

# Newsletter August 2020

## Our Newsletter, Information & Updates



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SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO

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



# NOTE FROM THE CHAIRMAN

Dear All,

I hope you are staying safe and keeping well.

I am delighted to advise you of an update on the Imminent launch of our exciting new look 'ADS' Website. We are taking our time to ensure that it delivers everything required to meet your needs before it is fully available to you. We believe that its intuitive design will make its contents easy to access and simpler for you to use. The objective is of course to encourage much greater levels of interest as you navigate around the site, I really hope that you like it when it arrives. Keep your eyes peeled and when it comes, I hope you will agree that it was worth the wait.

As you are aware the Team are working on arranging the 'Online Afternoon Tea party' for you to enjoy during August. You can learn all about how this will work and find tips on the different ways you can be involved. Please join in, it will be a lot of fun. I know that you have already been receiving communications giving you details of recipes for cakes and decoration ideas for your garden such as bunting for you to download etc.

I hope you are continuing to enjoy our fantastic 'Virtual Services' such as regular 'Online Singing for Pleasure' sessions and weekly 'Online Carers Chats' and you have put their dates firmly in your diaries. If you want to know more about these Services and how you can become involved, the details and schedule are contained 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*

**David D. Jannetta**

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

*Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support. Do please contact us if you wish to withdraw your details or wish to raise any concerns.*



## IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

### IN MEMORIAM

TOM SMITH  
PETER CURTIS  
ERIC KITLEY  
HIRALAL PATEL  
ALEC JUDD  
CLIFF STEVENSON



### DONATIONS

Margaret Armstrong  
Sylvia Gomm  
Brenda & Peter Varney  
Anne Thrift  
Anna Roads  
Patricia Mulhall  
Maidenhead WI  
Datchet United Charities

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.

### Student designs assistive tech for people with Dementia

A university student has developed a new device to support people in the early to midstages of Dementia so they can be more independent.

Elliot Heffernan, 22, created Activity Aid to help people like his grandmother who experience difficulties in remembering how to carry out day-to-day tasks. The device allows Carers and family members to record vocal instructions on how to make a cup of tea, for instance, enabling people living with Dementia to be more self-sufficient.



To read more visit: <https://tinyurl.com/y5l29u94>

### Dementia sufferer, 99, who survived a Nazi assassination attempt, horror plane crash and breast cancer defeats coronavirus too

After surviving a Nazi assassination attempt, a horror plane crash and breast cancer an 'indestructible' 99-year-old has cheated death again - this time over coronavirus.

Dementia sufferer Joy Andrew contracted Covid-19 at her care home Minster Grange with nurses placing her on end of life care - after others perished. But days after daughter Michele Andrew, 57, visited to say her 'final farewell', Joy began to rally, Care home staff watched on in disbelief over the subsequent weeks and months as she recalled the wartime spirit to 'miraculously defeat' the bug

To read more visit: <https://tinyurl.com/y5v95qem>

### Call to treat relatives of dementia patients like key workers

The heads of organisations including Dementia UK and the Alzheimer's Society have signed a letter to the health and social care secretary, Matt Hancock, calling for visits to resume safely and for relatives to be given the same "key worker" access to care homes and coronavirus testing as staff, the BBC reported.



To read more visit: <https://tinyurl.com/y3ga5bw3>



#### Previous Articles

Lauren Laverne helps launch Dementia-friendly radio station

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

## FUNDRAISING

### BECCA WARD - BRAVE THE SHAVE

On Friday July 24th the amazing Becca Ward BRAVED THE SHAVE for 'ADS'.

Becca cared for Ron, and they both spent lots of time together at several of our 'ADS' service groups - singing, dancing, going on outings and even a holiday.

Becca raised an amazing amount for our charity and we are hugely grateful. Please go to her giving page to see how brilliantly she has done - <https://tinyurl.com/y3ezbrbs>



### WE ARE GOING VIRTUAL

We are very excited to announce that we will be transforming our annual family-friendly Santa Fun Run into a virtual event.

The 'ADS' Santa Fun Run will still be on Sunday 29th November and remain a 5km walk, run or push (wheels) suitable for all age groups.

However, this year **YOU** get to choose the location.

Over the next few weeks, we will be announcing all the fun, interactive elements being hosted on the day. before the official online warm up. While we cannot race together in one place this year, we aim to ensure to engage you online with all the activities - just the same as if we were all at Dorney Lake.

Please keep a look out on our social media, website and in our future newsletters for more details.

