



# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

APRIL 2022



Dance  
movement  
therapy available  
thanks to our  
**MOVES & GROOVES**  
Service!  
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**MAIDENHEAD GOLF CLUB SHOP ZONE**  
AT THE 'ADS' CHARITY SHOP ON 75 HIGH ST, MAIDENHEAD



**BERKSHIRE BIRDS OF PREY**  
SPECIAL EVENT FOR THE 'ADS' MEMBERS **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 all enjoyed a really pleasant month joining with the team to participate in our Services. As always please read the relevant section of this edition of our Newsletter for further information on all upcoming Services during April.

I'm sure that you are aware that it's Easter again and time for you to join in with the kids decorating those eggs, rolling them down the hills on the parks and having lots of fun on those Easter Egg Hunts in your gardens too.

This is a great chance to have fun in the company of all generations whether they are family or friends.

It's a great annual opportunity to put on your Easter Bonnets and shower the kids with lots of their favourite treats. It may be that they will also share some of those lovely chocolate eggs with you too.

So get ready, have lots of fun doing whatever you choose to do this Easter, have a wonderful time.

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

Best wishes,

David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee



Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support.

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Please contact us through one of our Advisors or by letter or email if you:

- Would like to be added to our distribution list
  - No longer want to receive our Newsletter
  - Wish to raise any concerns
  - Would like a copy of 'ADS' Privacy Policy
- 'ADS' Privacy Policy can also be accessed via <https://www.adscharity.com/wp-content/uploads/2020/06/ADS-Privacy-Notice-V1.pdf>

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



## **A DRUG REPURPOSING ANALYSIS IDENTIFIES SILDENAFIL AS AN ALZHEIMER DISEASE TREATMENT**

Sildenafil was found to significantly reduce the risk for Alzheimer disease and may be a potential disease modifying drug, according to results of a drug repurposing network analysis and retrospective case control study.

An Alzheimer disease endophenotype model was made using data from large-scale amyloid or tauopathy genome-wide association studies. The drugs were evaluated for their effect on the Alzheimer disease endophenotype.

To confirm potential efficacy for drugs on AD, data were sourced from the MarketScan Medicare Claims database. Patients who had been exposed to candidate drugs were matched with unexposed individuals and assessed for AD diagnoses between 2012 and 2017.

This study used an integrated, network-based approach for drug repurposing discovery. Additional study is needed to assess whether sildenafil may be an effective disease-modifying agent for Alzheimer disease.

Source and full article: <https://bit.ly/3CH7Qqj>



## **DAMAGE TO INNER EAR SYSTEM PREDICTS FALL RISK AMONG PEOPLE WITH ALZHEIMER'S DISEASE**



A Johns Hopkins Medicine study of about 50 People with Alzheimer's disease has added to evidence that damage to the inner ear system that controls balance is a major factor in patients' well-documented higher risk of falling.

Overall, the researchers say, their study found that impairment of the vestibular system was linked to a 50% increase in the risk of falling for People with Alzheimer's compared with patients who have Alzheimer's and normal vestibular function.

"Falls are a major problem in people with Alzheimer's disease, who fall at twice the rate compared with healthy older adults, and this often leads to injury, nursing home placement and early mortality," says senior author Yuri Agrawal. The new study was designed to better understand the root causes of the high fall rate and identify specific interventions to reduce it.

Source and full article: <https://bit.ly/37mxDIF>

# 'ADS' news



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We have recently started hosting a lunch for our Members to attend. This is an opportunity for our Carers, Former Carers and their loved ones to meet each other and to chat and socialise over a carvery meal followed by ice cream dessert.

We meet on the 2nd Wednesday of each month at The Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

Numbers are limited and bookings need to be made in advance. Please contact Terrie on 07516 165647 to book your place.



## 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.



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## Hayling Island weekend break

**JOIN US IN MAY 2022 FOR OUR NEXT TRIP**

We have already started to plan the next trip, so mark your calendars because we are going to Hayling Island again on

**20th - 23rd May 2022!**

This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.



If you would like to join us, please give Terrie a call on 07516 165647 to find out more information.

# Highlights from the 'ADS' Charity Shop

Last month our Charity Shop hosted the Maidenhead Golf Club Shop Zone. As part of their fundraising activities for 'ADS' this year, the Club's members have kindly donated amazing items for us to sell in our High St Charity Shop.



If you would like to find out more information about our Shop Zone concept, please check here <https://www.adscharity.com/shop-zone/>. This is an amazing opportunity to promote your business to our local community as we are right on High Street, the busiest place in town!

'Thank You' to all the MGC members and staff for making this possible!



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

All our Befrienders work in pairs - our Team and our existing Befrienders will offer you full support to pair and assign you to the person you will befriending.

We estimate that visits would be twice a month. Don't worry, the 'ADS' Advisors are offering the appropriate training and useful tips. They are also always available to help.



