

Newsletter April 2020

Our Newsletter, Information & Updates

SPRING EDITION



Although we have had to close the 'ADS' Shop and close down our Group Services for the time being, the 'ADS' Team will still continue to provide support wherever and whenever we can.

Please look at Page 12 for all contact information

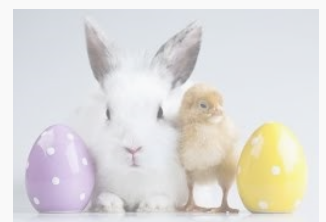
JOIN OUR NEWSLETTER MAILING LIST

SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO

office.admin@alzheimersdementiasupport.co.uk

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NOTE FROM THE CHAIRMAN

Dear All,

Welcome to the Spring edition of your 'ADS' Newsletter.

This month we are concentrating on imparting very important advice and information related to the current Coronavirus (COVID-19) outbreak.

You will appreciate that this virus is very infectious and so we want to ensure that you are in possession of the best ways to protect you and your loved ones as the country fights to contain the spread of infection.

I would urge you to please read the contents of this newsletter carefully as we hope it will assist you.

I must stress that you pay particular attention to all guidance and advice emanating from your GP surgeries, RBWM (Local Authority), NHS and any Notifications from Public Health and Government officials.

Above all, please try not to worry, remain calm and remember that we are available at 'ADS' to advise you as always.

Our entire 'ADS' team have your best interests at heart.

I hope that you have a safe and pleasant month.

Best wishes

A stylized, cursive signature of David D. Jannetta in blue ink.

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

IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

IN MEMORIAM

CYRIL LEE

DONATIONS

Mr Doling

Feltham Rugby Club
Golfing Society

Mr & Mrs Burdett

Wargrave Theatre

Gracewells Care Home,
Ascot

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.
Do please contact us if you wish to withdraw your details or wish to raise any concerns.

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

Teepa Snow on Living A Better Life with Dementia

Full Article:

<https://tinyurl.com/v63vdus>

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

Full Article:

<https://tinyurl.com/qoa9jsq>

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

Full Article:

<https://tinyurl.com/thfoyh7>

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

Full Article:

<https://tinyurl.com/rnkxdrx>

Swansea University Playing Key Role in Dementia Research



Swansea University
Prifysgol Abertawe



Health records from over 80% of the Welsh population have been used to create the UK's first national-scale health database for dementia research, which is housed at Swansea University.

To read more visit: <https://tinyurl.com/wgxswsm>

A ground-breaking wearable device that can spot Alzheimers early, could be available in the next few years

Researchers will start by analysing data from studies into the condition, which will then be used to design a prototype for a wearable design (like a smart-watch), in the next three years.



To read more visit <https://tinyurl.com/vqxwx5w>

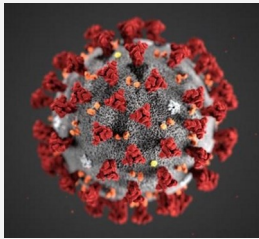
Search Dogs being trained to track down Dementia patients who go missing



Search dogs are being trained to track down dementia patients who go missing as part of a £1million scheme.

Around 100 are involved in the Search Dog Heroes initiative to help police, relatives and care workers bring vulnerable people back to safety.

To find out more visit: <https://tinyurl.com/tt9cuhw>



WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

The symptoms of this new coronavirus (COVID-19) include a new continuous cough and/or high temperature

The current evidence is that most cases appear to be mild

PROTECT YOURSELF

One of the most important things you can do to reduce the risk of infection for yourself and the people around you is to **wash your hands**, frequently and thoroughly, with soap and hot water.



CORONAVIRUS (COVID-19)

Why do I hear different names for this virus?

- * Coronavirus
- * Covid-19
- * Novel Coronavirus

Coronaviruses is the description of a group of viruses with some causing mild diseases like the common cold, and others causing more severe diseases (MERS & SARS). The current illness is a new coronavirus - Novel Coronavirus. The scientific and medical community, the NHS, and now the Media now tend to refer to this illness as COVID-19.