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



## 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**

### Schedule for the tea party

- **On this day** - Reminiscing about an August 5th in your life
- **Share the cakes** you have baked (including the 'ADS' team's efforts!!) share your recipes & tips

### WE ARE VERY GRATEFUL FOR YOUR DONATIONS

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



Children's Toys & clothes



Hard-back books



Electrical Items



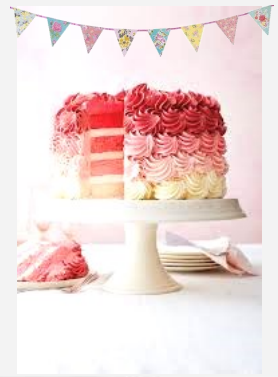
Soft Furnishing

### 'ADS' CHARITY SHOP

The 'ADS' Charity Shop would be  
very gratefully to receive  
donations, **particularly** ornaments  
and jewellery please.

Please note that unfortunately we  
**cannot currently accept:**

- NO** CHILDREN'S CLOTHES & TOYS
- NO** HARDBACK BOOKS
- NO** ELECTRICAL ITEMS
- NO** SOFT FURNISHINGS



Download your own  
bunting to print at home

[https://tinyurl.com/  
y336n3vb](https://tinyurl.com/y336n3vb)

for plain bunting you can  
design yourself

OR

<https://tinyurl.com/y6tntz1z>  
for vintage style bunting



# LAUNCHING OUR NEW WEBSITE

We are delighted to announce that our new website will launch in early in August.

LOGIN

Alzheimers  
Dementia  
Support  
Local support and guidance

- Home
- Services >
- Organisations >
- Fundraising >
- News >
- Volunteering
- About >
- Donate
- Activities
- Members
- Registration



Registered in England under Co No: 07687060

Alzheimers Dementia Support Local support and guidance

### WHAT WE DO AND WHY

Alzheimers Dementia Support 'ADS' is a charity which offers constructive practical guidance and a wide range of services to help people in the local community whose lives are directly or indirectly affected by Dementia. We strive to make a difference by helping those affected cope better whilst giving them the opportunity to experience a little joy and laughter in their difficult lives.

Alzheimers Dementia Support Local support and guidance

### WHO WE HELP

There is an ever growing number of People with Dementia and their Carers within our local Community of Windsor, Maidenhead, Ascot, Slough and Langley who can benefit from our services. Throughout the time since our inception in 2011, members of the 'ADS' team have successfully touched the lives of an ever growing number People with Dementia and their Carers.

Alzheimers Dementia Support Local support and guidance

### RAISING AWARENESS

While our services are delivered within our local area, we are committed to reaching a far wider audience to raise awareness of Dementia. Our website, social media, training modules and publications are available to anyone with internet access - across the world.

## LATEST NEWS AND EVENTS



### WE ARE STILL OPEN

While we cannot meet in person, we are proud to announce that our services continue remotely and on-line. Our High Street Charity shop has also reopened with the appropriate safety measures in place

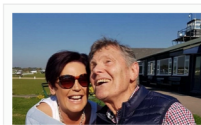


### A DATE FOR YOUR DIARY

Our annual family fun day will still take place, but perhaps in a different format to usual. Please come back to hear about how you can take part this year

Alzheimers Dementia Support 3 days ago

**TODAY IS THE DAY!!!**  
Becca Jane Becca is braving the shave this afternoon all in support for 'ADS' hope you're not feeling too nervous today Becca, we are all so proud of you. Please help support Becca by reading about her challenge here & donating at [www.justgiving.com/fundraising/angela-hobbs3](http://www.justgiving.com/fundraising/angela-hobbs3)



**Huge thanks** go to our Volunteer Trustee Phil Cooper who has spent many weeks creating a completely new website that our Team will continually keep up to date with news, information and fun activities.

Our new Home Page highlights our news as well as giving access to links to information about our services



Magpies 150

2020/21 We are delighted to be one of the Charities that will benefit from the events organised by the Maidenhead Magpies. They are celebrating their 150th Anniversary and have set themselves...



Ascot Racecourse

Friday 18th December 2020 We'll be at Ascot Racecourse with our Collection Buckets. Ascot Racecourse has kindly given us the opportunity to be at the racecourse on a race day to encourage the...



Santa Fun Run

Sunday 29th November 2020 This year you can join us on-line from your own location! Sadly, to keep everyone safe, we won't be able to hold our Annual Santa Fun Run at Eton Dorney Lake...



'ADS' Online Afternoon Tea Party

Wednesday 5th August 2.00 - 3.30 Make your own picnic, settle down in your garden or home, then log on to join us for an Afternoon Tea Party. Our Team will be live from Sandra's garden and we...

