

Note from the CHAIRMAN

Hello Everyone,

I hope you have enjoyed a very peaceful and pleasant Easter in good company. Hopefully, you were also able to join the team at some of our services during the month. Please read on for details related to our many exciting services for your pleasure during this month of May.

Our springtime programme is filled with fun and continues with our latest famous Weekend away at Hayling Island. I really hope that all of those lucky people who are preparing to embark on this extremely popular trip will have a wonderful time.

Another special date for your diaries is our Annual 'ADS' Spring Picnic which will be set out in the beautiful surroundings of the BCA and is coming up for you in June. I'm sure that you won't want to miss the chance to enjoy everything that the team is planning for your enjoyment. Your invitation and details of this super event are contained within this newsletter, so please don't miss it. This day out is yet another great chance for you to have fun in the company of the 'ADS' Team, your family and friends - get ready for a great day of fun and frolics.

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

Best wishes,



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee



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

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IMPORTANT CONTACTS

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

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

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

Worldwide news

WELSH-GROWN DAFFODILS HELP TACKLE ALZHEIMER'S

Powys-based bioresearch company, Agroceutical Products, is playing a role in the fight against Alzheimer's by harvesting Wales' national flower. Daffodils contain galantamine – a compound known to slow the progression of Alzheimer's symptoms.

Once harvested, the daffodils are processed and supplied to pharmaceutical companies to be crystallised into prescription tablets and capsules. The company's team of five produces 20 kilos of galantamine per year, helping over 9,000 Alzheimer's patients across the world.



Scientists believe the daffodils, grown in the Black Mountains in Wales, have more of it due to the stress they are placed under having to endure harsh winters at 1,200ft. The unfavourable conditions cause them to flower much later than regular species, which produce very little quantities of the chemical.

Source and full article: <https://bit.ly/3jUPJV3>



PROMISING ALZHEIMER'S DRUG MAY ALSO IMPROVE MEMORY IN DOWN SYNDROME AND NORMAL AGING

A multidisciplinary team at the University of Colorado Anschutz Medical Campus studied the safety and tolerability of GM-CSF treatment and its effects on behaviour and brain pathology in a mouse model of Down syndrome and in mice undergoing typical aging. The results reported in the journal *Neurobiology of Disease* suggest that GM-CSF has potential applicability to humans.



"People with Down syndrome are at higher risk for Alzheimer's disease and previous work showed that GM-CSF improves cognition and brain pathology in Alzheimer's disease patients. This new study shows that GM-CSF also, unexpectedly, improves cognition in mice that do not have Alzheimer's disease," said senior author Huntington Potter. He adds, "Discovering a treatment that may help children and young adults with Down syndrome to develop their physical and mental capabilities is critical to improving their health and activities of daily living."

Source and full article: <https://bit.ly/3uTPjF6>



'ADS' news

**VOLUNTEER
DRIVER NEEDED!
MORE DETAILS
ON PAGE 5.**

Singing for Pleasure Online

EVERY MONDAY FROM 13:30, ON ZOOM

Research has shown that music and singing are incredibly beneficial to those with Dementia. A favourite song can make anyone laugh or cry when it taps into a strong memory.



Musical aptitude and appreciation are two of the last remaining cognitive abilities that are found in Dementia patients, with musical memory shown to survive relatively well.

As such, music is increasingly being lauded as one of the best ways to move beyond this condition and reach the person at all stages of Dementia – providing an important channel of communication when others are challenged.



**2022 ANNUAL
GENERAL
MEETING**

**THURSDAY, 30TH OF JUNE 2022
10:30AM - 13:00PM**

Would you like to know more about what we have achieved in the past year and what our plans are for the upcoming months? Join our annual AGM!



Save the date and watch this page for more information in our next newsletter!

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.



See page 18

Highlights from the 'ADS' Charity Shop

A few weeks ago, our amazing Supporters donated some lovely hats, including an authentic Beverley Edmondson Millinery one. It's worth coming to our 'ADS' Charity Shop, we always have some hidden gems at very good prices.

If you have some special items you would like to donate to us, please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

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



Volunteer Driver required to collect donations for our Charity Shop. Donations to be collected from residents within our local community and delivered to our Shop.

Please contact our Shop Manager Cathy on 07707 531689 or email her at catherine.rance@alzheimersdementiasupport.co.uk

We are also looking for Volunteers who can help us to pick-up and drop-off our collection tins for Bourne End, Marlow and Maidenhead.

