

Newsletter May 2020

Our Newsletter, Information & Updates

MAY EDITION



stay strong.
stay positive.

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SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO

office.admin@alzheimersdementiasupport.co.uk

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NOTE FROM THE CHAIRMAN

Dear All,

I hope you are coping during these challenging times. This month I want to pay tribute and express my huge pride at the fantastic work that our amazing 'ADS' Team of Staff and Volunteers are doing to keep you safe and well during this dreadful period. I hope that you share my sentiments and feel you are benefiting from the unselfish way they dedicate their time in your service - each and every day.

We continue to provide you with the best possible support, advice and information, in as many ways as we are able, to help you through this unprecedented situation. Social distancing is so important due to the highly infectious nature of COVID19 and we want to ensure that you are in possession of the best ways to protect yourselves as the country fights to contain its spread.

I would urge you to read the contents of this Newsletter carefully as we hope it will keep you and your loved ones apprised of the latest initiatives we are providing to support you. I must reiterate last month's comment and stress the importance of strictly adhering to all guidance and advice emanating from your GP surgeries, RBWM (Local Authority), NHS and any/all Notifications from Public Health and Government officials.

Please continue to utilise the services being provided by your wonderful 'ADS' Team in all their various forms. Try to remain positive and remember that we are available at 'ADS' to advise you as always, we really do have your very best interests at heart. I hope that you stay safe and look after each other.

Warmest wishes

David

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



IN MEMORIAM DONATIONS

Our sincere and grateful thanks for the very kind donations

in memory of

Irene Shearer

Sylvia Sherwood

Geoffrey Atkinson

Charles Harris





IN THE NEWS



To read more visit:
<https://tiyurl.com/y7aykl4u>

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

Swansea University
Playing Key Role in
Dementia Research
Full Article:
<https://tinyurl.com/wgxswsm>

A ground-breaking
wearable device that can
spot Alzheimers early,
could be available in the
next few years
Full Article:
<https://tinyurl.com/vqxwx5w>



Over the past weeks there have been some truly amazing & inspirational community stories in the news. We thought it would be nice to cover a couple of these fabulous stories which are real examples of 'ADS' Stay Strong. Stay Positive message.

Captain Tom Moore

An absolute force to be reckoned with! Setting out to walk 100 laps of his garden to raise money for 'NHS Charities Together', this amazing 2nd World War Veteran had no idea that his simple idea to raise £1000 before his 100th Birthday on 30th April would capture the heart of the Nation. 'Captain Tom' completed his 100th lap 2 weeks early and, while people continued to donate, he vowed to continue to walk laps of his garden in the Bedfordshire Village of Marston Moretaine until his Birthday.

Up to the week before his 100th Birthday 'Captain Tom' had:

- Raised over £28million (**plus** over £5 million in Gift Aid) for 'NHS Charities Together'. <https://www.nhscharitiestogether.co.uk/>
- Teamed up with Michael Ball for a fundraising cover of "You'll Never Walk Alone" that reached No1 in the charts within days of its release

- Officially opened the Nightingale Hospital Harrogate via video-link with the Health Secretary; following in the footsteps of Prince Charles & Prince William, who also opened Nightingale Hospitals

- Britain's Got Talent bosses are reported to be keen to get 'Captain Tom' to perform with Michael Ball in the BGT live final later this year !!

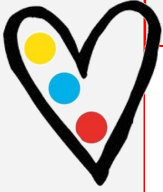
Captain Tom's daughter Hannah said *"Oh my! Can anything else happen to us, do you think? We are working our little socks off as you can imagine, we are fully Team Tom! Thank you for supporting us all and thank you to the British public, we really appreciate it."*

Carer in Preston gives 94-year-old D-Day veteran a cushion with his late wife's picture printed on it

War veteran Ken Benbow, broke down in tears when a young carer gave him a cushion which she'd had made with a picture of his late wife printed on it.

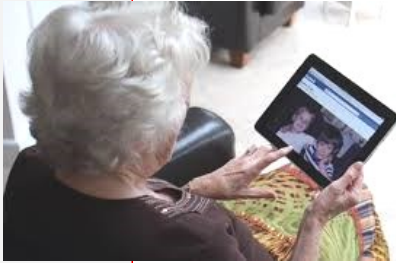
Ken, who was married to Ada for 71 years, slept with a photograph of her by his bed at his Preston care home. Carer Kia Tobin, 17, knew how much he missed Ada and wanted to give him a special gift to bring him closer to his late wife.