Seated Exercise Sessions	Out & About	Connection Café
Lunch Clubs	Regular singing session gets together (including on-line) in Dementia Hospital wards led by a professional singer to encourage a positive and happy atmosphere.	Moves & Grooves Tea Dances
Specialist Asian Language and Cultural Services	Alzheimer Café	Weekend Away

# LAUNCHING OUR NEW WEBSITE

We change these activities regularly, so do please visit again

Our Activities Page will be regularly updated with links and downloads and our Members will have access to their own page with videos and additional activities

Contacting us is simple and you can request to become a member of our Community without having to print forms.

Organisations can find out more about us and we can celebrate their support by including their logos

Our Events page updates you on special events, and our Services pages ensure that you know how and when they are running and also how to contact a member of the 'ADS' team if you need our help.

The website will develop over coming weeks; watch out for news on our Santa Fun Run and the launch of our Kid's Guide to Dementia.

We hope that you find our new website informative, interesting and fun. Please make sure you check in regularly to keep up to date with our news and activities and let your friends and colleagues know to join in.

Our thanks also go to volunteer Tegan Harris who created and adjusted many of the images on the site.

## Current 'ADS' Members

**Please note we will contact individually to give you your personal log in to access the Member Page.**

### Activities

'ADS' Summer Wordsearch

Fill In The Missing Words Summer Theme

Flower Quiz

### Links

**Thrive**  
Thrive is a gardening charity. They use gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.

**Hampton Court Palace**  
Hampton Court Palace Visit the Great Hall, The Great Watching Chamber &

### Members

**MEMBERS LOGIN**

- Videos, photos of sessions
- Singing for Pleasure
- Carers Café
- Connection Café
- Alzheimers Café
- Asian Singing

**Carers Corner**

- FAQ's
- Health & Wellbeing tips for Carers

**"Reminiscence Room"**

Downloads and gallery aiming to evoke happy memories, trigger the sharing stories of the past and bring smiles.



### A Kid's Guide to Dementia



Thank-you!  
from  
Alzheimers  
Dementia  
Support  
Local support and guidance

**CONTACT US**

LOCATION

INQUIRY CHAT MESSAGE

EMAIL FEEDBACK

CALL GET IN TOUCH

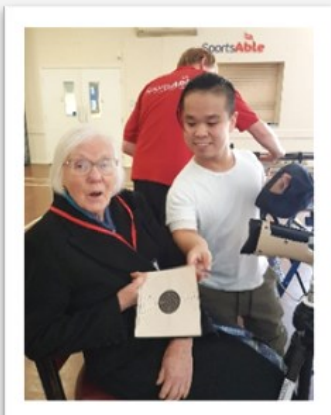
## OUT & ABOUT ADVENTURES

“**Variety is the Spice of Life**” and that “varied spice” is what we aim to deliver at Out & About, in a safe manner. It is an opportunity to do things you have enjoyed in the past, or even better, widen your horizons and experience something new. Often O&A challenges predisposed notions that dementia precludes participation in certain activities.



Indeed, Nysa, our Director of Operations, admits to being perturbed, when she learnt we were off to do archery! I had a bit of explaining to do. I delivered a detailed risk assessment, similar in length to a roll of toilet paper (in the days before Covid19 - when none of us appreciated the value of such a commodity).

Our archery sessions are led by professional staff at SportsAble, an aptly named charity who aim to make sports accessible to people with disabilities. We are given a safety briefing, before the activity begins. Whistles are blown to warn us when we must stop shooting, or stay clear of an area, whilst arrows are collected. A larger team of O&A volunteers always support this activity. We sit behind a row of tables, separating us from the shooting area and applaud when the bullseye is hit. It is magical to see the elation on faces. Alternatively, we commiserate together when arrows take refuge in the curtains behind the target.



Up until this year it has been an August tradition for each O&A service to visit Brooklands Motor Museum, when their experienced volunteers offer rides in their prize vintage cars during school holidays. On our first visit, these were offered for free on our arrival. I envisaged a tame drive through leafy Surrey and found myself on a “steep” learning curve; pardon the pun. Working with Brookland’s volunteers, we identified which cars were suitable for each person, mindful of access, whilst ensuring one of our volunteers was in each car. Safely seated, off we went. A flag waved us on our way. We sped up the hill. At the top, I offered up my thanks for my safe delivery, ready for my reward of a sedate picturesque ride.

It was not to be.





