

# Newsletter June 2020

## Our Newsletter, Information & Updates



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**SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO**

**office.admin@alzheimersdementiasupport.co.uk**



# NOTE FROM THE CHAIRMAN

Dear All,

I hope you are still managing to cope during these challenging times. On May the 8th we had a great opportunity to join together in celebration of the 75th anniversary of VE Day. Several examples of how many of you did it are contained within this Newsletter for you to enjoy.

I also want to remind you of the many inventive ways our amazing 'ADS' Team of Staff and Volunteers are developing for you whilst keeping you safe and well during this period. These include our exciting new 'Virtual Singing for Pleasure' sessions which some of you seem to be really enjoying and also the 'Virtual Connection Cafe' which will help you keep in touch and feel a little less isolated.

We are always here for you to provide the best possible support, advice and information to help you through. Social distancing seems to be working across the Country and It is so important that the authorities find the best ways of protecting all of us whilst we do our bit to fight and stop the spread of COVID-19.

As you read through this Newsletter you will see some great initiatives aimed at encouraging you to stay involved 'safely' and we hope they will help to keep you and your loved ones feel that you are being supported by 'ADS'. I continue to stress the importance of adhering to the latest guidance and advice emanating from your GP surgeries, RBWM (Local Authority), NHS and any/all Notifications from Public Health and Government officials, until we fully overcome the effects of the virus.

In the meantime please continue to join in our various services being delivered by our dedicated 'ADS' Team and enjoy the friendly support they provide for you. We at 'ADS' really do have your very best interests at heart.

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 AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

### IN MEMORIAM

BRUNA BASTELLI

ERIC MASEY

JEAN JOYCE

DORIS PAYNE

DAVID WRIGHT

ERIC KITLEY

### DONATIONS

Joyce Banks

Cynthia Crane

Marjorie Malden



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.

### Scandinavian assistive exercise technology helps older people fight the effects of Dementia



Norwegian start-up Motitech is helping older people and those with Dementia become more motivated to engage in physical activity by enabling them to cycle down memory lane.

To read more visit: <https://tinyurl.com/yaxb4qyc>



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

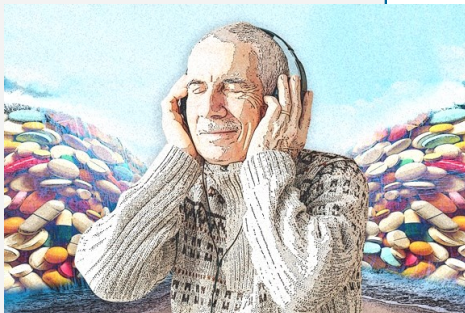
### They remind me of my twins': how lifelike dolls are helping people with Dementia

Doll therapy, using toys that appear to breathe and have a heartbeat, is being introduced in care homes and day centres.



To read more visit <https://tinyurl.com/y9w73vew>

### Storytelling, music and song: how psychosocial approaches to Dementia change lives



While medicines can be an important part of dementia treatment, other interventions are also showing to provide amazing results in some patients. As a result, emphasis is being placed on non-pharmacological approaches, some of which have had a transformative impact on the lives of patients with Dementia.

### Previous Article

Celebrating Colonel Tom Moore

Full Article: <https://tinyurl.com/y7aykl4u>



## FUNDRAISING

### 'ADS' CHARITY SHOP



BERKSHIRE  
COMMUNITY  
FOUNDATION



TESCO

Bags of Help

Although our 'ADS' Charity shop is temporarily closed due to the COVID-19 pandemic, we would still appreciate your support.

We are looking for donations of the following items please for when we are able to re-open in a safe way.

As we are currently unable to receive any donations of the above items, we would like to ask if you would be able to save them for us at home please until a time when we will be able to receive them. All donations will be greatly received to help us start raising funds as soon as we can get the shop back in business.