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

# Out & About

by Sandra Williams  
Out & About Service Coordinator

**Out & About** has had a busy month with some new activities that have delivered fun and laughter, in abundance. Indeed, we have been exceptionally creative.

Ann, a long serving Maidenhead Out & About Volunteer shared her passion for painting stones. We would like to say a big thank you to her for all the preparation. We had a wonderful time painting, which was very therapeutic.

As you will see, our artwork was sufficiently good to be shown at the Tate Modern, or at least we thought so!

Our Windsor Out & About Service visited Waltham Place where we made Cornish Pasties, which formed a part of our lunch. They were delicious!



Frank, Michael & Tim  
making pasty

Before dicing potato, swede, and beef from the farm we made the pastry. The pastry was then rolled and cut into circles before we dolloped the uncooked mixture onto the pastry and folded the circle. We then took a deep breath before trying our hand at crimping.

Traditionally a Cornish pasty is crimped on the side and forms a crust for miners to hold, to form a handle. It was considered good luck to leave some of the crust to appease the gremlins in the mine. We all agreed that the rats were probably happy to encourage such a belief.

Several of us had studied YouTubes to learn how to crimp and we did well! I also discovered that the wives of the miners would put their husband's initials in the corner of each pasty, so we initialed ours. As our delicious golden pasties were delivered to the table, there was a shout of Oggie, Oggie, Oggie, to which everyone enthusiastically replied "Oi Oi Oi". You might ask why? The miner's wives would take the cooked pasties to the top of the mine and call "Oggie, Oggie, Oggie". In return the miners would shout "Oi, Oi, Oi" and come up to collect their lunch.

Our longest serving Out & About, Dave, showed us how his mother made a "belly filler" using the left-over pastry. He rolled and scored it, before asking for sugar that was generously sprinkled over the top and then into the oven it went. This is how people used to "waste not want not" which triggered a discussion about how much food is wasted today. I never got a taste ... others got there before me.



# Berkshire Birds of Prey

**SPECIAL EVENT FOR 'ADS' MEMBERS**

Back in February, 'Berkshire Birds of Prey' kindly offered our Members an unforgettable experience. The small family-run team met our Members at the High St Methodist Church in Maidenhead and introduced them to some wonderful birds, including lots of different types of owls and a kestrel or two.



Everyone had the chance to meet them up close and learn about their habits and habitats, falconry history and equipment.

When entering the room, you could see that some attendees were a bit reserved in making contact with the birds, but some of them were very brave and immediately made some new featherily friends. The beautiful birds were actually very friendly, they loved being patted and talked to.



We are so very grateful to "Berkshire Birds of Prey" for offering to organise this event for the 'ADS' Members, free of charge. It was a different type of Wednesday morning which we all need from time to time.

This therapeutic program uses multisensory stimulation and the natural world of birds to help People living with Dementia interact with their environment.

*Thank  
you.*



The "Berkshire Birds of Prey" team is open for various projects such as Corporate Days, Fêtes, Exhibitions, Private Parties, Photo shoots, Art Sessions, Weddings, Promotional TV and Film Work, School workshops, Carehome experiences, Group learning experiences and any other events ideas that you might have.

If you would like to get in contact with them, please call 07954 380051 or send them an email at [info@berkshirebirdsofprey.co.uk](mailto:info@berkshirebirdsofprey.co.uk).

# Special Thanks to...

We were delighted and honoured to be invited by the Captains of Castle Royle Golf Club (CRGC) to the annual 'Drive In' Ceremony on 26th of February.

The members of CRGC have embraced the 'ADS' Charity recognising the importance of helping support a local Charity providing Services and Advice to local People with Dementia and those who care for them.



Castle Royle



Traditionally golf club Captains choose a charity dear to them which the members all do their best to support during the Captains year. We are so very grateful that they have been choosing to support our Charity for the last 4 years!

Our Trustee, John MacFarlane was so thankful to accept a substantial cheque on behalf of 'ADS' and our Members. He also reassured the club that the funds they raised will go directly to help our Charity continue to provide the support so desperately needed by those living locally with this dreadful illness and the families who provide day by day care.

We would like to thank Castle Royle for all the support given for the past 4 years and wish them a successful year with their future fundraising projects for their new chosen Charity of the Year.



## "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!

COX GREEN TOWNSWOMEN'S GUILD

### Donations in memoriam

BARBARA STEVENS  
RONALD JAMES GILFILLAN  
MOHAN LAL KOCCHAR





# Signposting



## NHS RESEARCH PHOTO EXHIBITION AT WINDSOR LIBRARY

A photo exhibition showcasing groundbreaking NHS medical research taking place across Berkshire and the surrounding region has come to Windsor Library, Berkshire.

'The Body Unlocked: How Research is Changing Lives' features 11 life-sized images of people who have taken part in studies, researchers at work and microscopic images of cells and bacteria.



The exhibition - at the library until 29 April - has been produced by the National Institute for Health Research (NIHR) to encourage people to take part in NHS public health and social care studies.