## OUT & ABOUT ADVENTURES



The vehicle entered the original Brooklands track which is a concrete bank I slid towards the side of the vehicle, whilst my feet desperately searched for *terra firma*. I don't do fair rides! A vision of green Out & Abouters, suffering future nightmares,

flashed through my mind. What had I agreed to? Glad that my ordeal was over, I reluctantly looked at my charges and my team of volunteers. I was met with a sea of faces exuding exhilaration!

Maddie, a member of Brooklands' staff, has come to know our group well over the years, and greets us as long-lost friends, with hugs all round. She so enjoys ribbing me over my "love" of their car rides, when giving her introductory presentation. Unable to visit this year, or sadly hug our friends, I have been let off the hook!

Sandra Williams  
Out & About Service Coordinator



- A. The zodiac sign that cover August are Cancer and Virgo - true or false?
- B. What made news headlines on August the 8th, 1963?
- C. What flower represents the month of August?
- D. "That's one small step for man one giant leap for mankind" – Who does this quote belong to?
- E. What is the birth stone for August?



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

*Tell us your  
favourite jokes*

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

*Don't July to me...*

**What do toads  
drink on a hot  
summers day?**

*Ice cold  
croak-a-cola*

**What did the pig  
say at the beach  
on a hot day?**

*I am bacon!*

**How can you tell  
if the sea is  
friendly?**

*It waves*

Quiz Answers  
A.False  
B.The Great Train  
Robby  
C.Gladiolus  
D. Neil Armstrong  
E. Periodot

## OUR ONLINE SERVICES CALENDAR FOR AUGUST



Mon	3rd	13:30	ONLINE	Singing For Pleasure
Tue	4th	13.30	ONLINE	Singing For Pleasure
Thur	6th	11.00	ONLINE	Singing For Pleasure
Fri	7th	11.00	ONLINE	Singing For Pleasure
Mon	10th	11.00	ONLINE	Singing For Pleasure
Tue	11th	11.00	ONLINE	Singing For Pleasure
Wed	12th	15.00	ONLINE	Carer's & Their Loved Ones Chat
Fri	14th	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**



# OUR ONLINE SERVICES CALENDAR FOR AUGUST



Mon 17th 11.00 ONLINE Singing For Pleasure

Tue 18th 11.00 ONLINE Singing For Pleasure

Fri 21st 11.00 ONLINE Singing For Pleasure

Mon 24th 11.00 ONLINE Singing For Pleasure

Tues 25th 11.00 ONLINE Singing For Pleasure

Wed 26th 15.00 ONLINE Carer's & Their Loved Ones Chat

Fri 28th 11.00 ONLINE Singing For Pleasure

Mon 31st



**BANK HOLIDAY**



# INFORMATION, SUPPORT & ADVICE



## 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**  
[www.gov.uk](http://www.gov.uk)

## THE 'ADS' TEAM



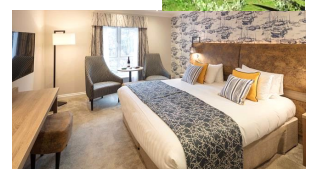
### 'ADS' Weekend Break-Away 2020

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

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

Coach departs from Stafferton Lodge Maidenhead for a 3 night weekend break to Sinah Warren Coastal Hotel, Hayling Island Not only is this pretty hotel on the sea front, but it boasts heated indoor and outdoor pools as well as an array of activities to keep you busy. Price includes:

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



**SAVE THE DATE**

# 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

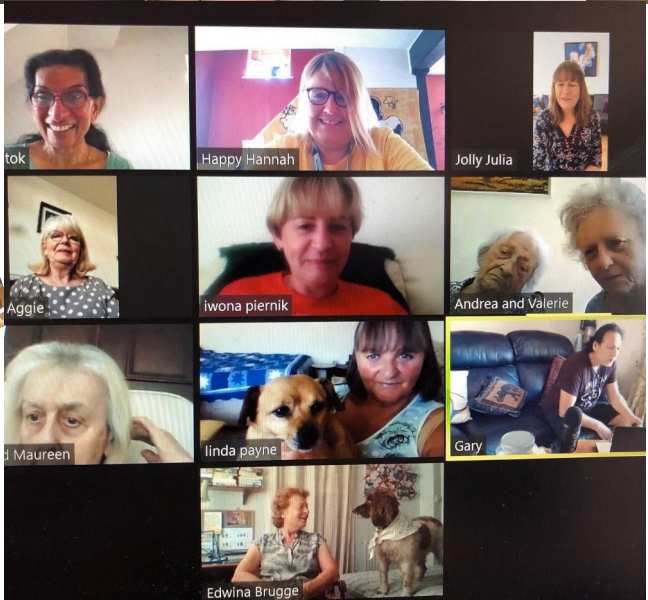
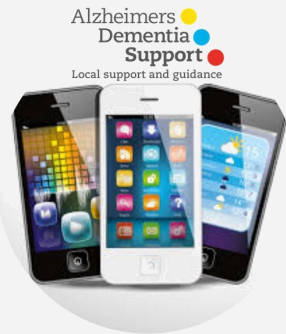
**We are still here for you.**

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 please make sure you look to see if you recognise anyone this month!