- **Bric-a-brac** (*no odd glasses or mugs etc*)
- **Tea sets** (*fully complete*)
- **Interesting ornaments and vases**
- **Books** (*paperback only*)
- **Jewellery**
- **Toys** (*complete and in good condition*)
- **Jigsaw puzzles**
- **Suitcases** (*in good condition*)



### SPONSORSHIP

We would like to say a huge  
THANK YOU to:

- **Berkshire Community Foundation**
- **Big Lottery Fund - Community Fund**
- **Tesco - Bags of Help**

For granting us funds to continue our online services during this difficult time. With their help we can continue to stay in contact with you all even during lockdown and times of isolation.

THANK  
YOU!



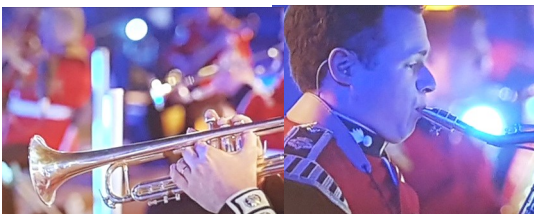
# VE DAY CELEBRATIONS

## 75 VE DAY

On Friday May 8<sup>th</sup> 2020 the whole country came together (either virtually or with social distancing) to celebrate the 75<sup>th</sup>

Anniversary of VE Day and what a celebration it was!

From the very traditional Red Arrows display, 2 minute silence, Queens Speech to the wonderful Katherine Jenkins musical celebration at The Royal Albert Hall and, of course the social distance garden and street parties. It was a truly remarkable day, enjoyed by all and definitely 'one for the history books'.





The new force combining  
Age Concern and Help the Aged

## SIGNPOSTING

### MEALS ON WHEELS

The Meals on Wheels service is available to those who live in Windsor and live in a household with a person who is over 55. The service operates Tuesday through Friday and they deliver a hot 2 course midday meal at a cost of £6.50.

A befriending service is also available to anyone with a phone over 55 and those caring for someone over 55.

If you are interested in either service then please contact Age Concern by either calling 01753 860685 or 07749895736 (Tuesday to Friday 9:00-15:00) Or by email at [info@ageconcernwindsor.org.uk](mailto:info@ageconcernwindsor.org.uk)

Or further information please visit their website at [www.ageconcernwindsor.org.uk](http://www.ageconcernwindsor.org.uk)



### CARERS WEEK 2020

Join us for Carers Week 2020



Monday 8 - Sunday 14 June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid Carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as Carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for Carers, run activities and highlight the vital role Carers play in our communities, drawing attention to just how important caring is.

On the Carers Week website you can find out more on:

- About caring - what a Carer is and how caring might affect your life
- Supporters & Sponsors - who is supporting Carers Week in 2020
- Information for Carers - get in touch with their Carers Week supporter charities for information and advice if you are caring, or pass this information on to others.
- Making Caring Visible - more about what they're doing and how you can get involved



**CARERS WEEK 2020  
WEBSITE:**

[www.carersweek.org](http://www.carersweek.org)

## SPECIAL EVENTS

Alzheimers   
Dementia   
Support   
Local support and guidance

The Directors of  
Alzheimers Dementia Support 'ADS'  
cordially invite you to our

**Annual General  
Meeting**  
Wednesday 10<sup>th</sup> June  
11.00 a.m.

To comply with COVID-19 safe distancing, our AGM this year will be held as a Zoom session.

If you would like to join us, please email Terrie on  
[info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)  
Tel: 07516 165647

Please note that the meeting will be recorded and available on-line at a later date

**SAVE  
THE  
DATE**



## 'ADS' ONLINE AFTERNOON TEA PARTY



### COMING SOON IN AUGUST 2020

We will be hosting an online afternoon tea party.

Join the 'ADS' Advisors, Volunteers and other Members online with your own tea (or coffee) and favourite cake for a fun and social event.

**SAVE  
THE  
DATE**



## 'ADS' Weekend Break-Away 2020

\*\*\* NEW DATES\*\*\* - OCTOBER 9th - 12th 2020

Hayling Island Weekend Break for Carers, their loved one and Former Carers

Coach departs from Stafferton Lodge Maidenhead for a 3 night weekend break to Sinah Warren Coastal Hotel, Hayling Island

Not only is this pretty hotel on the sea front, but it boasts heated indoor and outdoor pools as well as an array of activities to keep you busy.



