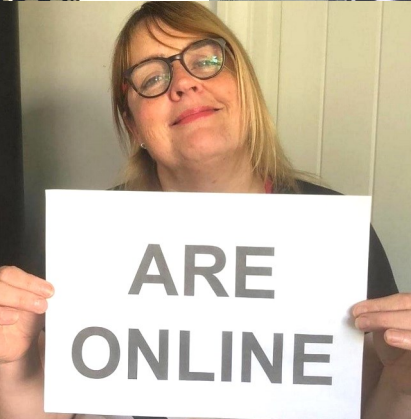


# Newsletter July 2020

## Our Newsletter, Information & Updates



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**JOIN OUR NEWSLETTER MAILING LIST**

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

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



/AlzheimersDementiaSupport



@ADSLocalSupport



www.AlzheimersDementiaSupport.co.uk

# NOTE FROM THE CHAIRMAN

Dear All,

I hope you are staying safe and keeping well. Our first virtual 'ADS' AGM was held online a couple of weeks ago due to the recent restrictions, but we hope to be back to normal next year to celebrate our 'ADS' 10th Birthday in your company.

We have all been really busy working on your behalf in the past month and there are several new initiatives aimed at maximising Interest, involvement and enjoyment to share with you in this issue. I am delighted to advise you of the launch of our new look 'ADS' Website, we believe that it's intuitive design, will encourage much greater interest and make it easier for you to find what you are looking for as you navigate around the site, I really hope that you like it.

The Team are working on arranging an 'Online Afternoon Tea party' for you to enjoy during August. This month you can learn all about how this will work and find tips on the different ways you can be involved. I also want to Remind you of the many inventive ways our amazing 'ADS' Team of Staff and Volunteers are developing for you to enjoy. These include our fantastic new 'Virtual Services' such as regular 'Online Singing for Pleasure' sessions and weekly 'Online Carers Chats', which I hope you have been enjoying. The feedback we have received so far has been extremely positive confirming that we should continue with them, so if you want to know more about these great new Services and how you can become involved, please see the schedule in this newsletter.

Everything we do is aimed at helping you to keep in touch and feel a little less isolated, we are always here for you to provide the support, advice and information you need to help you through. I hope that this will encourage you to stay involved by joining in our exciting Services and feel you are being fully supported by us at 'ADS'. Our dedicated Team really do have your very best interests at heart. Have a great month, stay safe and look after each other.

Warmest wishes

**David D. Jannetta**

**Voluntary Chairman, Founder, MD & Trustee**



## IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

### IN MEMORIAM

FRANK HEPBURN

### DONATIONS

Marilyn & Steven Harris

Mary Pratt



*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 THE NEWS

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.



### Lauren Laverne helps launch Dementia-friendly radio station

Broadcaster Lauren Laverne and pop producer Naughty Boy are helping to launch a radio station for people living with Dementia and their Carers.

The 24-hour, non-commercial station, called m4d Radio, plays songs from the 1930s to the 1970s and is free of advertisements to maximise the holistic benefit of the music.

To read more visit: <https://tinyurl.com/y954bvlf>

#### Previous Articles

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

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


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

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

**Storytelling, music and song:  
How psychosocial approaches to Dementia change lives**

To find out more visit:  
<https://tinyurl.com/yclevwyh>



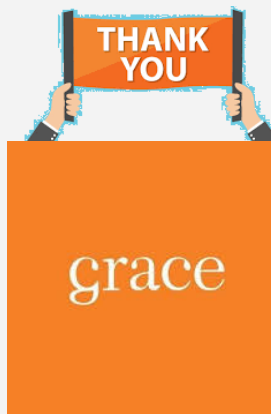
Alzheimers   
Dementia   
Support   
Local support and guidance

### **\*\*NEW\*\* 'ADS' WEBSITE IS LAUNCHING**

Our new improved and interactive website will be officially launch this month. The 'ADS' Team have been working very hard behind the scenes to deliver a website that will include a members log in area, many resources and videos of our previous online sessions we are currently delivering.