If you would like to help us with this, please send an email to funding@alzheimersdementiasupport.co.uk.



Save the date for our next Santa Fun Run: 27 November 2022

It's that time of the year again when you have to mark your calendars for the next 'ADS' Santa Fun Run!

More details to come in the following newsletters!

Out & About

by Sandra Williams
Out & About Service Coordinator



Punting on The Cherwell

As Spring has finally sprung with signs of vibrant green and blossom, Out & About have ventured a little further afield during April.

A visit to The Oxford Botanical Gardens enabled us to travel around the globe, experiencing everything from a tropical jungle

to a swamp, desert and alpine gardens, all in an hour. No COVID passports were required!

We started our journey in The Conservatory, where Citrus plants have been grown since the 1600s. The scent was amazing. Here we saw lemons the size of grapefruit. The Carnivorous Plant House was quiet and calm, belying the sinister nature of the plants, which trap and kill unsuspecting insects. Entering the Water Lily House we immersed ourselves in the warmth. Whether we looked up or down, plants were everywhere.



Michael exploring Oxford Botanic Gardens

Having explored seven greenhouses, we were fortunate to see a group punting on The River Cherwell. The riverside was edged with a fabulous display of spring flowers.

We concluded our visit with a stroll around the Walled Gardens, stopping to speak to the gardeners. The Magnolias were just coming out into flower. I was amazed to see a peony flowering in a sheltered spot.

Having travelled the globe, we went more local, visiting Milestones Heritage Museum in Basingstoke.



Michael revealing ALL Milestones

As we entered Basingstoke the display of daffodils was memorable. On arriving we were given a challenge, to spot a variety of exhibits, ticking them off as we went. This certainly kept us all on our toes. We explored cobbled streets, vintage vehicles and the trappings of trades from the past. There were many opportunities to reminisce.

We tried our hand at Hop Scotch and then off to my favourite place, down a little alley, with bloomers pegged on the washing line. There are two wooden doors in this back yard. It is human nature to open doors!

I watched and waited. The first door was opened and everyone gasped. Sat upon the toilet, with his trousers down, was a man ensconced in reading a newspaper. After a moment of horror, everyone roared with laughter!

The old-time pub beckoned, where Frank sat down and entertained us with a tune on the piano. Tummies began rumbling, so we made our way to The Roof Top Café where our preordered lunch was served.

After lunch, with our WWII Ration Cards at the ready, we sought out the 1940s Sweet Shop. One by one we went in and selected our ration of sweets, from a small selection of glass jars. The sweets were weighed and poured into a paper bag, before being sealed with an expert toss and twist, recalling many childhood memories. Aniseed Balls and Pontefract cakes seemed to be the most popular, which were sucked on our journey home.



A Kid's Guide to Dementia

DEMENTIA EXPLAINED FOR YOUNG PEOPLE

Back in August 2020, we launched our special book 'A Kid's Guide to Dementia', written by the then 17-year-old author Tegan Harris who has kindly donated all proceeds of sale to 'ADS'.



'A Kid's Guide to Dementia' is primarily for 8-11-year-olds to help them understand what to expect when someone they are close to develops Dementia, however, adults new to Dementia can also find it very useful. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.

If you would like to learn more about Dementia, you can buy our book as a Paperback copy or as a Kindle edition directly from our website: www.adscharity.com/kids-guide/
Alternatively, you may like to purchase a copy from our High Street Maidenhead Charity Shop.

Are you looking for extra storage? Contact Lok'n Store Maidenhead and support 'ADS'!

If you, your friends, or family are about to book your storage at Lok'n Store in Stafferton Way in Maidenhead, please mention our Charity. Saying "I've been referred by the 'ADS' Team" will mean that Lok'n Store will donate £25 to us!



Special Thanks to...

Windsor St George Rotary Club were planning to organise a beautiful Carol Service back in December and raise funds for our Charity. Sadly, they had to cancel it due to COVID, but all the sponsors, advertisers and members of the public gracefully allowed them to keep their contribution for us.



Thank YOU everyone for being so kind and supporting the 'ADS' Charity!

We would also like to thank some other organisations for choosing to support our Charity by putting together various fundraising events:



'Thank You' Maidenhead Lions Club for choosing to support our 'Mates with Plates & Ladies that Lunch' Service by offering us one of the Platinum Jubilee Awards.