SIGNPOSTING

During the current situation being able to access not just on line information but also the ability to do exercise, talk to friends and family have been developed very quickly. We have collated some interesting and helpful information to assist you in using some of these tools from your computer, tablet or smartphone. You don't have to be a tech expert to get the benefit from the many resources now available.



We also have provided details about 'virtual tours' of some of the amazing attractions we have here in the UK - all from the comfort of your own armchair.

We hope you enjoy them.



BT have teamed up with ITV and created Top Tips on Tech. This is a series of videos and guides to help you, your family and friends learn about different technologies and how to get the most out of them.

Watch their series of special ITV 'ad breaks' every weekday in the first break of 'This Morning' and the central break of the ITV Evening News.

So far the following videos have been screened, but don't worry if you have missed any you can watch them online at <https://www.bt.com/tech-tips>



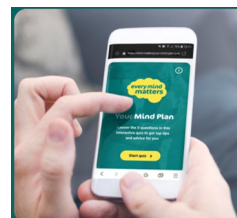
Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

CLICK: <https://www.nhs.uk/oneyou/every-mind-matters/>

Coronavirus and wellbeing

- 10 tips to help if you're worried about coronavirus >
- Looking after children and young people >
- 7 simple ideas to tackle working from home >
- Mental wellbeing while staying at home >



Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Try the quiz >

SIGNPOSTING

NATURAL HISTORY MUSEUM



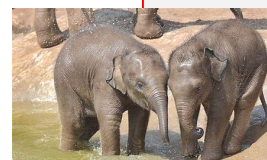
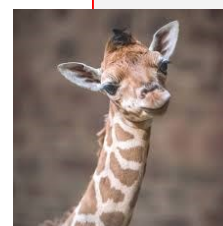
Go on a virtual tour of the Museum. Google Arts & Culture gives you access to 300,000 specimens within the Museum's collections, along with 14 digital exhibitions, virtual tours and an interactive gigapixel photo (so enormous you can zoom in on the tiniest detail) of Hintze Hall's gilded canopy.

CLICK: <https://www.nhm.ac.uk/visit/virtual-museum.html>



As you can't go to the zoo ... Chester Zoo are bringing the zoo to you!

They have thrown open their virtual gates four times currently during lockdown. On each 'visit' you are taken on a 'virtual tour' of their zoo for a whole day of animal antics, fun facts and exclusive behind the scenes knowledge from their zoo keepers



CLICK: <https://www.youtube.com/c/chesterzoo/live>

CLICK: <https://www.chesterzoo.org/virtual-zoo/>

Kew

ROYAL BOTANIC GARDENS

Roam the gardens from the comfort of your home

If you can't get to the gardens, let us bring the gardens to you.

Travel to the tropics, the desert and the mountains without leaving the house with our seasonal footage and a sneak peek at our glasshouses across Kew and Wakehurst.



CLICK: <https://www.kew.org/about-us/virtual-kew-wakehurst>



The Queen uses the Castle both as a private home, where she usually spends the weekend, and as an official Royal residence at which she undertakes certain formal duties from Investitures to State Visits.

Whilst Windsor Castle is currently not open to the public - you can take a sneak peek via our virtual tours.



CLICK: <https://www.royal.uk/virtual-tours-windsor-castle>

STAY STRONG, STAY POSITIVE



Last month, we launched our Stay Strong, Stay Positive campaign and asked you to send us photos of what you are doing to keep your spirits up during lockdown!

Thank you to everyone that sent in photos. We know our readers will enjoy seeing them as much as we have.

PLEASE KEEP SENDING IN YOUR PHOTOS

office.admin@alzheimersdementiasupport.co.uk

**Geoff's
ambitious 1,000
piece jigsaw**



“During the lockdown there are two things that I've been doing. Going for my walks through the local wood beside the fields and working in my garden. Here are some views from my morning walks” Mike



***“Keeping busy and staying positive by listening to a Singing For Pleasure CD from Julia”
Doris & John***

STAY STRONG, STAY POSITIVE



“Keeping myself busy by enameling coins, I’m enjoying the challenge but it is much more difficult than it looks but hopefully I will improve as time goes on and it looks like I’m going to have plenty of time to improve. I brought myself a really strong magnifying glass with a built in light which is a much needed tool for this project.”

