



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

JULY 2022



Volunteers needed
p. 4

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HAYLING ISLAND WEEKEND BREAK
SEE THE FUN WE HAD & BOOK YOUR PLACE FOR 2023



ASIAN LANGUAGE & CULTURAL SERVICES
JOIN SANTOK FOR THESE SPECIAL SESSIONS



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www.adscharity.com



AlzheimersDementiaSupport
alzheimers-dementia-support



adscharity
ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope you have been happy and well, in the company of your family and friends over the past month.

Whew, what a month June was, it was a tightly packed schedule which I hope you enjoyed to the full. Those of you who attended our fantastic, fun-filled Summer Picnic at the BCA, I'm sure you will agree that it was a really great day wasn't it? I am sure that you will want to join me in saying a very special Thank You to all of those at BCA who worked so hard to make the day so successful.

This time we thought it would be a good idea to highlight our Services specially designed for those from within the Asian Community. You will be well aware that over the years we have always striven to embrace everyone wishing to avail themselves of our help and support at 'ADS'. Read on and you will see details of the Services we provide for them.

Last but not least, I would like to let everyone know that the registrations for our annual 'ADS' Santa Fun Run are now open. I know that you are looking forward to this great day so I invite you to book your place quickly to avoid disappointment!

Stay safe, take care of yourselves, look after each other.

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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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

PEOPLE WITH A HIGH OMEGA-3 DHA LEVEL IN THEIR BLOOD ARE AT 49% LOWER RISK OF ALZHEIMER'S



New research recently published in *Nutrients* shows that People with a higher blood DHA level are 49% less likely to develop Alzheimer's disease vs. those with lower levels, according to the Fatty Acid Research Institute.

The study, led by Aleix Sala-Vila, TPh.D., suggested that providing extra dietary omega-3 DHA, especially for those carrying the ApoE4 gene (which approximately doubles an individual's susceptibility to develop Alzheimer's) might slow the development of this condition. Such a cost-effective, low-risk dietary intervention like this could potentially save billions in health care costs.

In this prospective observational study – including 1,490 Dementia-free participants aged ≥65 years old – researchers examined the association of red blood cell docosahexaenoic acid (DHA) with incident Alzheimer's Disease, while also testing for an interaction with APOE-ε4 carriership.

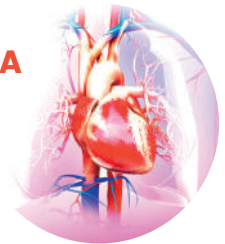
It was reported that participants in the top quartile of plasma phosphatidylcholine DHA experienced a significant, 47% reduction in the risk of developing all-cause Dementia compared with those with lower levels.

Source and full article: <https://bit.ly/3xMill8>



NOVEL HEART ULTRASOUND MEASURES CAN BE USED TO PREDICT RISK OF DEVELOPING DEMENTIA

Published in *JAMA*, research from the University of Minnesota assessed if there is a link between heart health and Dementia. Using echocardiography—visual ultrasound of the heart—the research team was able to identify novel measures that are linked to a higher Dementia risk.



"Atrial myopathy, a condition characterized by abnormal left atrial function and size, is an independent risk factor for Dementia," said Dr. Lin Yee Chen.

When comparing the lowest to the highest quintile of left atrial function measures (reservoir strain, conduit strain, and contractile strain), the lowest quintile was significantly associated with 1.5 to 2.0-fold higher risk of developing Dementia. These associations were independent of cardiovascular disease and atrial fibrillation. The research team found that the more common measures of left atrial size were not significantly associated with Dementia.

Source and full article: <https://bit.ly/3zzNC20>



'ADS' news

We are delighted to announce that our lovely Jubilee window has won the Make Maidenhead window competition!

We've got an amazing trophy and the chance to share our story with the local community.



We would like to say a BIG THANK YOU to everyone who voted for us to win. The window will stay up until the end of June and we hope to display our trophy soon!



'ADS' Santa Fun Run

Although he is having fun over the summer, the 'ADS' Santa made all the necessary arrangements so you can already register for the next Santa Fun Run 2022.



Register now & get a Christmasy discount:



Santa Fun Run, 27 November 2022:

WWW.2022SANTAFUNRUN.EVENTBRITE.CO.UK



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

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

We are 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.



'ADS' Weekend Away

Last month 34 Members of our Charity travelled by coach to Hayling Island for a 3-day break staying at the Sinah Warren Hotel. They had great weather with the sun shining every day and lots of fun and laughter took place.