Price includes:

- Travel
- Accommodation
- Breakfast & Evening meal
- Entertainment,
- Indoor and Outdoor Activities.
- Single & Twin rooms available.



**SAVE  
THE  
DATE**

Please contact  
Terrie on

07516 165647  
for further  
information about  
the break-away

## OUT & ABOUT ADVENTURES

“Language is the blood of the soul into which thoughts run and out of which they grow.”

Oliver Wendall  
Holmes



Whilst out walking, my mind wandered. I was idly thinking about dinner which was to follow. The phrase *“Moveable Feast”* then sprung to mind, which made me start to think about our special O&A language, that has developed over the years.

So what is an *Out & About “Moveable Feast?”* It is quite simple, everyone chooses their lunch, which is recorded on a schedule, before the order is submitted. Often when the food is served, the waiter/waitress shouts out the name of the meal, rather than the name of the person who ordered it. Eager faces light up and everyone’s hands shoot up in the air, regardless of what they ordered! Chaos ensues. When unable to intervene in time, our volunteers give up their choice and tuck into something they would have preferred not to eat. Whilst at a pub in Sherbourne St John, the phrase *“Moveable Feast”* was first adopted. Macaroni Cheese made its way to me. I hate the stuff. I assured my team I could eat this muck. My fork got so far, then my throat constricted. Meals were generously shuffled around the table again. We applaud anyone who delivers meals to a named person, using our schedule.

*Our minibus has two names: “The Limo” and “The Fun Bus”.* Out & Abouters call it “The Limo”. Carers of those attending the



Maidenhead Service, call it “The Fun Bus” as they await its return! I was asked by Buckingham Palace for a description of it. My reply was “three toned: white with patches of rust and green algae.” However, it is important to note that we are very fond of him, having had a wakeup call, when he broke down. The alternative minibus was aptly named “Bumpy Daisy.” It was impossible to stand up in it. We were so delighted when we were reunited with “The Limo.” Sometimes you only appreciate something when you lose it.

Onto the *“Naughty Seat”* ... that is MY seat, minding the door and working alongside Glenn, our driver. There is also the *“Rear Naughty Seat”* – for anyone who has shown the desire to tap our driver on the shoulder and request “the next stop”.

What is the *“Magic Number”* that the O&A volunteer team share amongst themselves? It is the number of people we go out with, in the hope that we return with the same number and hopefully the same people we took out!

Dennis, a long serving O&A volunteer was awarded the title of *“The Robin Hooper”* many years ago, in appreciation of his valuable jogging skills. So how did this come about? Robin was one of our very first Windsor Out & Abouters.





## OUT & ABOUT ADVENTURES

He was physically fit and liked our activities but was averse to sitting down for lunch.

We often had to jam Robin into the most inaccessible seat at lunchtime, but nothing stopped him; he simply crawled over us. On one occasion Robin never made it through the door of The Toby in Old Windsor. He "hoofed" it home, with Dennis in hot pursuit. Having ensured Robin had arrived home safely, Dennis did the return jog in the rain, arriving just as we had polished off our desserts. When "**The Robin Hooper**" is in action, and anyone asks where this title came from, we remember Robin and the indelible mark he left upon Out & About.



At Waltham Place Farm "**Little AI**" was presented to us, shrink wrapped. He was the runt of a litter of piglets and died of a heart attack. As he hadn't been to the slaughterhouse there were only two options; bury him or eat him. O&A made sausages from him. The smell of the animal intestine,

used to form the natural skin of a sausage, is absolutely revolting. If your sausage curls when it is cooked, it has a natural skin. If it remains straight, you are eating a synthetic product. Our quality sausages spewed out of a machine in uneven sizes, but who cares ... we had so much fun and from then on, we shout "Sausages" when posing for a photo.

Glenn continues to nurture **The Limo/Fun Bus**, by turning the battery over each week, no doubt singing Mo Town music to soothe feelings of neglect. I guess The Limo/Fun Bus has a tad more algae and rust on him, a bit like all of us in lockdown.