'Thank You' to Les Andrew and Eileen Clarke, former captains of MGC, who organised many activities to raise money for 'ADS' during their captaincy in 2021. 'Thank You' to all MGC members for supporting and actively engaging in all the their projects.



"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!

GAVIN & ROSIE GORDON
SHAY BOTTOMLEY
ROSALIND HURST

JACQUI FROST
MARIA MEGGAT
DINAH CARPENTER
JOANA VAITKUVIENE

Donations in memoriam

BARRY PHILIPS
ADA THOMPSON
DAWN KNOWLES
MARIA T. M. G. MCGRATH
MANOJ K. GUHATHAKURTA

DEREK JOHN DUNN
MURIEL GREAVES
HELEN DAVIES
SISTER MACK
CLIFF MOSS
NUALA CORRIDAN

THOMAS BOUSFIELD
RUTH MARY DUNN
KENNETH LAWRENCE
PAUL CHARLTON
RONALD SIMMONDS

Signposting



SPRING COVID-19 BOOSTERS AVAILABLE

Spring Covid-19 boosters are now available for people aged 75 years and over, those in care homes, plus people aged 12 years and over with a weakened immune system. This spring booster is being offered as a precaution to those at extremely high risk, most of whom received their first booster around 6 months ago. If the number of infections increases over the summer, this booster should help to reduce your risk of being admitted to hospital with COVID-19.



FREE PARKING FOR BLUE BADGE HOLDERS AT WEXHAM PARK HOSPITAL

Blue badge holders are eligible to park in any dedicated disabled parking bays and all other nominated public parking.

If you think you may be eligible for a blue badge, please contact an 'ADS' member of staff to help you apply for one. You can meet somewhere convenient for you to help you submit your application for a blue badge.



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

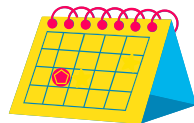
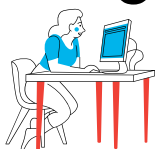
Slough Borough Council Adult Social Care

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

MAY CALENDAR



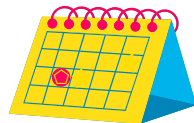
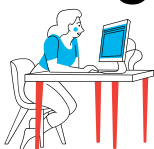
TUE	3rd	10:30	LANGLEY	SEATED EXERCISES
TUE	3rd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	4th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	4th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	4th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	4th	14:00	MAIDENHEAD	FAB - FUN AT BCA
THU	5th	13:30	ASCOT	SEATED EXERCISES
FRI	6th	10:30	ASCOT	SINGING FOR PLEASURE
MON	9th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	9th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	9th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	10th	10:30	LANGLEY	SEATED EXERCISES
TUE	10th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	11th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	11th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	11th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	11th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	11th	14:00	MAIDENHEAD	FAB - FUN AT BCA
THU	12th	13:30	ASCOT	SEATED EXERCISES
FRI	13th	10:30	ASCOT	SINGING FOR PLEASURE
MON	16th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	16th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	16th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	17th	10:30	LANGLEY	SEATED EXERCISES
TUE	17th	13:00	WINDSOR	SINGING FOR PLEASURE



If you would like us to arrange a weekly telephone call for a friendly chat with one of our Volunteer Befrienders, please contact Terrie on 07516 165647 or terrie.hall@alzheimersdementiasupport.co.uk.

Our Getting Together Services

MAY CALENDAR



WED	18th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	18th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	18th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	18th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
WED	18th	14:00	MAIDENHEAD	FAB - FUN AT BCA
THU	19th	13:30	ASCOT	SEATED EXERCISES
FRI	20th	10:30	ASCOT	SINGING FOR PLEASURE
MON	23rd	10:00	MAIDENHEAD	CONNECTION CAFÉ
MON	23rd	13:00	LANGLEY	SINGING FOR PLEASURE
MON	23d	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	24th	10:30	LANGLEY	SEATED EXERCISES
TUE	24th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	25th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	25th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
WED	25th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	25th	14:00	MAIDENHEAD	FAB - FUN AT BCA
THU	26th	14:00	WINDSOR	MOVES & GROOVES
THU	26th	13:30	ASCOT	SEATED EXERCISES
FRI	27th	10:30	ASCOT	SINGING FOR PLEASURE
MON	30th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	30th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	30th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	31st	10:30	LANGLEY	SEATED EXERCISES
TUE	31st	13:00	WINDSOR	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.