There was archery, crossbow, bowling and mini golf, the lovely swimming pools and beautiful walks on the surrounding grounds. Everyone took advantage of the entertaining activities every day and night.

Here are some highlights from the weekend on Hayling Island and a few words from our Members.



"Terrie was so wonderful even on holiday she's just always so helpful."
Glennys

"Just Brilliant!"
Kathy

"Nothing short of perfect"
Linda

"Just superb! All of it!"
Fred



"The staff, the rooms, the food, just everything was spot on."
Sandra



Hayling Island weekend break

JOIN US IN JUNE 2023 FOR OUR NEXT TRIP

The next ADS Week-end Away will take place on Friday 2nd to Monday 5th June, 2023 If you would like to register your interest please contact Terrie Hall on 07516 165647 or via email at terrie.hall@alzheimersdementiasupport.co.uk.

Out & About

by Sandra Williams
Out & About Service Coordinator

With fortitude we ignored threats of precipitation from above, on many of our outings in May, sensibly caving in during the half term, when the heavens opened with hail. On this day we stayed indoors and played New Age Kurling, before an energetic game of parachute, singing along to patriotic music. I am always amazed by our Out & Abouters who can sing the lyrics, word for word. With gusto, beach balls were tossed from our parachute towards the ceiling, as we gave a rendition of Sweet Caroline.



The Adventure Golf

We have been to Windsor Adventure Golf in Alexandra Gardens. I would like to think that Her Majesty was peeping out of a window at Windsor Castle to spur us on. Rules were quickly discarded by most at the first tee. Instead, we laughed our way around the course, with Tim miles ahead, demonstrating his golfing skills, which were so much better than ours! A Thank You to John at Windsor Adventure Golf who made our visit so affordable.

On another outing we visited Higgingson Park in the morning, successfully dodging the black clouds before a lovely lunch at The George & Dragon in Marlow. After lunch Braywick Heath Nurseries generously hosted us, where we made up hanging baskets in patriotic colours, to take home. I noted the odd yellow plant going in and surmised that this was a nod to the Jubilee Celebrations. Thank you to Braywick Heath Nurseries who funded this activity. I know the baskets will bring joy throughout the summer months.

Our Windsor group took a stroll around Savill Gardens admiring the rhododendrons. The sun didn't shine but it was a pleasant temperature. When we spotted a mother duck with her brood carefully protected under her wings, we recalled the phrase "keeping you under my wing". As she tucked her head into her back, with one beady eye keeping an occasional eye on us, she knew there was a mesh fence between us and her precious ducklings.



Frank & Brian at Waterperry Gardens

We launched into our summer programme on Tuesday 7th June with a visit to Waterperry Gardens. The sun shone and the herbaceous borders looked fabulous.



Picnic time

Copious benches invited us to take a seat and enjoy the vista and scent. Lunch was a picnic supplied by Out & About and not a morsel was left! It was so lovely to overhear our Out & Abouters saying how much they were enjoying the day. May this be the start of many more lovely summer outings.

Asian Language Services

EVERY WEDNESDAY, 13:00 - 14:30
AT ST. FRANCIS CHURCH IN LANGLEY



Music, whether played or listened to, has neurocognitive effects that have been detected in various populations. Reminiscence-based music therapy has been found to be effective in the treatment of depressive symptoms in People with Dementia.

Santok Modhvadia is our wonderful multilingual service delivery advisor, who speaks fluent in Gujarati, Punjabi, Hindi and Urdu. She recognised that there were very few Asian Services designated to help those with memory problems in the area, and now runs the 'ADS' Asian Language Services to do just that.



AAP KI SEHAT SANGEET KE SANG - Wellbeing Through Music is a Service that is designed to help improve mood and wellbeing through stimulation and gentle exercise. From research, we are aware of how music and movement can bring back memories and evoke emotions, even in People with Dementia.

On the Last Wednesday of the month, Santok runs the **WARZISH TAAL KE SAATH - Moves to Melody** Service.

This is a monthly activity with music which 'ADS' provides to support local Asian People with Dementia and their Carers.

This kind of therapy helps our Members keep their minds and body active, and so much more. Dance movement allows those with Dementia to move as a means to communicate, which helps them develop a "physical vocabulary".



For more details about venue and timing, please check page 17.