**Sandra Williams**  
Out & About Service Coordinator

### QUIZ

- A. Trooping the Colour is held in London annually on a Saturday in June, on which parade ground?
- B. What in the UK is celebrated on the third Sunday in June?
- C. In 1968, June Whitfield began her long television partnership with which actor and comedian?
- D. Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June is Bustin' Out All Over'? (HINT: the film revolves around Billy Bigelow)
- E. What historical event happened on Tuesday, 6th June 1944?



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

*Tell us your  
favourite jokes*

**What did August  
say when June  
claimed that today  
is the last day of  
the month?**

*Don't July to me!*

**Where do Sharks  
go on a Summer  
Holiday?**

*Finland*

**What do sheep  
like to do in the  
Summer?**

*Have a baa-baa-  
cue*

**What does the  
sun drink out of?**

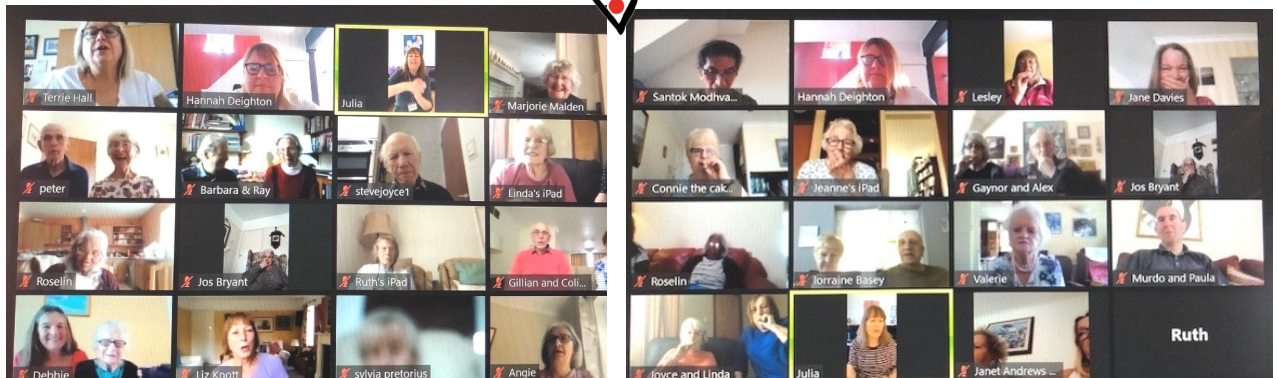
*Sunglasses*

Quiz Answers  
A.Horse Guards  
Parade  
B.Father's Day  
C.Terry Scott  
D.Carousel  
E.Normandy  
beach landings



# OUR ONLINE SERVICES CALENDAR FOR JUNE

Mon	1st	13.30	ONLINE	Singing For Pleasure
Tue	2nd	13.30	ONLINE	Singing For Pleasure
Wed	3rd	11.00 - 12.00	ONLINE	Carers Chat
Thur	4th	11.00	ONLINE	Singing For Pleasure
Fri	5th	11:00	ONLINE	Singing For Pleasure
Mon	8th	13:30	ONLINE	Singing For Pleasure
Tue	9th	13.30	ONLINE	Singing For Pleasure
Wed	10th	<b>11:00 - 12:30</b>	<b>ONLINE</b>	<b>'ADS' AGM</b>
		15.00 - 16.00	ONLINE	Carer's Chat
Thur	11th	11.00	ONLINE	Singing For Pleasure
Fri	12th	11.00	ONLINE	Singing For Pleasure
Mon	15th	13:30	ONLINE	Singing For Pleasure
Tue	16th	13.30	ONLINE	Singing For Pleasure