We hope you all find it helpful and informative please let us know what you think.

To find out more visit:  
[www.alzheimersdementiasupport.co.uk](http://www.alzheimersdementiasupport.co.uk)



## FUNDRAISING

### SANTA FUN RUN 2020

**Exactly 6 months before Christmas we officially launched our annual Santa Fun Run which will take place on:**  
**Sunday November 29th, 2020**



The family-friendly event is a 5km walk, run or push around Dorney Lake (home of the 2012 Olympic rowing events). The fun run is suitable for all ages, abilities and even dogs!

This year we are planning an even bigger and more interactive festive fun run with lots of entertainment, stalls, photo opportunities plus our fabulous competitions with amazing prizes. We would really like to encourage you to invite your friends, family and everyone you know to come along on the day join in the fun and sponsor you.

All money raised goes towards helping local people with Dementia, their Carers and families

REMEMBER early bird discounted tickets on sale until October 13<sup>th</sup> **BUY NOW online at:**  
<https://2020santa.eventbrite.co.uk>

Ticket prices includes santa suit, medal and certificate



## VOLUNTEERING

Thank you so much to the team at Grace Personnel for volunteering their time to help manage the safety of our staff and our customers with the re-opening of the 'ADS' Charity Shop

## FUNDRAISING



## SPONSORSHIP

We would like to say a huge **THANK YOU** to the Magpies 150 Challenge for choosing us as a nominated local charity .

. Maidenhead United FC is celebrating its 150th anniversary during the 2020/21 season, and we are delighted that they have chosen us as one of the 15 local charities for the Magpies 150 Challenge.

They have decided to set themselves the target of raising £150,000 for 15 local charities during their anniversary year. Each of the beneficiary charities provide vital services and activities for the benefit of people living in Maidenhead, Windsor, and the surrounding areas. They are also all in need of additional funding support as a consequence

## THE 'ADS' CHARITY SHOP IS OPEN!!



We are delighted to announce that we have re-opened the doors to the 'ADS' Charity Shop. Cathy, Rebecca and the Shop Team have been working extremely hard preparing the shop so that it meets current Government Social

Distancing Guidelines, keeping all our wonderful customers, staff and volunteers as safe as possible.

### This includes

- Limiting the number of people allowed in the shop at one time
- A one way system in operation throughout the shop
- All surfaces regularly sanitised throughout the day
- Sanitiser available at the door for our customers
- The changing room being closed
- A screen around our till counter

Donations will now be very gratefully received, particularly ornaments and jewellery. Please note the items that we currently cannot accept

- When you are dropping off, you will be directed to a specific area in the shop
- Goods will remain untouched by staff for 72 hours before being prepared, priced and placed on sale

The team all look forward to seeing you all again so please do drop into the shop on Maidenhead High Street, opposite Wilko.

**BECOME A COMMUNITY HERO**

**FUNDRAISE, DONATE AND NOMINATE**

[WWW.MAGPIES150CHALLENGE.CO.UK](http://WWW.MAGPIES150CHALLENGE.CO.UK)  
#MAGPIES150CHALLENGE

Find out how you can support the challenge and us at:  
[www.magpies150challenge.co.uk](http://www.magpies150challenge.co.uk)

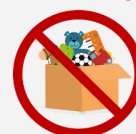


**Please note, that to allow us the opportunity to clean and sort the shop, our Opening Hours are currently**

**10.00 – 4.00,  
Monday - Saturday**

**WE ARE VERY GRATEFUL FOR YOUR DONATIONS**

**HOWEVER PLEASE NOTE THAT WE CURRENTLY CANNOT ACCEPT**



Children's Toys & clothes



Hard-back books

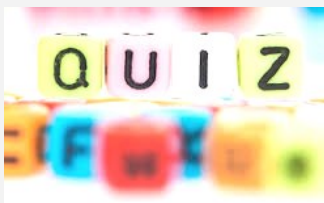


Electrical Items



Soft Furnishing

## SPECIAL EVENTS



### 'ADS' ONLINE AFTERNOON TEA PARTY

Join the 'ADS' team on Wednesday August 5th, 2pm to 3.30pm from the comfort of your own home for our fabulous **ONLINE AFTERNOON TEA PARTY**