Getting Together

DETAILED INFORMATION



FUN AT BERKSHIRE COLLEGE OF AGRICULTURE

This FABulous 'ADS' Service was created especially for People with Dementia and their Carers. We have a unique partnership with Berkshire College of Agriculture which are giving us their full support in the creation and delivery of this Service.

The session is delivered by the Students, with the activities customised to each person, including the supported use of crafts, cooking, games and a magic table. The sessions end with a short sing-along.



The FABulous Service - Fun & Activities at BCA is a part of the students' curriculum, giving them the opportunity to build up their practical experience. With their teachers' support, but also with the help of the 'ADS' Team, they are in work with the People with Dementia and their Carers during the entire session.

This Service takes place at the Berkshire College of Agriculture new Health Science Building. The entire venue is Dementia friendly and includes:

- Easy access & parking
- Lift
- Activity rooms
- Café
- Adapted kitchen & life-skills room
- Private conversation room



Carers are able to join in the Service or take some time to chat with the other Carers or with the students in an on-site Café. They can also have private discussions with the 'ADS' Advisors, or even take a walk in the surrounding beautiful grounds.

Currently, we run 2 sessions every Wednesday:

- **Morning: from 10:00 to 12:00**
- **Afternoon: from 14:00 to 15:30**



Pre-booking is essential as the number of participants is limited. This is not a drop-in Service, so if you would like to join please contact Terrie Hall on 07516 165647 or via e-mail at terrie.hall@alzheimersdementiasupport.co.uk.

Getting Together

DETAILED INFORMATION



CONNECTION CAFÉ

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

MAIDENHEAD

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

Sometimes our Cafés just serve tea, coffee and a friendly chat, but we often have activities taking place throughout the sessions including the very popular Seated Exercises.



SEATED EXERCISES

There is no dress code, just come as you are, the exercises are simple to do, fun and will give your muscles a gentle but firm workout.

MAIDENHEAD

every Monday from 11:00 – 11:45
Methodist Church, High Street
Maidenhead, SL6 1EF

LANGLEY

every Tuesday from 10:30 – 11:45
St Francis Church, London Road
Langley, SL3 7LN

ASCOT

every Thursday from 13:30 – 14:45
King Edwards Hall, Chapel of St
Mary & St John
King Edwards Road,
Ascot, SL5 8PD



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

For further information about any of these Services,
please contact Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION



**SINGING
FOR PLEASURE**
ALSO ONLINE
EVERY MONDAY

Singing is for pleasure, so you don't need a good singing voice to come and join in our sessions. You don't even have to sing if you don't want to! Just come and join in and experience the joy singing brings to People with Dementia.

Music and social interaction have a positive impact on anyone's mood, but for People with Dementia, the impact is huge.



It has been demonstrated that music can help reduce some of the most common symptoms of Dementia, such as agitation, apathy and anxiety.

Every Monday, Tuesday, Wednesday and Friday we offer our Members the opportunity to join 1hr full of fun and joy, singing along with our professional singers.

Each session starts with a 30-minutes chat while enjoying a warm cup of tea or coffee and some delicious biscuits.

LANGLEY

Mondays 13:00 – 14:30

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

WINDSOR

Tuesdays 13:00 – 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW

MAIDENHEAD

Wednesdays 13:00 – 14:30

Cox Green Community
Centre, 51 Highfield Lane, Cox Green,
Maidenhead SL6 3AX

ASCOT

Fridays 10:30 – 12:00

King Edwards Hall
Chapel of St Mary & St John
King Edwards Road, Ascot, SL5 8PD



We also run this Service ONLINE on Mondays from 13:30. Every Monday morning we email our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

Music can be a lovely distraction, so if you would like to join us please, just turn up, no booking is required. For more information, please get in touch with Terrie at 07516 165647.

Getting Together

DETAILED INFORMATION



MOVES & GROOVES

The 'ADS' Moves and Grooves session is designed for People with Dementia and their Carers to get together for a fun social event where people can participate as much (or as little) as they like.

Whilst we encourage people to join in, we do understand that not everyone will want to, however, please come along as the music is guaranteed to cheer you up and brighten your day!



WINDSOR

4th Thursday of the month
14:00 – 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

! Next session will take place on Thursday, 26th May.



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 the previous 'ADS' Cafés. Your input is very valuable to every participant. If you would like to find out more about being a speaker to our events, please get in touch.

Our next meeting will be in September. 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. Included with the carvery meal, ice cream dessert and a soft drink.

! Next session will take place on Wednesday, 11th May.