Is it Flu? No. COVID-19 has some 'flu-like' symptoms but it **isn't** flu.

Does everyone get all the symptoms? No. Not everyone gets all the symptoms, some can get all, others one or more and some get no symptoms at all.

The most significant ones seem to be a persistent cough and a high temperature.

Why is it considered to be worse for older people?

COVID-19 doesn't affect everyone in the same way, therefore there will be those in the older age group who could be absolutely fine and recover well.

However, the evidence from China, Italy and other nations, that is informing the UK Government Advice, has highlighted the 70+ age group as particularly vulnerable. Scientists are reviewing whether older people's immune systems have been affected (compromised) over time. That, totally regardless of how fit and healthy people aged 70+ may be, their immune system may not be as able to fight COVID-19.

Remember its not just people over 70 ... under 70's with underlying health conditions are also vulnerable.

What do the NHS and Media mean by Underlying Health Conditions for any age group?

- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure, chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- diabetes
- problems with your spleen - for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a BMI of 40 or above)
- those who are pregnant

CORONAVIRUS (COVID-19)

GUIDELINES AT 23rd MARCH

'ADS' believes the following guidelines will be in place for the foreseeable future BUT they may change and our Signpost Pages which follow are dedicated to telling you where you, or anyone helping and supporting you, can get accurate up to date information, advice and support.

What should I do if I think I have symptoms of COVID-19?



GOV.UK

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home if you have either:

- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do

Please see the next page for 'ADS' Guidance on accessing NHS assistance



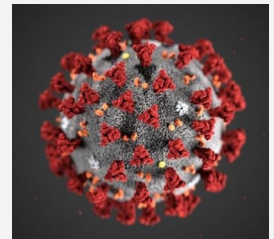
GOV.UK

HOW LONG TO STAY AT HOME

- If you have symptoms of coronavirus, you'll need to stay at home for 7 days
- If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms
- If you live with someone who is
 - 70 or over,
 - has a long-term condition,
 - is pregnant
 - has a weakened immune system

Then:

- Try to find somewhere else for them to stay for 14 days.
- If you have to stay at home together, try to keep away from each other as much as possible.



**IF YOU THINK YOU
HAVE MIGHT HAVE
COVID-19**

**PLEASE
DO NOT GO TO
YOUR
GP SURGERY
OR
LOCAL HOSPITAL**

If you need guidance
GO ONLINE TO
WWW.111.NHS.UK

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

PROTECT OTHERS

You should also make sure you catch coughs or sneezes with a tissue or your sleeve – not your hands – and put used tissues in the bin. Then wash your hands.

Try to avoid touching your eyes, nose or mouth



CATCH IT.



BIN IT.



KILL IT.

**THE
INFORMATION ON
THIS PAGE IS
FOR COVID-19
SYMPTOMS ONLY**

**IF YOU NEED
URGENT MEDICAL
HELP FOR
NON-COVID-19
SYMPTOMS**

**USE THE NORMAL
NHS METHODS
GP SURGERY**

999

111

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're terminally ill.

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

Remember to only look at factual information and remember

"This too shall pass"

SIGNPOSTING

HOW DO I CONTACT THE NHS IF I THINK I HAVE COVID-19?

PLEASE THINK BEFORE YOU RING 111 OR CONTACT GP

- Can you access the internet?
- Do you know someone who could do it for you?

Why can't I just call 111?

You can ... BUT... to relieve pressure the NHS are trying to 'triage' (pre-diagnose) COVID-19 cases as much as possible by using **111 on line**.

When you enter information on-line the NHS 111 form:

- **Asks** the same initial questions as if you were making a call
- **Saves** valuable time in moving you forward.
- **Uses the same diagnostic system** as a 111 telephone operator has to give you next stage advice.
- **Will provide guidance which may be tell you to ring 111**
- **All the information** you have entered can be accessed by anyone in NHS you may be guided to contact.