Join us for tea, coffee (or even a mocktail) and cake and enjoy fantastic entertainment from singer Gary Roman

Numbers are limited so please register your interest with Hannah at

**[Hannah.deighton@alzheimersdementiasupport.co.uk](mailto:Hannah.deighton@alzheimersdementiasupport.co.uk)**

*Suggested donation of £5*

**For some inspiration we have included full recipe details for Mary Berry's Easy Victoria Sandwich**

Mary Berry's easy Victoria sponge cake recipe is a baking classic and a tasty tea-time treat.

#### **Preparation time**

less than 30 mins

#### **Cooking time**

10 to 30 mins

#### **Serves**

Serves 12



#### **Ingredients**

4 free-range eggs

225g/8oz caster sugar, plus a little extra for dusting the finished cake

225g/8oz self-raising flour

2 tsp baking powder

225g/8oz butter at room temperature, plus a little extra to grease the tins

#### **To serve**

good-quality strawberry or raspberry jam

whipped double cream (optional)

## SPECIAL EVENTS



### METHOD

- Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins. Use a piece of baking paper to rub a little butter around the inside of the tins until the sides and base are lightly coated, then line the bottom with a circle of baking paper.
- Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), but be careful not to over mix. Put a damp cloth under your bowl when you're mixing to stop it moving around. The finished mixture should fall off a spoon easily.
- Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
- Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
- To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over



[https://www.bbc.co.uk/food/recipes/mary\\_berrys\\_perfect\\_34317](https://www.bbc.co.uk/food/recipes/mary_berrys_perfect_34317)

## OUT & ABOUT ADVENTURES



**Magic Moments:** As many will know, I am addicted to capturing magic moments on my camera. *I truly believe that a picture tells a story, far better than any words.*

On a visit to Waltham Place in April 2014, we took a stroll out in to visit the cows in the farmyard. Marion serenaded a cow in German, which is her native language. As Marion sang, I was poised with my camera, but I did not expect the cow to respond in the way it did. The

cow put out its tongue. I would like to think that this was a sign of appreciation and a wish to connect, not a rude gesture! Marion and the cow are pictured in the montage of our day.

Last year, “The best laid plans of mice and men” all went “to pot” on the morning of a Windsor Outing. We were due to visit the Museum of English Rural Life for a reminiscence session. Our facilitator was ill. Lunch was pre-ordered at a pub in Reading. In less than an hour, I had to come up with an alternative activity, which enabled us to keep to the lunch plans and the time schedule. We visited the Blue Bells, which were fortuitously at their best, near Long Lane in Cookham.



I refrained from telling anyone that there were no toilets. *Ignorance is bliss and minimises the urge.* Two photo opportunities took us all back to our childhood. One photo is of our volunteer, Dennis, who squeezed into the hollow of a tree. It is the perfect den for a child, but Dennis is a tad bigger than a child. He later admitted to being a bit worried about how he was going to get himself out! The second is a picture of our volunteer, Angela leading us through a field, about to blow a dandelion and make a wish.

We visit Windsor Castle regularly, but one visit stands out. In the group we had a lady whose dementia had sadly progressed. She was agile but struggling to express herself verbally.



## OUT & ABOUT ADVENTURES



Many might have questioned whether she would benefit from our private tour of The Castle. Her wonderful family certainly needed the respite. In her enthusiasm, she offered

us a piggyback to look over the Moat Wall and then climbed upon a cannon which had a sign “Do Not Climb”. Thank God for Risk Assessments and working with staff at The Castle who understand. She took my hand, as we walked up The Grand Staircase, passing statues of men in armour sat on horses and into The Waterloo Chamber

In the 20 plus years I have worked with people with Dementia, this was a moment I will never forget. *Her face was a picture of joy. She stopped and slowly looked around, taking in the splendour of the chamber, the enormous paintings, and the armour. Perhaps she liked the men in suits of armour?! As she gazed in awe at all there was to see, she very slowly uttered one word: “WOW.”* It was one of those few moments that I failed to capture with my camera. Sadly, photography is forbidden inside The Castle. Maybe this moment challenges us all not to make assumptions when caring for people with Dementia.