Karen



Jane with Scruffy



**stay strong.
stay positive.**



Volunteer’s rainbow windcatchers supporting the NHS

“I am just taking it easy at the moment. I miss my visit to the Singing for Pleasure and having my ears stroked.

Mum (Edwina) is on duty as a NHS Community Volunteer when she is not taking me for a walk.”

A relaxed Boston





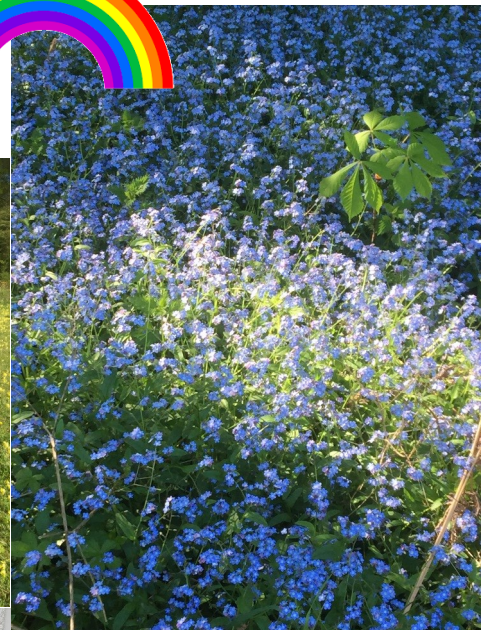
STAY STRONG, STAY POSITIVE

**Stanley
having a home haircut!
Before**



**Rainbow paintings in
Pam's windows**

**...and after!
Nice one Stanley!!**



**Ken doing what
he loves best.
A walk in
Pinkneys Green
taking in and
enjoying the
nature**



STAY STRONG, STAY POSITIVE



**Michael
enjoying his garden**

"A photo of the wash bags I made for the scrubs at Wexham Park Hospital and elastic for people who are making masks as well. So glad I could help." Jean



Linda (Carer) and Maureen receiving shopping from the 'ADS' Team



**Tony
taking his daily
exercise**



**Joyce
wearing her
fabulous Easter bonnet**

OUT & ABOUT ADVENTURES

As Out & About approaches its 9th Birthday, may I share a few memories?

Laughter
is brightest
where **food** is
best.
~ Irish Proverb

The Maidenhead Service was launched in 2012 with the Windsor Service being launched the following year. Our first Maidenhead O&A was a trip to **Windsor Castle**, using RBWM Bus Passes for free access, instead of Advantage Cards. I had to do a bit of explaining. We then lunched at a Chinese Restaurant, where we ate Fish 'n Chips. The scene was set!

Our first Windsor O&A was on a warm day, but with an iffy forecast. I arrived at **The Running Man Café**, with a picnic and a list of pubs, just in case.

As we sat in the courtyard, I gave everyone a choice of outing, although I admit to a "forgettery". I don't recall Plan B. Plan A was a boat trip from **Higginson Park** in Marlow, followed by the picnic. We looked up at the sky and were amazed to see a question mark amongst the clouds.

A feisty Italian lady, Michelina, advised, that *"if we took any notice of the weather forecast in England, we would never*

go anywhere". Those words have become the O&A mantra. When I dither over whether the weather is suitable for a planned outing, I fondly remember Michelina's advice. To the boat we went; the heavens opened whilst we took shelter onboard, admiring a rainbow. The rain passed and we enjoyed our picnic in warm drizzle.



Sadie at **Feather & Fur** has entertained us over the years with her birds. We are particularly fond of Bert who flew on one visit *"no strings attached;"* a falconry term for a captive bird flying freely. Bert proved to be *"fed up;"* also a falconry term. Having visited a Brownie pack the prior evening, he had dined to satisfaction. With *"tummy touching table"* he had no reason whatsoever, to do as requested. Up he flew, into a tree refusing to come down. We watched intently, as Sadie, balancing precariously on a chair with only three legs, threw

pieces of fresh fluffy chicken into the air, anxiously calling "Bert, Bert, Bert". If she brought the next bird out, before returning Bert to his aviary, Bert was at risk of being eaten alive. We gazed at Bert for what seemed an indeterminable time. None one of us saw his return flight; it happened ... but on his terms!