ACCESS NHS 111 VIA THE INTERNET

- Go to www.111.nhs.uk
- Complete the on line information
- Follow the guidance you receive after completing the form

NO INTERNET ACCESS OR NO-ONE TO HELP YOU?

- **Call 111**

HOW DO I FIND OUT THE LATEST GUIDANCE?

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>



Public Health
England

This guidance is on line . If you don't have access to the internet please ask someone you know to print it for you or contact us at 'ADS' and we will endeavor to provide you with a hard copy printout if we can - but we do have limited resources.

Public Health England has all the guidance for:

- [Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults](#)
- [COVID-19: stay at home guidance](#)
- [COVID-19: guidance on social distancing and for vulnerable people](#)
- [COVID-19: background information](#)
- [Coronavirus \(COVID-19\): guidance](#)
- [Travel advice: coronavirus \(COVID-19\)](#)
- [NHS information: coronavirus \(COVID-19\)](#)
- [Government agrees measures with energy industry to support vulnerable people through COVID-19](#)
- [Government and airlines working to get British passengers affected by Coronavirus back to the UK](#)

SIGNPOSTING



Dealing with anxiety?

03444 775 774 Anxiety UK's friendly helpline team have been supporting individuals struggling with fears about COVID-19 and can offer

an understanding and empathic ear to anyone who needs that additional bit of support.

Website: anxietyuk.org.uk

Silver Line Coronavirus Support: <https://bit.ly/391ZpW3>

Silver Line Live Chat on line on the website : <https://bit.ly/391ZpW3>

- Scroll to the bottom of the page and on the right click on chat box.

07537 416905 Text conversation

Email support: support@anxietyuk.org.uk



0800 678 1602 General ageUK advice line

0800 169 6565 COVID-19 information & advice line

Free to call 8am – 7pm 365 days a year

Valuable up-to-date information to support the over 70's as well as those under 70 with underlying health conditions:

- ageUK website: <https://bit.ly/3baibw2>
- ageUK Coronavirus advice: <https://bit.ly/3deRuba>



0800 470 8090 Silver Line

Telephone friendship line for people aged 55+

Free to call 8am – 7pm 365 days a year

A telephone service for anyone to call if they have concerns and their website has lots of useful information and links to other services.

The Silver Line website: <https://bit.ly/3950ts8>



ROYAL BOROUGH OF
**WINDSOR &
MAIDENHEAD**
WWW.RBWM.GOV.UK

Royal Borough Windsor & Maidenhead

01628 683744 Adult Social Care

01344 786 543 Out of Hours Social Care

RBWM Website: <https://www3.rbwm.gov.uk/>



Adult Social Care provided to RBWM by Optalis

Website: <https://www.optalis.org/>

Optalis contact information: <https://www.optalis.org/contact-us>

healthwatch **01753 851 725**

Windsor, Ascot and
Maidenhead

Helping you get the best out of local health
and social care services

Healthwatch Website: <https://www.healthwatchwam.co.uk/>



01753 475 111 Out of Hours Social Care

Slough Website: <https://bit.ly/2xNi22Z>

Slough COVID-19 updates: <https://bit.ly/2U1Cee>

**COVID-19
INFORMATION
& ADVICE
ON-LINE
RESOURCES**

NHS

nhs.uk

NHS 111 ONLINE

111.nhs.uk

NHS ADVICE

nhs.uk/coronavirus

UK GOV ADVICE

<https://bit.ly/2WRdn13>

CARERS UK

0808 808 7777

[https://](https://bit.ly/393lwLR)

bit.ly/393lwLR

MIND

<https://bit.ly/2J1uRt6>

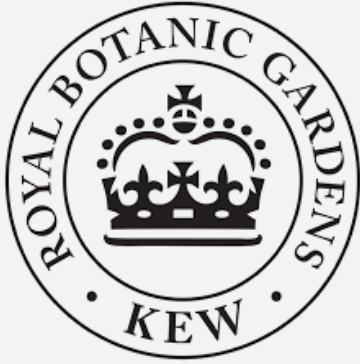
**WORLD HEALTH
ORGANISATION**

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

**CENTRE FOR
DISEASE
CONTROL AND
PREVENTION**

<https://bit.ly/3a5wfXk>

AND FINALLY THIS MONTH



OUT & ABOUT

In February, two Out & About groups ventured into the tropics, when we visited Kew Garden's 25th annual Orchid Festival, which was celebrating the incredible wildlife and vibrant culture of Indonesia.

