



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

JUNE 2022



Quiz & Talents
Night
A SPECIAL 'ADS'
FUNDRAISING EVENT



PAGE 4 THE 'ADS' ANNUAL GENERAL MEETING
SAVE THE DATE & JOIN US AT THIS LIVE EVENT



'ADS' SANTA FUN RUN 2022
REGISTRATIONS ARE OPEN!



PAGE 5

www.adscharity.com



AlzheimersDementiaSupport
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Note from the CHAIRMAN

Hello Everyone,

Hopefully, you have enjoyed lots of quality time with your family and friends during the past month. For those of you who were away at the hugely popular Hayling Island weekend, I'm sure you had loads of fun! Perhaps you even had enough time left over to join our team at some of the regular 'ADS' Services during the month too?

Contained within this special June issue there are details of several very important events for you to get your teeth into.

First is Her Majesty the Queen's amazing Jubilee celebrations, an absolute must for you to share in this extraordinary occasion and it will be a great opportunity for all of us to show just how much HRH has been loved and appreciated throughout her wonderful reign.

Next, it's your chance to attend our fantastic Summer Picnic at BCA, I know you won't want to miss this.

Then it is Father's Day which is on Sunday the 19th, I know you will want to totally spoil him and thank him for being Dad - so make it a special Father's day to remember.

Finally, our 'ADS' Annual AGM is scheduled for Thursday 30th, we would really love to see you all there - and there will even be cake!

Apart from these events, I'm sure you won't want to miss everything else the team is planning - so read on for all of the relevant information and make sure that you get involved.

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

STUDY PRESERVES MEMORY IN MICE, OFFERING PROMISING NEW BASIS FOR ACTIVE IMMUNIZATION AGAINST ALZHEIMER'S

During experiments in animal models, researchers at the University of Kansas have discovered a possible new approach to immunization against Alzheimer's disease.



Their method uses a recombinant methionine (Met)-rich protein derived from corn that was then oxidized in vitro to produce the antigen: methionine sulfoxide (MetO)-rich protein. This antigen, when injected to the body, goads the immune system into producing antibodies against the MetO component of beta-amyloid, a protein that is toxic to brain cells and seen as a hallmark of Alzheimer's disease.

As we age, we have more oxidative stress, and then beta-amyloid and other proteins accumulate and become oxidized and aggregated - these proteins are resistant to degradation or removal", said lead researcher Jakob Moskovitz.

An active immunization would represent an improvement over current passive immunization regimes because the methionine sulfoxide antigen prods the immune system into producing its own antibodies.

Source and full article: <https://bit.ly/3Pue9nc>



AI TECHNOLOGY CAN ACCURATELY PREDICT WHO WILL DEVELOP DEMENTIA WITHIN TWO YEARS

Artificial Intelligence (AI) can predict with up to 92% accuracy if a person will develop Dementia within two years and can also cut the number of people wrongly diagnosed, according to a new study.

The AI technique called machine learning works by spotting hidden patterns in data and learning who is most at risk.

Researchers from the University of Exeter looked at data over a 10-year period from 15,300 patients who attended a network of 30 memory clinics in the US. The attendees did not have Dementia at the start of the study, though many were experiencing problems with memory or other brain functions.



The machine learning algorithm predicted new Dementia cases with up to 92% accuracy, significantly more precise than two existing alternative research methods, the team found.

Source and full article: <https://bit.ly/3Nd5G5E>



'ADS' news

WHY YOU SHOULD JOIN OUR 'MOVES & GROOVES' SERVICE! SEE P.7



The 'ADS' Team would like to welcome all of our Members to our special fundraising event:

FISH & CHIPS QUIZ NIGHT & TALENTS

Saturday, 18th June 2022, 17:30 - 20:30
Woodlands Park Village Centre
Manifold Way, Waltham Rd, Maidenhead SL6 3GW



We promise you a fun evening with lots of laughter, games and a special raffle at the end of the event. The ticket costs £17 per person and includes the special menu of the night: fish & chips and a soft drink.