## OUR ONLINE SERVICES CALENDAR FOR JUNE



Wed	17th	10:00 - 11:00	ONLINE	<b>MONTHLY</b> Virtual with Volunteers
		15.00 - 16.00	ONLINE	Carers Chat
Thur	18th	11.00	ONLINE	Singing For Pleasure
Fri	19th	11.00	ONLINE	Singing For Pleasure
Mon	22nd	13.30	ONLINE	Singing For Pleasure
Tue	23rd	13.30	ONLINE	Singing For Pleasure
Wed	24th	11:00 - 12:00	ONLINE	Carers Chat
Thur	25th	11.00	ONLINE	Singing For Pleasure
Fri	26th	11.00	ONLINE	Singing For Pleasure
Mon	29th	13.30	ONLINE	Singing For Pleasure
Tues	30th	13.30	ONLINE	Singing For Pleasure



Every Monday we will be emailing our weekly schedule to our online mailing list, the link to join the Zoom hosted sessions will be included in these emails. If you would like to receive this please send in your email address to Holly at

**[office.admin@alzheimersdementiasupport.co.uk](mailto:office.admin@alzheimersdementiasupport.co.uk)**



If you have any questions please contact Hannah on **[Hannah.deighton@alzheimersdementiasupport.co.uk](mailto:Hannah.deighton@alzheimersdementiasupport.co.uk)** or **07516 165665**

## OUR GROUP SERVICES ARE ON HOLD

While we cannot currently hold our usual Group Sessions, our Team are busy running our new ONLINE services:

- Singing For Pleasure
- Weekly Carers Chat
- Monthly Volunteers Chat
- 1-2-1 Private and Confidential Advice



In the first half of this Newsletter we keep you informed with news, our fundraising, special events and signpost you to information of our charity and other organisations.

The second half is devoted to the services provided by the 'ADS' Team

We change the photographs every edition, so do look to see if you recognise anyone this month!



HANNAH

SANTOK

TERRIE

NYSA

SANDRA

## INFORMATION, ADVICE & SUPPORT

### 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:

**£59.70** If you need frequent help or supervision throughout the day

**£89.15** 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 between 10am to 2pm

**If you require assistance in completing this form, please contact Terrie on 07516 165647**

### For One to One Private & Confidential Advice

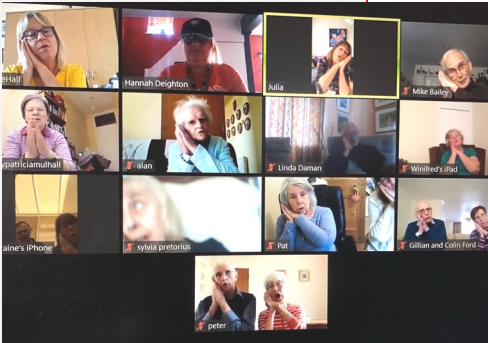
Please contact Terrie for an appointment  
T: 07516165647



**GOV.UK website**  
**www.gov.uk**

# ONLINE SERVICES

## 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 would like to join in please contact Hannah Deighton Tel: 07516 165665 or on email: [hannah.deighton@alzheimersdementiasupport.co.uk](mailto:hannah.deighton@alzheimersdementiasupport.co.uk)



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.

### MONDAY AFTERNOONS

1.30pm  
Sessions this month:  
1st, 8th, 22nd & 29th June

### TUESDAY AFTERNOONS

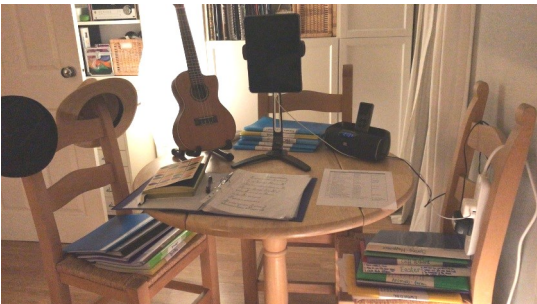
1.30pm  
Session this month:  
2nd, 9th, 16th, 23rd & 30th June