As always, Out & About does things in comfort. No long walks or queues for us! We travel like VIPs. Our drivers, Glenn and Andy drove "The Limo" (the name of our chronologically gifted minibus) to The Elizabeth Gate at Kew Gardens.



Here we were met by Kew volunteers, where we hopped onto The Discovery bus, which can be booked for groups with sensory loss or limited mobility. We were dropped off close to The Princess of Wales Conservatory, making for the front of the queue.

Before we immersed ourselves in a paradise of orchids, enhanced by the sounds of the rainforest, our guides told us that Indonesia is made up of 14,752 islands, many uninhabited. Whichever way we looked, we saw an abundance of spectacular colourful displays made up of over 5000 orchids, taking the form of flower arches and floral walls.



There was even an erupting volcano, intricately constructed with orchids – a nod to the 127 active volcanoes in Indonesia. If you looked up high, you were sure of a big surprise ... life sized animals hung from trees. Each animal was sculptured out of natural materials.



The sight that tickled me, was the "water barrow" floating on the ornate pond, near a gardener at work. No need for wheels ... it simply bobs.

Having explored the exhibition, we returned to The Discovery Bus and did a short tour of the gardens, passing many sights. A tree more than 300 years old was pointed out. It was comforting to be told that "it was gnarled and ugly, just like us, but so much more interesting!"

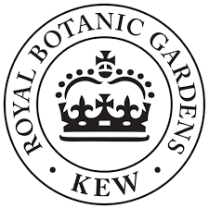


AND FINALLY THIS MONTH



A visit to Kew is never complete without meeting “George”. Five peacocks strut around Kew, generally near the poshest compost heap in Britain, where they like to keep warm. No need to remember their names; they are all conveniently called George. On

hearing The Discovery Bus, they make haste towards it, confident of a treat or two.



As we returned to the Elizabeth Gate, it was clear that Spring was in the air. We gazed upon

daffodils and even set eyes upon a camelia in flower.



The visits were truly sensory experiences, with one exception: there was nothing to taste! There was only one solution, an ample lunch enjoyed at a local Harvester, before our journey home.

An enormous thank you, not only to our fabulous team of O&A volunteers, but to the Kew volunteers, who made these two visits possible.



Written by Sandra Williams
ADS' Out & About Service Coordinator



QUIZ

- Which bird lays the largest eggs?
- In which year did Edwina Currie provoke outrage by suggesting that most of Britain's eggs were infected by salmonella?
- Who plays Hannah Brown in the 1948 American musical film *Easter Parade*?
- What name is given to the Sunday before Easter?
- Which light fruit cake, with two layers of almond paste or marzipan, is traditionally eaten during the Easter period?



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

*Tell us your
favourite jokes*

**What kind
of bunny
can't hop?**

A chocolate one

**How do
bunnies stay
healthy?**

Eggercise

**Why was the
Easter bunny
upset?**

*The was having a
bad hare day*

**Why are people
always tired in
April?**

*Because they just
finished a March*

Quiz Answers
A. Ostrich
B. 1988
C. Judy Garland
D. Palm Sunday
E. Simnel Cake

'ADS' GROUP SERVICES ARE ON HOLD FOR A WHILE

In line with UK Government advice with regard to protecting the 70+ and those under 70 with underlying health conditions 'ADS' Services are now on hold until we are advised it will be safe for us to re-open.

The 'ADS' Team are still here to continue support wherever and whenever we can to all of you who need our support.

Please use the contact details on the last page of the Newsletter to contact the 'ADS' Team.