OUT & ABOUT ADVENTURES

On a visit to **The Berkshire College of Agriculture** we were privileged to see twin lambs being born. We arrived as the first lamb was being unceremoniously hung, upside down, by the farmer, to help it take its first breath. The lamb was wiped with straw before being placed in the corner of the pen. We watched in awe as the second lamb was born, only to see the first lamb get up on its feet and push its sibling away, to ensure it was first to feed from mum. We witnessed nature's instinctive urge to survive.



On another occasion we visited **Denbie's Vineyard in Dorking** for a Food & Wine tasting before a tractor ride in the vineyard. As we entered the cellar, we saw plates of tantalizing appetizers on top of oak barrels. Whilst my back was turned, the food was "vacuumed"!

The "tasting" commenced as the tour leader raised her glass, inviting us to savour a cheese, which complimented the fine English wine that had just been poured. Snorts of laughter followed, as we surveyed the empty plates, whilst being given a look of disapproval. What did she expect? Out & Abouters have hearty appetites and if it is edible, we do not hang around!

"As I look back over this article, I am conscious that the theme of food flows throughout. At O&A, where there is food, there is laughter amongst friends. Long may this continue, when it is safe to resume O&A."

Sandra Williams - Out & About Service Coordinator



QUIZ



- What's the birthstone of May - it represents love and success?
- Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?
- Historically, what sort of dancing has been linked to May Day celebrations?
- Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May 1945?
- Which actor who celebrates a May birthday can be found on a "Road to"?



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

*Tell us your
favourite jokes*

**What did the spring
say when it was in
trouble?**

May Day

**Who's the most
important person
in a spring
wedding?**

*The MAYtron of
honour*

**Which month
can't make a
decision?**

MAYbe

**Who conducts
the spring
orchestra?**

May-stro

Quiz Answers
A. Emerald
B. Lily of the Valley
C. Morris Dancing
D. 8th May
E. Bob Hope

OUR GROUP SERVICES ARE ON HOLD



Nysa sewing facemasks for the 'ADS' Team

While we cannot currently hold our usual Group Sessions, our Team is still working to support our Members in any way that we can.

We are regularly on the telephone and on-line and are busy setting up activities, chats and singing which you will soon be able to access on-line.

We are still here when you need us.

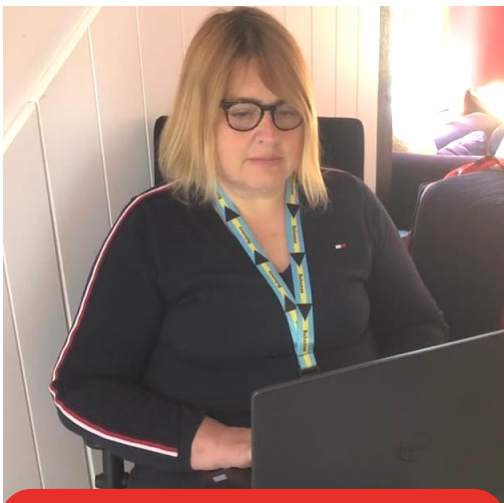
Here are some of the extra activities keeping us busy!



Terrie catching up on emails



Hannah working on setting up Zoom Singing for Pleasure



Sandra planning future Out & About happy rainbow days



Santok catching up with Members



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)



'ADS' TEAM

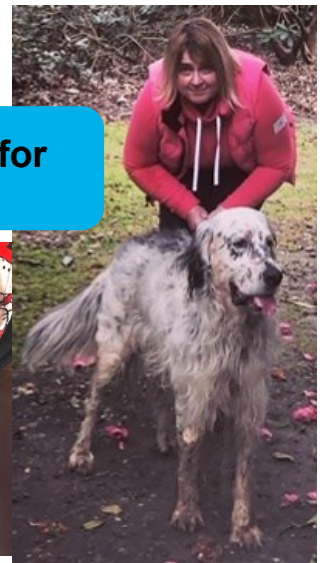
The Team coming to terms with technology with weekly team meetings on Skype



Jacob, Holly's 7yr old son, packing the April Newsletters for posting



Hannah & Wesley ready for 'ADS' lanyard audit



Nysa's finished face masks for the Team, to keep us all safe



Rainbow coloured scarves drying in Santok's garden



Terrie and Alfie enjoying the garden



INFORMATION, ADVICE & SUPPORT

ON-LINE VIRTUAL ACTIVITIES FOR 'ADS' SERVICES

We can't be with you in person, but we are working to get us all together again!