For more information and to buy your ticket, please call our Service Advisor - Rachel Spencer at 07706 324372.



At the end of this month, on 30th of June from 10:30 to 13:00 we would like to welcome you to our Annual General Meeting which will take place at Maidenhead Golf Club.



2022 ANNUAL GENERAL MEETING

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

AT MAIDENHEAD GOLF CLUB
SHOPPENHANGERS RD, MAIDENHEAD SL6 2PZ



If you would like to join, please send an email to marketing@alzheimersdementiasupport.co.uk or call Andreea at 07513 762900.



Just a short reminder that 'ADS' Members are invited to a special Summer Picnic at BCA.

For more information, please contact Terrie Hall on 07516 165647 or send an email to info@alzheimersdementiasupport.co.uk.

We are 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.



Highlights from the 'ADS' Charity Shop

We have a wonderful window display in honour of her Majesty the Queen's Jubilee!

We are taking part in a local competition, so do please go to the Make Maidenhead Facebook Page between Thurs 2nd and Mon 6th June and vote for 'ADS'!



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



Registrations are now open for our next Santa Fun Run, 27 November 2022:

WWW.2022SANTAFUNRUN.EVENTBRITE.CO.UK



We challenge you to a charitable 5k Run or Walk / Wheel / Jog (approx 3.1 miles) once around Dorney Lake along hundreds of Santas.

By registering to this event, you will receive FREE full Santa suit for the adults and FREE Santa hat for the children – all you need to become a real Santa. Or you can get creative and might get a prize for it – we welcome elves, reindeer, snowmen or anything Christmasy! Dogs are very welcome to join in.

We have medals and certificates and lots of prizes and surprises, so we Ho-Ho-Ho to see you there!



This year, we are offering the option of having the registration pack delivered straight to your door through the Royal Mail.

Out & About

by Sandra Williams
Out & About Service Coordinator

In May, we visited Combermere Barracks, where the Household Cavalry Museum resides, despite the regiment moving to Wiltshire in 2019. The Welsh Guards then moved into the barracks, but the No. 18 Troop and the training wing remained. It is here that the ceremonial horses are trained. The Household Cavalry is part of the Household Division, made up of the two most senior regiments of the British Army and form a part of the Queen's official bodyguard.

In 30 minutes, we were guided through the history of the regiment, beginning in the Boer War. Amongst the most memorable information, we learnt what "Waterloo Teeth" are. They were teeth taken from dead soldiers and given to the gentry! On a more sobering topic, we were told that it was not until WWI that ordinary soldiers were given separate graves. Prior to this, only officers were given their own grave.



Brian watching his fingers!

Eager to explore, we were taken on a tour of the barracks, first visiting a Willow Tree, which is a descendant of a cutting taken in 1918 from a shattered Willow stump, which was the only living thing remaining at Sandvoorde in WWI. Then off we went, to visit the horses with a supply of peppermints, which they adore. The horses slammed their shins against their stable doors demanding more.

There was just time to visit the farrier's yard and the tack yard before we joined the soldiers at The Cook House, for lunch, served in generous sized portions. After lunch we visited Freddy's grave. Freddy was one of 549 horses shipped to South African for the second Boer War in 1899. He was the only horse to survive. He returned to the barracks, serving at ceremonial occasions.

Queen Alexandra asked why he had not been recognized for his service. He was given five clasps, one for each campaign he served in, which he wore at future ceremonial occasions. In 1911 he died at the age of 18. The soldiers didn't want him to become dog meat. Instead, he was honoured with a burial at the barracks under a Horse Chestnut Tree.

Our day concluded with an opportunity to try on some of the ceremonial clothing which was great fun. The brave amongst us, lifted the body armour the soldiers wear in conflict today: all 17 kilos of it.