Please be sure to monitor the following for information, advice and when we will be reopening services

'ADS' FACEBOOK PAGE & POSTS <https://bit.ly/33yIHNS>
'ADS' WEBSITE <https://www.alzheimersdementiasupport.co.uk/>

Message from Terrie Hall regarding Seated Exercises

"By now all of you who come to Seated Exercises know how to do them - I know you won't have the same tools but please keep doing all the others we have practiced over the last year. When I see you when we open our Services again ... I would love you to show me what you have been doing to keep your exercises going"

Message from Hannah Deighton regarding Arts & Crafts

"All of you have been making the most amazing things at Connection Café so please continue to make things from whatever you can find in your home and bring them to show us all when we re-open the services."

Message from Santok Modhvadia regarding Warzish Taal Ke Saath

"I am sure you all have music playing in your homes, so please think about carrying on doing some of the fun moves we have learned during our sessions and I am really looking forward to seeing what you have been doing when I see you again".

Other suggestions for you all to keep busy:

- Baking or cooking - keep the family going with cakes and goodies!
- Learn a new hobby, something like origami or other simple craft tasks
- Education - learn that language you have never had time to learn before?
- Telephone people you haven't spoken to for a while and catch up.
- If you have the technology use, Facetime, Messenger, Skype, Whatsapp
- Label photographs your family has been asking you to - but never had time!
- Knitting and other crafts - make things for 'ADS' to sell in our shop?
- DIY catch up !!
- Gardening - get ready to enjoy your garden when this is all over.



Podcasts



'ADS' GROUP SERVICES ARE ON HOLD FOR A WHILE

THE FOLLOWING LETTER HAS BEEN SENT TO ALL 'ADS' MEMBERS BY DAVID JANNETTA 'ADS' FOUNDER, VOLUNTARY CHAIRMAN & MD



Coronavirus (COVID-19)

16th March 2020

Unit 113, 5 High Street
Maidenhead
Berkshire
SL6 1JN

Dear valued 'ADS' Member,

We have been closely monitoring all of the information available, related to the Coronavirus (Covid-19) outbreak and it is with great disappointment and much concern that we feel we have no alternative but to make the difficult decision to cease our 'group services' for the time being. We know that these services are highly appreciated and will be missed however, the health, safety and wellbeing of our vulnerable Members must be our number one priority.

Terrie and the 'ADS' Team will continue to give you as much support as they can by telephone and email. I know that many of our Members will have family or close friends and neighbours who will be able to help out, but for those that do not, please contact our Team without hesitation and we will make all efforts to assist you to find help, if we cannot be with you ourselves.

We will continue to maintain close contact by email but keep an eye on our Facebook posts, Newsletters and updates on our website for further information.

Be assured that we are all still here for you, so please keep in touch and let us know how you are doing.

All of our normal group services will recommence as soon as it is felt safe to do so. Please take care and look after each other during these difficult and confusing times.

Best regards

David D Jannetta, Founder, Voluntary Chairman, Managing Director and Trustee



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 nor declare endorsement for any individual or organisation. Your details will be held securely on Salesforce CRM, MailChimp and Secure Hard Copy and are collected under Consent, Legitimate Interest and in some cases Legal Obligation. A Full copy of our Privacy Notice is available on our website or by request. You can change your mind and **UNSUBSCRIBE** at any time in writing, by phone or email using the details below.
Mailing Address: Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead, Berkshire SL6 1JN
Tel: 07516 165 665 / 07516 165 647 **Email:** info@alzheimersdementiasupport.co.uk
Website: www.alzheimersdementiasupport.co.uk
Registered Name: Alzheimers Dementia Support Ltd. Registered in England under Company No: 07687060
Registered Charity No: 1143867 Registered Office: Belmont Place, Belmont Road, Maidenhead. SL6 6TB