Images include surgeons preparing a pioneering gene therapy injection for vision loss, dogs smelling urine to detect cancer, a microscope image of cells responsible for controlling blood sugar and a virtual reality headset to treat mental health conditions.

To find out more information please visit <https://bit.ly/34FNesc>.



## 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

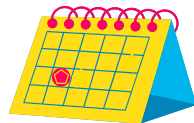
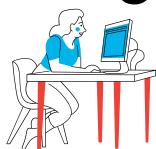
### Slough Borough Council Adult Social Care

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

## APRIL CALENDAR



FRI	1st	10:30	ASCOT	SINGING FOR PLEASURE
MON	4th	10:00	MAIDENHEAD	CONNECTION CAFÉ
MON	4th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	4th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	5th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	6th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	6th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	6th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	6th	14:00	MAIDENHEAD	FAB - FUN AT BCA
THU	7th	13:30	ASCOT	SEATED EXERCISES
FRI	8th	10:30	ASCOT	SINGING FOR PLEASURE
MON	11th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	11th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	11th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	12th	10:30	LANGLEY	SEATED EXERCISES
TUE	12th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	13th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	13th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	13th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	14th	13:00	ASCOT	SEATED EXERCISES

**NO Services on Good Friday or Easter Monday.**

TUE	19th	10:30	LANGLEY	SEATED EXERCISES
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## Happy Easter!

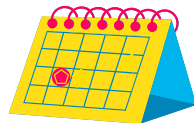
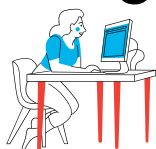
The 'ADS' Team would like to wish everyone celebrating Easter a blessed and memorable weekend with your friends and family. May the spirit of this holiday bring you peace, joy and happiness!

We look forward to hearing how you've celebrated next time when you join our Services.



# Our Getting Together Services

## APRIL CALENDAR



TUE	19th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	20th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	20th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	20th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	21st	13:30	ASCOT	SEATED EXERCISES
FRI	22nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	25th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	25th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	25th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	26th	10:30	LANGLEY	SEATED EXERCISES
TUE	26th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	27th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	27th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
WED	27th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	27th	14:00	MAIDENHEAD	FAB – FUN AT BCA
THU	28th	14:00	WINDSOR	MOVES & GROOVES
THU	28th	13:30	ASCOT	SEATED EXERCISES
FRI	29th	10:30	ASCOT	SINGING FOR PLEASURE

### IMPORTANT!

The 'ADS' Services are organised keeping in mind the safety of everybody in terms of COVID-19. [Please remember to always take a lateral flow test before attending any of our Services.](#)

This calendar is subject to change in case of unexpected events and you will be informed accordingly via email.

## Contest time - Name the Gnome!

One of our Supporters has kindly donated to us this amazing Easter gnome. We've been struggling to find a proper name for him, so we were hoping that you could help!

Send your suggestion to [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk) and the most creative one will be the winner of the actual gnome!



# 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**



**! Please note that we will not be meeting on Wednesday 20th April.**

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



**Please note that we will not be holding Seated Exercises on Monday 4th in Maidenhead & Tuesday 5th in Langley.**

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, 28th April.**



### 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.



### 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, 13th April.**

### 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, 20th April.**

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.

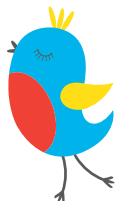
**There is a waiting list for this popular Service, so please put your name down AS SOON AS POSSIBLE!**

# Happy April

## PUZZLE PAGE



BASKET  
BLESSINGS  
BONNET  
BOUQUET  
BUNNY  
CHICKS  
CHILDREN  
CHOCOLATES  
CHURCH



DAFFODILS  
DUCKS  
DYE  
EASTER  
EGGS  
FLOWERS  
GRASS  
GRATITUDE  
HOPE  
HUNT



JELLYBEANS  
JOY  
LIFE  
PARADE  
RABBIT  
SPRING  
SUNDAY



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

- Why shouldn't you tell an Easter Egg joke?
- It might crack up!

- Why did the Easter egg hide?
- He was a little chicken.

- What kind of stories do rabbits like?
- The ones with hoppy ending.

Fill in the grids so that each horizontal row contains each letter exactly once, each column contains each letter exactly once and each subgrid contains each letter exactly once.



		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

# Important 'ADS' Contacts

## **Terrie Hall**

Senior Dementia Advisor

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terrie.hall@alzheimersdementiasupport.co.uk

## **Santok Modhvia**

Multi Lingual Service  
Delivery Advisor

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## **Sandra Williams**

Out & About Service  
Co-ordinator

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## **Denise Davies**

Service Advisor

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## **Rachel Spencer**

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## **Dee Allgood**

Membership & Funding  
Specialist

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## **Andrea Moisa**

Marketing & Events  
Specialist

07513 762900

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### **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.

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

### **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/)**