Out & About - places available

There are still a few places available on the Windsor and Maidenhead Out & About Service.

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.



Special Thanks to...

We would like to thank Sally Wright, Vice Captain at Maidenhead Golf Club, for doing a night bike ride round London in memory of her aunt, Judy Wilson.



After an intensive training, Sally did an amazing job with her journey. From Lee Valley Velodrome in Stratford, over to Westminster Bridge and back to Picadilly, she crossed the finish line at 3:30AM along with another 1800 riders!

'Thank You' to everyone who supported this challenge and helped Sally raising funds for our Charity.



'Thank You' to Berkshire Community Foundation and The Pargiter Trust for their generous donation for the 'ADS' Out & About Service.



BERKSHIRE
COMMUNITY
FOUNDATION



We are extremely grateful for their kindness and for their support in helping our Charity to offer our Members one of our beloved Services.



'Thank You' to Matthew Wright and his friends for organising a tractor tyre flip challenge to support our Charity. They flipped a 150kg tyre for approximately 2000 times to raise funds for 'ADS' in memory of Nancy Coster.



"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!

ADAM STEVENS
THOMAS C. SHARE
ROBERT ALLAN
ROBERT HOUSTON

JILL STAZICKER
YAZMIN LUNN
DENISE PAGE
BEN MATTHEWS

JAMIE COKER
FRED LAMBERT
DUNCAN STANNETT
MAUREEN BURNETT

COX GREEN TOWNSWOMEN'S GUILD

Donations in memoriam

KENNETH LAWRENCE
NUALA CORRIDAN

THOMAS BOUSFIELD
DEREK JOHN LEE

Signposting



REMINDER: HOW TO CLAIM YOUR ENERGY REBATE IF YOU DON'T PAY COUNCIL TAX BY DIRECT DEBIT

If you are in a Band A to D household and do not pay your Council Tax by Direct Debit, please remember to complete the online form on the Grant Approval website with your bank account and other details to claim your £150 energy rebate from Government to help with increased energy costs.



Iceland

ICELAND OFFERS EVERY TUESDAY -10% FOR PEOPLE OVER-60S

The supermarket chain is offering 10% off every Tuesday to people over-60s to support them through the cost of living crisis.

Iceland's new discount has been launched on 24th of May, with anyone aged 60 or over able to use it every Tuesday in-store at branches of Iceland and The Food Warehouse.

Shoppers need to show proof of age, such as a driving licence or senior bus or rail pass. The discount is covering all products, with no minimum spend.



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:

- £61.85 per week if you need frequent help or constant supervision during the day or supervision at night
- £92.40 per week if you need help or supervision throughout both day and night, or a medical professional had said you may have 6 months or less to live.

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

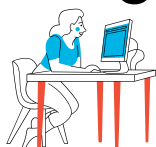
Slough Borough Council Adult Social Care

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

JULY CALENDAR



FRI	1st	10:30	ASCOT	SINGING FOR PLEASURE
MON	4th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	4th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	5th	10:30	LANGLEY	SEATED EXERCISES
TUE	5th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	6th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH ARTS & CRAFTS NEW
WED	6th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	6th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	7th	13:30	ASCOT	SEATED EXERCISES
FRI	8th	10:30	ASCOT	SINGING FOR PLEASURE
MON	11th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	11th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	12th	10:30	LANGLEY	SEATED EXERCISES
TUE	12th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	13th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH ARTS & CRAFTS NEW
WED	13th	12:30	MAIDENHEAD	MEMBERS LUNCH 
WED	13th	13:00	MAIDENHEAD	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	13th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	14th	13:30	ASCOT	SEATED EXERCISES
FRI	15th	10:30	ASCOT	SINGING FOR PLEASURE

IMPORTANT!

The 'ADS' Services are organised keeping in mind the safety of everybody in terms of COVID-19. [Please remember to always take a lateral flow test before attending any of our Services.](#)

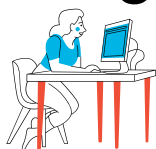
This calendar is subject to change in case of unexpected events and you will be informed accordingly via email.