OUR GROUP SERVICES ARE ON HOLD

Alzheimers Dementia Support

Local support and guidance

While we are unable to run our Group Services, we continue to

**Support People with Dementia,
their Carers and Family**

**By email, telephone and where
possible, in their home**

**If you need our support, please contact
us by email or on one of the numbers
below.**

info@alzheimersdementiasupport.co.uk

07516 165647 | 07516 165665 | 07543 243613

**Please link to our Facebook page and check
our website for continued updates and
information**

@alzheimersdementiasupport

**THESE ARE THE MEMBERS OF THE 'ADS' TEAM WHO WILL BE
VISITING IF YOU NEED HELP
CONTACT NUMBERS ARE ABOVE AND ALL DETAILS FOR ACCESSING
'ADS' SUPPORT ARE ON THE BACK PAGE OF THE NEWSLETTER**



HANNAH

SANTOK

TERRIE

NYSA

SANDRA

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

Please contact
Terrie for an
appointment
T: 07516165647

**IN LINE WITH UK
GOVERNMENT
REQUIREMENTS
ALL OF OUR
GROUP
SERVICES HAVE
NOW BEEN
SUSPENDED**

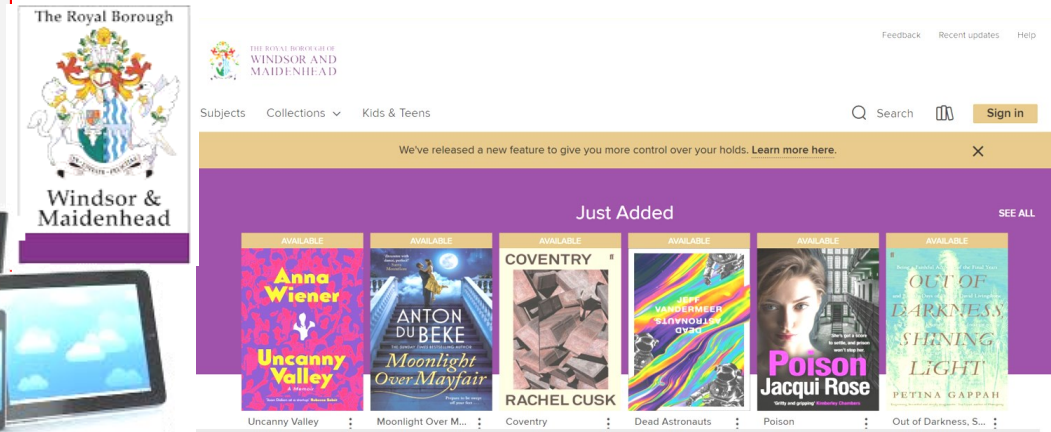
**PLEASE
MONITOR THE
FOLLOWING**

**'ADS'
FACEBOOK
PAGE & POSTS
[https://
bit.ly/33ylHNS](https://bit.ly/33ylHNS)**

**'ADS' WEBSITE
[https://
bit.ly/39j9sq5](https://bit.ly/39j9sq5)**

FREE AUDIO BOOKS & EBOOKS

Did you know your local library has thousands of eBooks and audio books/ You can borrow them instantly for free using any of your devices – smart phone, tablet or desktop computer.



MAIDENHEAD LIBRARY

01628 796969

WINDSOR LIBRARY

01753 743940

NEED TO JOIN THE LIBRARY?

You can do this in person or online at:

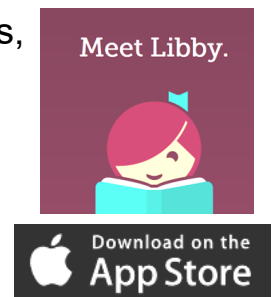
https://www3.rbwm.gov.uk/info/200197/libraries/3/join_the_library

Use these steps to get started with free ebooks, audiobooks, and more from your library:

1. Find your library

Find and open your library using one of the following:

- Download the app either their new **Libby app** or the original **OverDrive app**
- On the website at OverDrive.com



2. Borrow

Borrow a title from your library or school's digital collection. You'll need a valid library card to complete this step.

3. Enjoy

You can enjoy many titles immediately online, download them for offline use, or send borrowed eBooks to a Kindle device

If you're on a computer, you may also be able to transfer titles to compatible ereaders or MP3 players.