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. Included with the carvery meal, ice cream dessert and a soft drink.

! Next session will take place on Wednesday, 18th May.

All our lunches are to be booked in advance by calling Terrie on 07516 165647. We ask for a voluntary donation of £15.00 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.



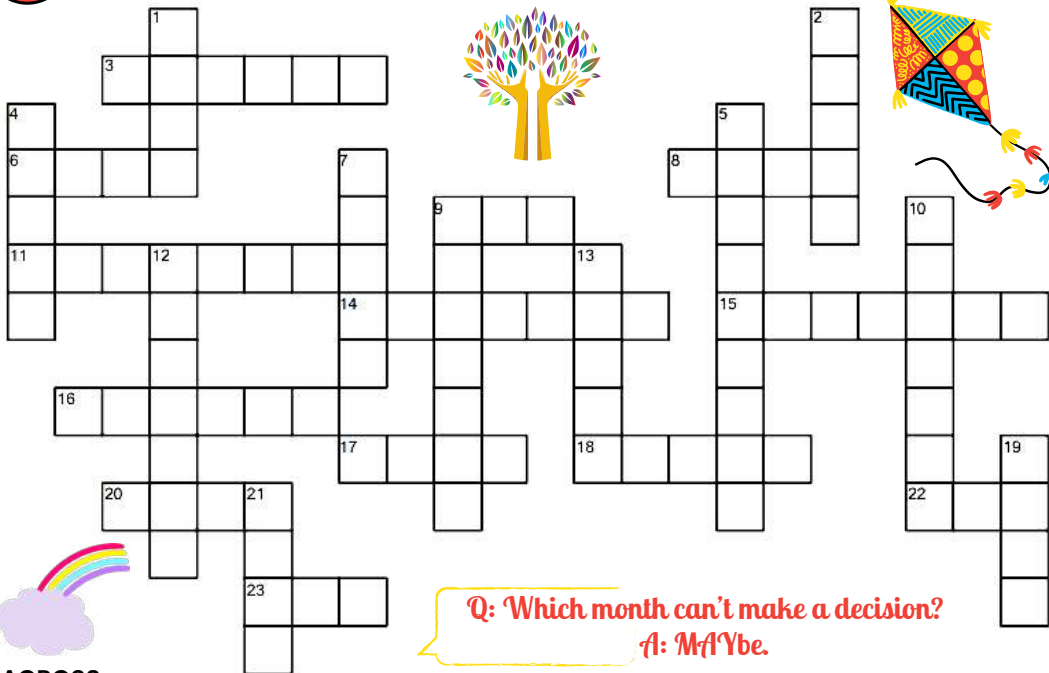
For further information about the Service and/or to put your name down on the waiting list, please contact Sandra Williams on 07593 661848 or via email at sandra.williams@alzheimersdementiasupport.co.uk.

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 May

PUZZLE PAGE



ACROSS

- 3 Rain the earth.
 6 March comes in like a
 8 It makes kites fly.
 9 makes it hard to see.
 11 It's supposed to rain today. Take an
 14 March winds bring April
 15 A loud noise associated with storms.
 16 No matter how long this season lasts, spring is sure to follow.
 17 Not too hot.
 18 If it's foggy in the morning, it will be in the day.

Q: Which month can't make a decision?

A: MA**Y**e**.**

- 10 Rain leaves these behind on the ground.
 12 I can be seen after a storm.
 13 These bud with new leaves in early spring.
 20 Not too cold.
 22 This gives light to help plants grow.
 23 Rain mixed with dirt. Don't track it in the house!
 19 This wintery substance sometimes falls in the spring.
 21 March goes out like this animal.

DOWN

- 1 Dark clouds often bring this.
 2 Hold onto your hat. It's today.
 4 I may be white and puffy or dark and threatening.
 5 flashes in the sky.
 7 This turns green as days grow warmer.
 9 April showers bring May

Q: Why are oak trees so forgiving?

A: Every May they "turn over a new leaf".



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WHO are we?

A local independent Charity that assists, guides and actively supports people living with Dementia and their Carers, in our local community.

**WHAT do we do?**

Provide a wide range of Services and interactive activities designed and delivered to improve the lives of the people we support.

WHERE do we do it?

Windsor, Ascot, Maidenhead, Slough, Langley & surroundings.

**Would you like to receive our 'ADS' monthly Newsletter by email?
Register on our website: www.adscharity.com/registration/**