**Sandra Williams**  
Out & About Service Coordinator



- A. Which rowing event held annually on the River Thames, ends on the first weekend of July?
- B. Neil Armstrong became the first man to step on the moon on July 21st, in which year?
- C. Bastille Day is celebrated in France on which date?
- D. Which English author of The Tale of Peter Rabbit was born in July?
- E. What is the birth flower of July?



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

*Tell us your  
favourite jokes*

**What do bees say  
in Summer?**

*Swarm isn't it...*

**What's the best  
day to go to the  
beach?**

*Sun-day*

**Why did the  
newspaper talk to  
the ice cream?**

*It was looking for  
the scoop*

**What do you call  
a man with a  
seagull on his  
head?**

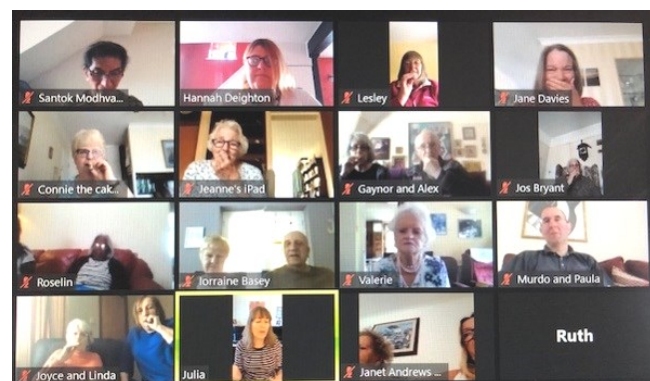
*Cliff*

Quiz Answers  
A. Henry Royal  
Regatta  
B. 1969  
C. 14th July  
D. Beatrix Potter  
E. Larkspur



## OUR ONLINE SERVICES CALENDAR FOR JULY

Thur	2nd	11.00	ONLINE	Singing For Pleasure
Fri	3rd	11:00	ONLINE	Singing For Pleasure
Mon	6th	13:30	ONLINE	Singing For Pleasure
Tue	7th	13.30	ONLINE	Singing For Pleasure
Wed	8th	11.00 - 12.00	ONLINE	Carer's Chat
Thur	9th	11.00	ONLINE	Singing For Pleasure
Fri	10th	11.00	ONLINE	Singing For Pleasure
Mon	13th	13:30	ONLINE	Singing For Pleasure
Tue	14th	13.30	ONLINE	Singing For Pleasure
Wed	15th	10:00 - 11:00	ONLINE	Virtual with Volunteers
Thur	16th	11.00	ONLINE	Singing For Pleasure
Fri	17th	11.00	ONLINE	Singing For Pleasure



## OUR ONLINE SERVICES CALENDAR FOR JULY



Mon	20th	13.30	ONLINE	Singing For Pleasure
Tue	21st	13.30	ONLINE	Singing For Pleasure
Wed	22nd	11:00 - 12:00	ONLINE	Carers Chat
Thur	23rd	11.00	ONLINE	Singing For Pleasure
Fri	24th	11.00	ONLINE	Singing For Pleasure
Mon	27th	13.30	ONLINE	Singing For Pleasure
Tues	28th	13.30	ONLINE	Singing For Pleasure
Thurs	30th	11.00	ONLINE	Singing For Pleasure
Fri	31st	11.00	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**