Martyn



I conclude by showing you a photo of another O&A when we visited The Odney Club, who were hosting a sculpture trail, as part of The Cookham Festival. Despite the drizzle we had a lovely visit. We posed for a photo with our new umbrellas and guess what? The Heavens then opened!

Moves & Grooves

EVERY 4TH THURSDAY OF THE MONTH
14:00 – 16:00 IN WINDSOR



Multiple studies have shown conclusively that music and dance have a valuable role in enhancing the quality of life for People living with Dementia. That's why at Alzheimers Dementia Support 'ADS' Charity we advertise to the local community one of our lovely Services – Moves & Grooves.

We have experienced first-hand how music and movement can heighten and improve People's moods, and benefit People in connecting and communicating more freely. Dancing and singing help stimulate People's brains enabling them to express themselves more freely. Music in general can be seen as therapy. It brings people together and helps them stay connected to their loved ones through shared experiences.



Dancing in particular helps People engage their senses. It helps stimulate social interaction, improve depression and anxiety symptoms, and has been shown to improve memory and cognitive functioning.

Here at 'ADS', we offer a 'Moves & Grooves' afternoon every 4th Thursday of the month. The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to. There is no pressure to join in, but we are sure once you hear the music, you'll be eager to get toe tapping.

These are some testimonials from our Members:

"You know that feeling, when you've just watched Mamma Mia, and you're all happy?, that's how you feel when you come out of there! It's brilliant!"

V. Whipps

"It's great fun, we wouldn't miss it, we used to love going dancing when we were younger!"

Fred

Come along and see for yourself what music and dance can do to your mood! We're sure you'll leave with a smile on your face and a spring in your step.



For more details about venue and timing, please check page 15.



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.

Special Thanks to...



We would like to take a moment to thank Her Royal Highness Queen Elizabeth for her exceptional service over the past 70 years.

During these seven decades, the Queen has visited every corner of the nation and came to be appreciated by each and one of them.

We are proud to be able to celebrate Her Majesty's Jubilee together with our Members on the 8th of June when we'll have a Big Jubilee Lunch. More information at page 16.



Ascot Race Course for inviting Alzheimers Dementia Support 'ADS' Charity to present the trophies to winning connections of the aptly named "The Bet with Ascot Donation Box" Maiden Fillies Stake.



Also, we would like to thank everyone who deposited their losing betting slips into the 'ADS' Donation Box.

'Thank You' to the Rotary Club of Misbourne Matins for being so kind and offering to sponsor 2 boat trips for our Members who attend our Out & About Service.



And we would also like to thank Arnold Clark Community Fund for their donation to support the transport of our Members to new Out & About adventures.

"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!

SALLY CLARKE
KATE BEYNON
JILL STAZICKER
A DOSANJH

YAZMIN LUNN
DENISE PAGE
BEN MATTHEWS
DUNCAN STANNETT

JON CLARKE
JAMIE COKER
FRED LAMBERT

Donations in memoriam

WENDY THORNE

Signposting



'HERE TO HELP' CAMPAIGN - SUPPORT AVAILABLE WITH THE RISING COST OF LIVING

Households in the UK are facing increases in the cost of living, due to a combination of rising inflation, energy bill increases, and National Insurance rises. Increases in prices are being further exacerbated by the war in Ukraine.

If you are struggling financially, then please seek help early. The Royal Borough of Windsor and Maidenhead has a thriving Voluntary and Community Sector, which plays a crucial role in supporting local communities. A wide range of voluntary organisations and community groups provide advice, assistance, and practical support to residents.

For more information about the campaign and how you can get help, please visit the official RBWM page at <https://bit.ly/3Ppug5p>.



RBWM has also launched a new initiative which helps residents boost renewable energy generation, cut carbon emissions and save on energy bills. More information at www.solartogether.co.uk/windsor-and-maidenhead/home.