SINGING FOR PLEASURE - ON LINE

We are introducing **Singing on Zoom**;
an opportunity to join Julia and other Members in a group on-line Singing for Pleasure session.

You don't need to upload any software - we will send you a link.

If you are a Member of our Maidenhead, Ascot or Windsor singing sessions and would like to join in.

Please contact
Hannah Deighton
Tel: 07516 165665



Email: hannah.deighton@alzheimersdementiasupport.co.uk

CAFÉ CHAT

Do you miss our regular chats at the 'ADS' weekly Connection Cafes?

We are trialing Carer on-line chat sessions; a chance to meet up with familiar faces as well as face to face contact with our advisors

ACTIVITIES

We are building a bank of fun links and things to do at home which we will soon be adding to our website.

We will email our Members when the website is ready, but in the meantime, do please watch out for updates

KEEP WATCHING

'ADS' Website: www.alzheimersdementiasupport.co.uk

Facebook: <https://www.facebook.com/AlzheimersDementiaSupport>



INFORMATION, ADVICE & SUPPORT

The following may not be happening in our usual venues, but, as you will see on the opposite page, The 'ADS' Team are working hard to bring some of our services to you in your home through the use of 'Virtual Technology and via links on our website .

CONNECTION CAFÉ - NOT BEING HELD UNTIL FURTHER NOTICE

Attendance Allowance Information

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

£58.70

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

£87.65

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

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

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.

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

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

SINGING FOR PLEASURE - NOT BEING HELD UNTIL FURTHER NOTICE

Your wonderful Fund Raising Continues despite the situation we are in!

Sarah Dowden is 50 on the 9th May and she is going to shave ALL her hair if donations reach £500 for 'ADS' by her birthday
Her Just Giving Page is below

<https://www.justgiving.com/fundraising/sarah-dowden50>

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

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.



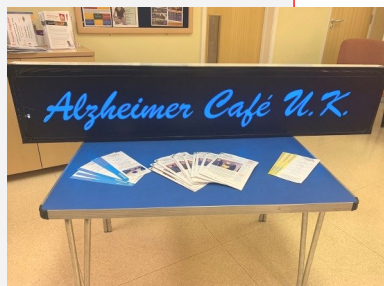
Session from
12.30-2.30pm

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



INFORMATION, ADVICE & SUPPORT

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.

SEATED EXERCISE - NOT BEING HELD UNTIL FURTHER NOTICE

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

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 other 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 to offer some welcome respite for their Carers.

We request a £20 contribution towards each trip, which always includes refreshment, lunch, travel and admission or other charges (where applicable).

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

COUNCIL CONTACTS

RBWM Optalis
First Contact & Duty
Team: 01628 683744

Dementia Advisors:
01628 683715

**Slough Borough
Council Adult Social
Care**
Service Access Team:
01753 475111
Press 1 for Adult
Social Care

All Out of Hours
Access Team :
01344 786543

'ADS' CONTACTS

Terrie Hall **Senior Advisor**
07516 165647 terrie.hall@alzheimersdementiasupport.co.uk

Santok Modhvadia **Multi Lingual Service Delivery Advisor**
07543 243613 santok.modhvadia@alzheimersdementiasupport.co.uk

Hannah Deighton **Services Delivery Advisor**
07516 165665 hannah.deighton@alzheimersdementiasupport.co.uk

Sandra Williams **Out & About Service Co-ordinator**
07593 661848 sandra.williams@alzheimersdementiasupport.co.uk

Holly Clarke **Admin, Events & Marketing Specialist**
07513 762900 office.admin@alzheimersdementiasupport.co.uk

Postal Address

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

Shop Address (Currently closed in line with UK Government Requirements)

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

Website: www.alzheimersdementiasupport.co.uk
Email: info@alzheimersdementiasupport.co.uk
Facebook www.facebook.com/AlzheimersDementiaSupport
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