## INFORMATION, SUPPORT & ADVICE

**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.



### For One to One Private & Confidential Advice

Please contact Terrie for an appointment

Tel: 07516165647



#### 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**

**GOV.UK website**

**www.gov.uk**

## ONLINE SERVICES

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

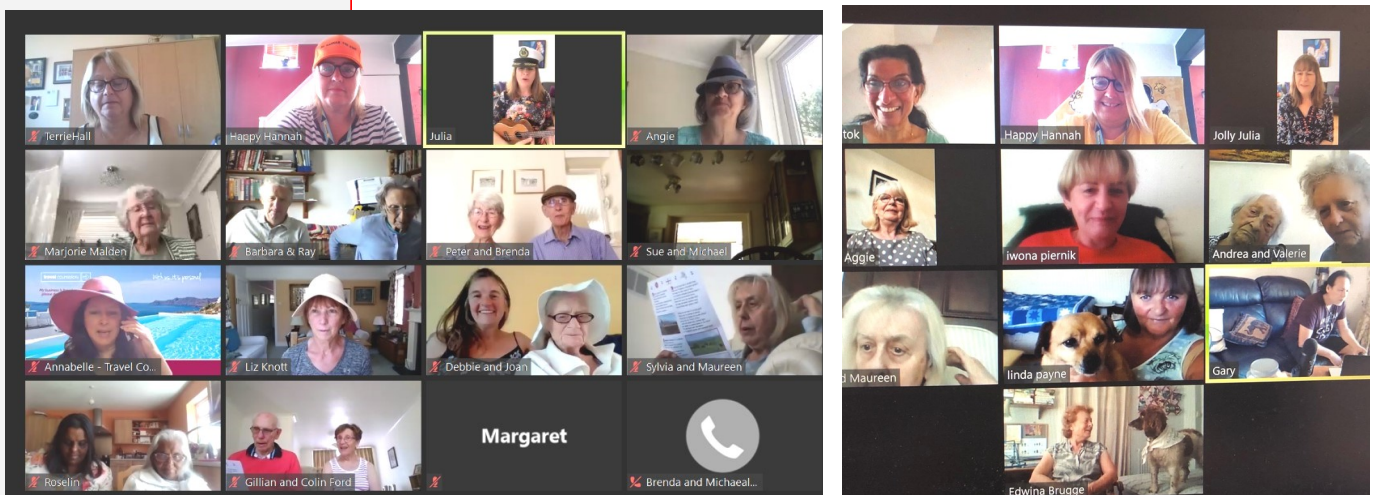
***We are still here for you.***

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!

We welcome your feedback, so do please let us know if there is something that you'd particularly like to see in these pages.



# ONLINE SERVICES



Bags of Help



## SINGING FOR PLEASURE - ON LINE

'ADS' is now holding **Singing on Zoom**; an opportunity for our Member Carers and those they care for to join Julia 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:  
6th, 13th, 20th & 27th July

### TUESDAY AFTERNOONS

1.30pm  
Session this month:  
7th, 14th, 21st & 28th July

### THURSDAY MORNINGS

11.00am  
Sessions this month:  
2nd, 9th, 16th, 23rd & 30th July

### FRIDAY MORNINGS

11.00am  
Sessions this month: 3rd, 10th, 17th, 24th & 31st July





## ONLINE SERVICES

### CARERS 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



### WEDNESDAY MORNINGS ON:

8th July at 11.00am - 12.00 (noon)

22nd July 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 165647 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 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 15th July 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



CONNECTION  
CAFÉ

Maidenhead  
&  
Langley



## 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

### 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.

#### 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.

Held at:  
**Dedworth  
Green Baptist  
Church,  
Smiths Lane,  
Dedworth,  
Windsor Berks  
SL4 5PE**

## INFORMATION, ADVICE & SUPPORT

### 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)



### LUNCH CLUBS - NOT BEING HELD UNTIL FURTHER NOTICE

Enjoyable social events in a relaxed environment.

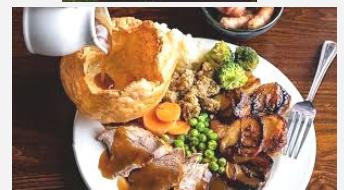
Contact Terrie to book all Lunches: 07516 165647

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**

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



## 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



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

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).



## 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**

hannah.deighton@alzheimersdementiasupport.co.uk

### 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](https://twitter.com/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