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



Our Getting Together Services

JULY CALENDAR



MON	18th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	18th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	19th	10:30	LANGLEY	SEATED EXERCISES
TUE	19th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	20th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH ARTS & CRAFTS NEW
WED	20th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	20th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	20th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	21st	13:30	ASCOT	SEATED EXERCISES
FRI	22nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	25th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	25th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	26th	10:30	LANGLEY	SEATED EXERCISES
TUE	26th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	27th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH ARTS & CRAFTS NEW
WED	27th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	27th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	28th	13:30	ASCOT	SEATED EXERCISES
THU	28th	14:00	WINDSOR	MOVES & GROOVES
FRI	29th	10:30	ASCOT	SINGING FOR PLEASURE



While 'Fun at BCA' is not running on Wednesdays over the summer, we will be holding a Connection Cafe with Arts & Crafts at the Dementia Cafe, New Science Building, BCA, Hall Place, Burchetts Green Road, Maidenhead SL6 6QR.

Carers will be in the Café area with one of our Advisers while the cared for will join in the activities planned.

For more information and to book your place contact Terrie Hall on 07516 165647 or email terrie.hall@alzheimersdementiasupport.co.uk

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



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 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.

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



zoom

WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW



MAIDENHEAD

Wednesdays 13:00 - 14:30

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

ASCOT

Fridays 10:30 - 12:00

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

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

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

Getting Together

DETAILED INFORMATION



MOVES & GROOVES

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

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



WINDSOR

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

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

! Next session will take place on Thursday, 28th July.



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, 13th July when we'll celebrate in advance the International Ice Cream Day!

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, 20th July.

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

Getting Together

DETAILED INFORMATION



ASIAN LANGUAGE & CULTURAL SERVICES

We have designed specific Services for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through music and gentle exercise.

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This free drop-in Service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music.



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia.
A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.



Sessions are held every Wednesday from 13:00 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN.

Please check the Services Calendar from pages 10-11 for more details.

If you would like to join us, please just turn up, no booking is required. For more details about the Asian Services contact Santok on 07543243613.

Getting Together

DETAILED INFORMATION



OUT & ABOUT

Out & About is a respite Service, providing stimulating and fun days out for able People with early-stage Dementia, who are still active.

The Service is designed to give Carers a welcome and much needed break.

There are 8 places on each Service. Places are assigned after a successful assessment. In Maidenhead, we meet every Tuesday and in Windsor, every other Thursday. Our programme is very varied, providing the opportunity to do things you have done in the past, or perhaps have a go at something new. Lunch is included, whether it be a picnic or a meal at a pub or restaurant.

To be eligible to take part in this respite Service, you must:

- Have been diagnosed with early-stage Dementia
- Be mobile. We don't do hikes, but you must be able to participate in a general stroll
- Commit to using the allocated space on a regular basis
- Be able to manage the steps of a minibus
- Be able to manage your own personal care
- Have transport to and from the service.

The Service is led by Sandra Williams, our Out & About Service Co-ordinator, supported by a team of dedicated and experienced Volunteers, whom all have enhanced Disclosure and Barring Certificates.

The many venues we visit, are all risk assessed, mindful of the individual needs of each attendee.



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

The Service is heavily subsidised by 'ADS'. We request a £25 donation, which includes refreshments, lunch, travel and admission charges.

There is a waiting list for this popular Service, so please put your name down AS SOON AS POSSIBLE!

Happy July

PUZZLE PAGE



ACROSS

4. A pebbly or sandy shore especially by the sea.
6. The activity of spending a holiday living in a tent.
7. Refreshment made out of lemon.
8. An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside.
12. Take a holiday.
14. The warmest season of the year.



DOWN

1. Food cooked outdoors on a grill.
2. A big red and green fruit.
3. Go from one place to another, typically over a distance of some length.
4. A two-piece swimming costume for women.
5. Protects your skin and prevents sunburns.
9. Let's build a _____ with sand.
10. From caterpillar to _____.
11. In summer the weather is _____.
13. Let's have some fun in the _____.



SUMMER ACTIVITIES WORD SCRAMBLE

- NGIDGNARE: _____
- WMNMGISI: _____
- CNIPCI: _____
- NSHFIGI: _____
- NVCTIOAA: _____
- PLOO: _____
- ROMEWATENL: _____
- BECHA: _____

Easy summer time meal planning:



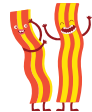
BREAKFAST



LUNCH



DINNER



Q: What did a pig say on a hot summer day?
A: I'm bacon.

Q: What's the best day to go to the beach?
A: SUNday!



Q: Where do ants go for summer vacation?
A: to FRIANTS!

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WHO are we?

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

**WHAT do we do?**

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

WHERE do we do it?

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

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