For more help using OverDrive, check out the detailed guides at:

<https://help.overdrive.com/en-us/categories/getting-started.htm>

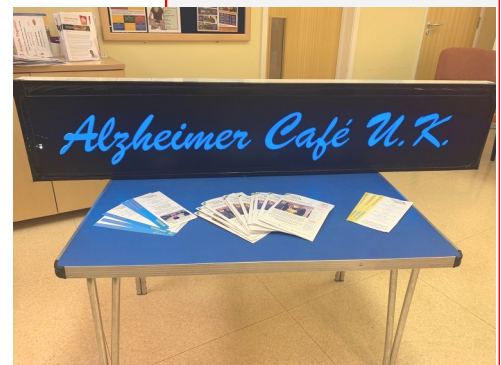
SPECIAL EVENTS

ALZHEIMER CAFÉ - NOT BEING HELD UNTIL FURTHER NOTICE

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.

Held at:

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



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 CAFÉ - NOT BEING HELD UNTIL FURTHER NOTICE

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.

CONNECTION CAFÉ

Methodist Church,
High St
Maidenhead
SL6 1EF



Maidenhead

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

Langley

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

CONNECTION CAFÉ

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



INFORMATION, ADVICE & SUPPORT

AAP KI SEHAT SANGEET KE SANG (WELLBEING THROUGH MUSIC) NOT BEING HELD UNTIL FURTHER NOTICE

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

Venue: St Francis Church,
London Road,
Langley SL3 7LN

WARZISH TAAL KE SAATH (MOVES TO MELODY) NOT BEING HELD UNTIL FURTHER NOTICE

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.



Session from
12.30-2.30pm

Venue: St Francis
Church, London Road,
Langley,
SL3 7LN



INFORMATION, ADVICE & SUPPORT

SEATED EXERCISE - NOT BEING HELD UNTIL FURTHER NOTICE

Seated Exercise ASCOT



Alzheimers
Dementia
Support
Local support and guidance

Regular Seated Exercise Sessions in Ascot
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



SINGING FOR PLEASURE - NOT BEING HELD UNTIL FURTHER NOTICE



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

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

Windsor 1.00pm - 2.30pm on Tuesday afternoons

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

Maidenhead 10.30am -12.00pm on Thursday mornings

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

Ascot 10.30am -12.00pm on Friday mornings

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



INFORMATION, ADVICE & SUPPORT

LUNCH CLUBS - NOT BEING HELD UNTIL FURTHER NOTICE

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.*

We regret we are unable to take bookings until further notice

Former Carers Lunch

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN



Mates with Plates & Ladies that Lunch

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

WILL

BE NEEDED

**When our Shop
Re-Opens**

If you have a
clear-out
please save for

us

**Good Quality
Clothes**

**Bric-a-Brac
Ornaments**

Jewellery

**Jewellery Boxes
Collectables**

**We will re-open
as soon as we are
allowed to**

**Check our
FB Page or
Website for
Information**

AND WE WILL NEED

Donation Drivers
To pick up & drop
off donations to the
shop
(agreed mileage
expenses covered)

**General
Fundraisers**

We would love to
hear your ideas!

INFORMATION, ADVICE & SUPPORT

MOOVES & GROOVES - NOT BEING HELD UNTIL FURTHER NOTICE

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!

We Will Need Befriender Drivers

To get people to our services when they are up and running again (agreed mileage expenses covered)

**Ascot: 2pm - 4pm
3rd Thursday of the month**

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



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

Gardeners Hall 213 St. Leonards Rd, Windsor SL4 3DR

OUT & ABOUT SERVICE - NOT BEING HELD UNTIL FURTHER NOTICE



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 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.

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

Email:

info@alzheimersdementiasupport.co.uk

Facebook

www.facebook.com/AlzheimersDementiaSupport

Twitter:

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

LinkedIn:

www.linkedin.com/company/alzheimers-dementia-support

Dementia Awareness Training:

training@alzheimersdementiasupport.co.uk

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

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