available to those living in Windsor for free.



## 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:

- £60 per week if you need frequent help or supervision throughout the day
- £89.60 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

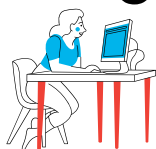
### Slough Borough Council Adult Social Care

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

All Out of Hours Access Team: 01344 786 543

# Our Getting Together Services

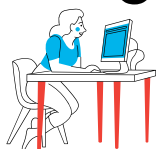
## MARCH CALENDAR



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
WED	2nd	14:00	MAIDENHEAD	FAB - FUN AT BCA <span style="background-color: red; color: white; padding: 2px;">NEW</span>
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	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	9th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	9th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	9th	14:00	MAIDENHEAD	FAB - FUN AT BCA <span style="background-color: red; color: white; padding: 2px;">NEW</span>
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
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	10:00	MAIDENHEAD	FAB - FUN AT BCA

# Our Getting Together Services

## MARCH CALENDAR



WED	16th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH	
WED	16th	14:00	MAIDENHEAD	FAB - FUN AT BCA	NEW
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	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC	
WED	23rd	14:00	MAIDENHEAD	FAB - FUN AT BCA	NEW
THU	24th	13:30	ASCOT	SEATED EXERCISES	
THU	24th	14:00	WINDSOR	MOVES & GROOVES	
FRI	25th	10:30	ASCOT	SINGING FOR PLEASURE	
MON	28th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES	
MON	28th	13:00	LANGLEY	SINGING FOR PLEASURE	
MON	28th	13:30	ZOOM	SINGING FOR PLEASURE	
TUE	29th	10:30	LANGLEY	SEATED EXERCISES	
TUE	29th	13:00	WINDSOR	SINGING FOR PLEASURE	
WED	30th	10:00	MAIDENHEAD	FAB - FUN AT BCA	
WED	30th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY	
WED	30th	14:00	MAIDENHEAD	FAB - FUN AT BCA	NEW
THU	31st	13:30	ASCOT	SEATED EXERCISES	
THU	31st	14:00	WINDSOR	MOVES & GROOVES	

### 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 unexpected events and you will be informed accordingly via email.

# 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 which 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 run 2 sessions every Wednesday:**

- **Morning: from 10:00 to 12:00**
- **Afternoon: 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](mailto:terrie.hall@alzheimersdementiasupport.co.uk).

# Getting Together

## DETAILED INFORMATION



### CONNECTION CAFÉ

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

#### MAIDENHEAD

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

Sometimes our Cafés just serve tea, coffee 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 a lovely distraction, so if you would like to join us please, just turn up, no booking is required. For more information, 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



**Next session will take place on Thursday, 24th March.**



### 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 Café, 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.**

If you would like to join any of these Services, please just turn up, no booking is required. For further information 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 14:15. We meet at The Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

**! Next session will take place on Wednesday, 16th March.**



### 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 at Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

**! Next session will take place on Wednesday, 9th March.**

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.

If you would like to join us, please just turn up, no booking is required. For more details about the Asian Services contact Santok on 07543243613.

# Getting Together

## DETAILED INFORMATION



### OUT & ABOUT

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

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

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

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

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

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

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



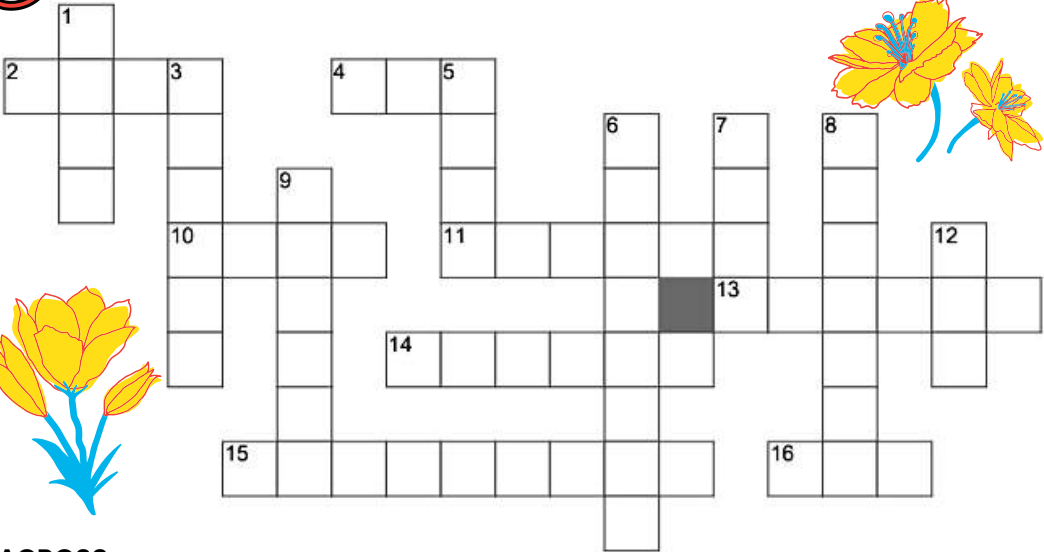
For further information about the Service and/or to put your name down on the waiting list, please contact Sandra Williams on 07593 661848 or via email at [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

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

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

# Happy March

## PUZZLE PAGE



### ACROSS

2. A piece of writing that expresses emotions using words that rhyme.
4. Squeeze someone tightly in one's arms, to express affection.
10. Make it easier for Mom to do something.
11. An expression of gratitude.
13. Day of the week we celebrate Mother's Day.
14. Looking after those unable to care for themselves.
15. Give Mom a surprise and do this for her this morning.
16. Happy Mother's \_ \_ \_ .

### DOWN

1. An intense feeling of deep affection.
3. Woman who gives birth or who has the responsibility of care for children.
5. Another word for a present.
6. The quality of being friendly, generous, and considerate.
7. Touch with the lips as a sign of love.
8. Mom's Mother
9. The seed-bearing part of a plant.
12. The fifth month of the year.

Arthur! What have I told you about playing with sharp objects?



Comic by Scott Nickel

Teacher: Tell me, Johnny. Do you say prayers before eating?  
 Johnny: No, ma'am, I don't have to. My mum's a good cook.



Mother to son: I'm warning you. If you fall out of that tree and break both your legs, don't come running to me!

# Important 'ADS' Contacts

## **Terrie Hall**

Senior Dementia Advisor

07516 165647

terrie.hall@alzheimersdementiasupport.co.uk

## **Santok Modhvia**

Multi Lingual Service  
Delivery Advisor

07543 243613

santok.modhvia@alzheimersdementiasupport.co.uk

## **Sandra Williams**

Out & About Service  
Co-ordinator

07593 661848

sandra.williams@alzheimersdementiasupport.co.uk

## **Denise Davies**

Service Advisor

07516 165665

denise.davies@alzheimersdementiasupport.co.uk

## **Rachel Spencer**

Service Advisor

07706 324372

rachel.spencer@alzheimersdementiasupport.co.uk

## **Dee Allgood**

Membership & Funding  
Specialist

07884 055419

funding@alzheimersdementiasupport.co.uk

## **Andreea Moisa**

Marketing & Events  
Specialist

07513 762900

marketing@alzheimersdementiasupport.co.uk



### **Postal address**

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



### **Shop address**

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire, SL6 1JX, 07707 531 689

### **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/](http://www.adscharity.com/registration/)**