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

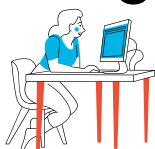
Slough Borough Council Adult Social Care

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

JUNE CALENDAR



	WED	1st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
different venue, see p. 17	WED	1st	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC 
	MON	6th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
	MON	6th	13:00	LANGLEY	SINGING FOR PLEASURE
	MON	6th	13:30	 ZOOM	SINGING FOR PLEASURE
	TUE	7th	10:30	LANGLEY	SEATED EXERCISES
	TUE	7th	13:00	WINDSOR	SINGING FOR PLEASURE
	WED	8th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
	WED	8th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
	WED	8th	12:30	MAIDENHEAD	MEMBERS LUNCH - JUBILEE 
	THU	9th	13:30	ASCOT	SEATED EXERCISES
	FRI	10th	10:30	ASCOT	SINGING FOR PLEASURE
	MON	13th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
	MON	13th	13:00	LANGLEY	SINGING FOR PLEASURE
	MON	13th	13:30	 ZOOM	SINGING FOR PLEASURE
	TUE	14th	10:30	LANGLEY	SEATED EXERCISES
	TUE	14th	13:00	WINDSOR	SINGING FOR PLEASURE
	FRI	17th	10:30	ASCOT	SINGING FOR PLEASURE
	MON	20th	10:00	MAIDENHEAD	CONNECTION CAFÉ 
	MON	20th	13:00	LANGLEY	SINGING FOR PLEASURE
	MON	20th	13:30	 ZOOM	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.



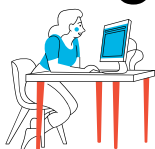
IMPORTANT!

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.

Our Getting Together Services

JUNE CALENDAR



TUE	21st	10:30	LANGLEY	SEATED EXERCISES
TUE	21st	13:00	WINDSOR	SINGING FOR PLEASURE
WED	22nd	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	22nd	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
WED	22nd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	23rd	13:30	ASCOT	SEATED EXERCISES
THU	23rd	14:00	WINDSOR	MOVES & GROOVES
FRI	24th	10:30	ASCOT	SINGING FOR PLEASURE
MON	27th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	27th	13:00	LANGLEY	SINGING FOR PLEASURE
MON	27th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	28th	10:30	LANGLEY	SEATED EXERCISES
TUE	28th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	29th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
WED	29th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	30th	13:30	ASCOT	SEATED EXERCISES



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

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.

MAIDENHEAD

Wednesdays 10:00 - 12:00
Hall Place, Burchetts Green Rd
Maidenhead SL6 6QR



! The Service is now on hold due to Summer Holidays. We will meet again in September.

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



! Sessions will not take place on 2nd & 16th June.

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.



Sessions will not take place on 3rd & 17th June.

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, 23th June.



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 Denise on 07516 165665.

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, 8th June when we'll celebrate the Queen's Jubilee together!

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 this month on the 4th 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, 22nd June.

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.

! The 1st of June session takes place at a different venue than usual:
St Josephs Room, Holy Family, 226 Trelawney Avenue, Langley, SL3 7UD.

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 June

PUZZLE PAGE



QUEEN
KING
PRINCE
PRINCESS
DUKE
DUTCHESS
CASTLE
SOVEREIGN



ROYAL
ROYALTY
THRONE
CROWN



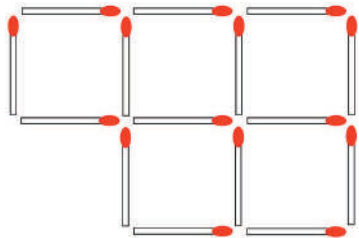
REIGN
JUBILEE
CORONATION
FAMILY
PALACE
MONARCH
DOMINION



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

There are six squares in this pattern. Five small squares and one larger square.

Can you take three matches away and without moving any of the other matchsticks, leave just three squares?



4

7

12

15

20

?

Can you guess what is the next number in this sequence?



Q: Why does ice cream always get invited to the party?

A: Because it's cool!



Q: When do you go at red and stop at green?

A: When you're eating a watermelon.

Important 'ADS' Contacts

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Santok Modhvia

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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.

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.

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

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