### THURSDAY MORNINGS

11.00am  
Sessions this month:  
4th, 11th, 18th & 25th June

### FRIDAY MORNINGS

11.00am  
Sessions this month: 5th, 12th, 19th & 26th June



## ONLINE SERVICES

### CARERS WEEKLY CHAT

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

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

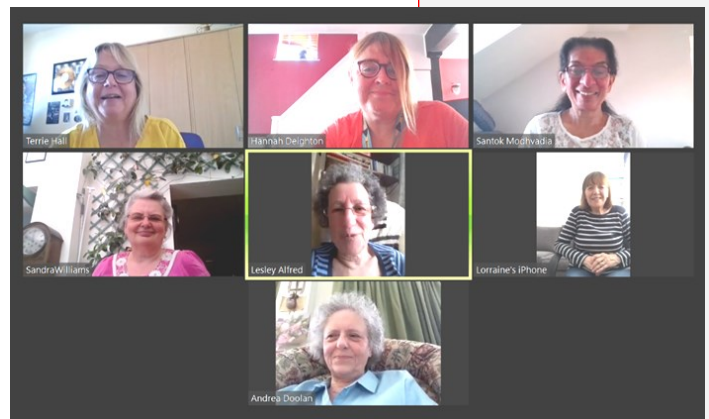
### EVERY WEDNESDAY

**3rd June at 11.00am - 12.00 (noon)**

**10th June at 3.00pm - 4.00pm**

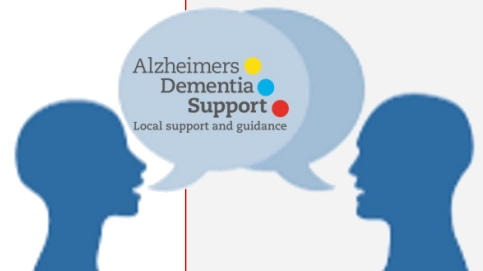
**17th June at 3.00pm - 4.00pm**

**24th June at 11.00am - 12.00 (noon)**



If you would prefer, you can organise a private and confidential **1-2-1 online session** with Terrie directly.

To organise a session at a convenient time for you, please contact Terrie on either 07516 165665 or at [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk)



### MONTHLY VIRTUAL WITH VOLUNTEERS

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

We are now running monthly volunteer on-line chat sessions; a chance to meet up with familiar faces as well as face-to face contact with our Advisors. Our next session will take place on:

**WEDNESDAY 17th June at 10.00am - 11.00am**



## 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

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

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.



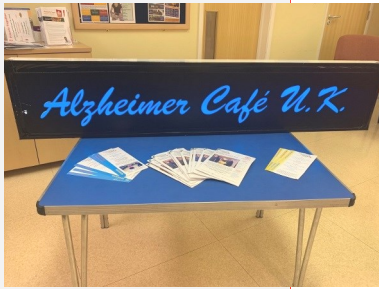
**Session from**  
12.30-2.30pm

**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](mailto: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



#### We Will Need Befriender Drivers

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

#### 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!

#### 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

07516 165647

**Senior Advisor**

terrie.hall@alzheimersdementiasupport.co.uk

### Santok Modhvadia **Multi Lingual Service Delivery Advisor**

07543 243613

santok.modhvadia@alzheimersdementiasupport.co.uk

### Hannah Deighton

07516 165665

**Services Delivery Advisor**

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### Sandra Williams

07593 661848

**Out & About Service Co-ordinator**

sandra.williams@alzheimersdementiasupport.co.uk

### Holly Clarke

07513 762900

**Admin, Events & Marketing Specialist**

office.admin@alzheimersdementiasupport.co.uk

## Postal Address

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

## Shop Address

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire SL6 1JX 07707 531689

### Website:

[www.alzheimersdementiasupport.co.uk](http://www.alzheimersdementiasupport.co.uk)

### Email:

[info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)

### Facebook

[www.facebook.com/AlzheimersDementiaSupport](http://www.facebook.com/AlzheimersDementiaSupport)

### Twitter:

@ADSlocalsupport

### LinkedIn:

[www.linkedin.com/company/alzheimers-dementia-support](http://www.linkedin.com/company/alzheimers-dementia-support)

### Dementia Awareness Training:

[training@alzheimersdementiasupport.co.uk](mailto:training@alzheimersdementiasupport.co.uk)

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

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