We welcome your feedback, and would like to 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 in a group with us online 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.

### MONDAYS

Sessions this month:

3rd August - 1.30pm

10th, 17th & 24th August - 11am

*(please note new time)*

### TUESDAYS

Session this month:

4th August - 1.30pm

4th, 11th, 18th & 25th August - 11am

*(please note new time)*

### THURSDAY

Session this month:

11.00am

**6th August ONLY**

### FRIDAYS

Sessions this month:

7th, 14th, 21st & 28th August - 11am





## ONLINE SERVICES

### CARERS & THEIR LOVED ONES REMINISCENCE



Do you miss our regular meetings at the Connection Cafes?  
Join us for an hour of reminiscing, and sharing interesting trivia and facts facilitated by Sandra Williams.

#### WEDNESDAY AFTERNOONS ON:

**12th August at 3pm**

**26th August at 3pm**



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)



## INFORMATION, ADVICE & SUPPORT

The following may not be happening in our usual venues, but, as you will see on the opposite page, The 'ADS' Team are working hard to bring some of our services to you in your home through the use of 'Virtual Technology and via links on our website .



## CONNECTION CAFÉ - NOT BEING HELD UNTIL FURTHER NOTICE

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

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

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

### Maidenhead

Methodist Church, High Street, Maidenhead, SL6 1EF  
Mondays 10.00 am -12.00 noon

### Langley

St Joseph's Room, Holy Family Church, 226 Trelawney Ave,  
Langley SL3 7UD  
Tuesdays 1pm – 2.30pm



## SINGING FOR PLEASURE - NOT BEING HELD UNTIL FURTHER NOTICE

Singing is for pleasure so you don't need a good singing voice to come and join in our sessions.

You don't even have to sing if you don't want to! We would just like to invite you to come and join in and experience the joy singing brings to people with Dementia.

We serve refreshments for the first 30 minutes of each session.

**Langley** 1.00pm - 2.30pm on Monday afternoons

**Venue:** St Joseph's Room, Holy Family RC, Church, 226 Trelawney Avenue, Langley, SL3 7UD

**Windsor** 1.00pm - 2.30pm on Tuesday afternoons

**Venue:** All Saints Church, Dedworth Road, Windsor, SL4 4JW

**Maidenhead** 10.30am -12.00pm on Thursday mornings

**Venue:** Methodist Church, High Street, Maidenhead SL6 1EF

**Ascot** 10.30am -12.00pm on Friday mornings

**Venue:** King Edwards Hall, King Edwards Road, Ascot, SL5 8PD





## INFORMATION, ADVICE & SUPPORT

### AAP KI SEHAT SANGEET KE SANG (WELLBEING THROUGH MUSIC) NOT BEING HELD UNTIL FURTHER NOTICE



This 'ADS' support service is designed specifically for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through stimulation and gentle exercise. This free drop in service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music. Our Advisors are always on hand to provide information, support and guidance.

**Sessions from** 12.30- 2.30pm

**Venue:** St Francis Church, London Road, Langley SL3 7LN

### WARZISH TAAL KE SAATH (MOVES TO MELODY) NOT BEING HELD UNTIL FURTHER NOTICE



A monthly activity with music which 'ADS' provides to support local Asian people with Dementia and their carers. This is a free 'drop in service' which we look forward to welcoming you.

**Session from** 12.30-2.30pm

**Venue:** St Francis Church, London Road, Langley, SL3 7LN

### 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.

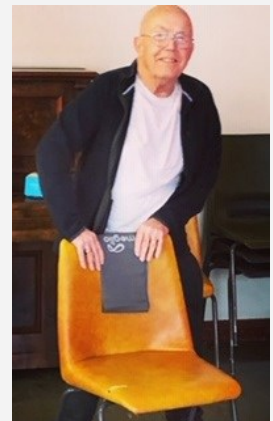
#### Connections Café Seated Exercise Sessions

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.

**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

**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**



## 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

## 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

### 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