



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

AUGUST 2022



VOLUNTEERS NEEDED

Please send an email to
info@alzheimersdementiasupport.co.uk
for more information.!

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THE LATEST 'ADS' NEWS
FIND OUT MORE ABOUT PAST & FUTURE EVENTS

CELEBRATING WITH OUR MEMBERS
SUMMER PICNIC ORGANISED BY BCA STUDENTS FOR THE
'ADS' MEMBERS



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www.adscharity.com



AlzheimersDementiaSupport
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Note from the CHAIRMAN

Hello Everyone,

Happy new month! I hope you, your family and friends have coped with the intense heat and have remained happy and well during the last few weeks.

There are a couple of things worth mentioning this time. I hope you all had a great time at the BCA Summer Picnic (it certainly looked as though you did), I'm really sorry that I missed it I would love to have been there to join in the fun with you. This is an 'early bird' opportunity to advise you of an important item for your diary, we will be holding another one of our great Volunteer evenings on Wednesday 5th October so please save the date. Those of you who have attended in the past will know that it is a fun event and well worth attending.

In addition to our ongoing quest to increase our team of Volunteers, you may also have heard that we are currently recruiting to replace Denise Davies, who is sadly leaving us. I'm sure you will agree that she will be missed and you will join me in wishing her well in the future.

You will be aware that we were forced to take the sad decision to cancel several of our Services during the recent extreme weather conditions. I am sure that you all understand our reasoning and appreciate that we always ensure the protection, health and safety of everyone involved in their delivery. Our priority is to safeguard you, your Carers and Team members at all times and this takes precedence over any other considerations.

We always strive to embrace everyone wishing to avail themselves of our help and support at 'ADS'. Read on and you will see details of all the wonderful and varied services we provide for you to enjoy. I'm sure that you won't want to miss any of these great 'ADS' services that the team has planned for you - so read all about them and make sure you get involved if you can.

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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IMPORTANT CONTACTS

Please contact us through one of our Advisors or by letter or email if you:

- Would like to be added to our distribution list
 - No longer want to receive our Newsletter
 - Wish to raise any concerns
 - Would like a copy of 'ADS' Privacy Policy
- 'ADS' Privacy Policy can also be accessed via <https://www.adscharity.com/wp-content/uploads/2020/06/ADS-Privacy-Notice-V1.pdf>

Disclaimer: 'ADS' does not promote or declare endorsement for any individual or organisation.

Worldwide news



ELECTRICAL EYE STIMULATION COULD LEAD TO TREATMENTS FOR DEPRESSION AND DEMENTIA

A new method of electrically stimulating the eye has been shown to alleviate depression-like symptoms and improve cognitive function in animal models, according to new research.

The findings, recently published in the journals *Brain Stimulation* and the *Annals of the New York Academy of Sciences*, may lead to alternative ways to treat neuropsychiatric diseases such as Dementia and depression.

Researchers said the non-invasive stimulation method in mice also drastically improved memory performance and reduced beta-amyloid deposits in the hippocampus – one of the hallmarks of Alzheimer's disease.

“These research findings pave the way for new therapeutic opportunities to develop novel treatment for patients suffering from treatment-resistant depression and Dementia. Nevertheless, clinical trials must be conducted to validate the efficacy and safety,” another study co-author Dr Chan Ying-shing said.

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



SINGLE BRAIN SCAN CAN DIAGNOSE ALZHEIMER'S DISEASE

Although there is no cure for Alzheimer's disease, getting a diagnosis quickly at an early stage helps patients. It allows them to access help and support, get treatment to manage their symptoms and plan for the future.

The research uses machine learning technology to look at structural features within the brain, including in regions not previously associated with Alzheimer's. The advantage of the technique is its simplicity and the fact that it can identify the disease at an early stage when it can be very difficult to diagnose.



Doctors currently use a raft of tests to diagnose Alzheimer's disease, including memory and cognitive tests and brain scans. The new approach requires just one of these -- a magnetic resonance imaging (MRI) brain scan taken on a standard 1.5 Tesla machine, which is commonly found in most hospitals.

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



'ADS' news

OPPORTUNITIES TO JOIN THE 'ADS' TEAM

Do you know of someone who may like to join our wonderful team? We have a vacancy for a part-time Advisor and another part-time role raising awareness in Slough.

Please email info@alzheimersdementiasupport.co.uk for more information, or speak to a member of our team.



'ADS' Volunteers, save the date



All of our Volunteers are invited to a special evening event to celebrate their amazing work within the 'ADS' Charity.

Our annual Volunteers Evening for Wednesday 5th October from 6.30pm to 8.30pm at The Parish Centre, St. Edmund Campion, 40A Altwood Road, Maidenhead SL6 4PY.



Hayling Island weekend break

JOIN US IN JUNE 2023 FOR OUR NEXT TRIP

We have already started to plan the next trip so mark your calendars because we are going to Hayling Island again on **2nd to 5th June 2023!**

This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.



If you would like to join us, please give Terrie a call on 07516 165647 to find out more information.

Fish & Chips night

AN 'ADS' FUNDRAISING EVENT

Following the success of the recent Fish & Chips quiz evening in June, the 'ADS' team wishes to sincerely thank everybody that attended, contributed and performed. Your kind donations will help us continue supporting those living with Dementia.



"Superb evening, when's the next one?"

"Oh it was brilliant - you must do one again!"

A fun evening of music, quizzes, food and laughter concluded with a raffle of kindly donated items. Please keep an eye on our website and newsletter to find out more information about the next 'ADS' quiz night!



'ADS' Santa Fun Run

REGISTER NOW & GET A CHRISTMASY DISCOUNT:

Santa Fun Run, 27 November 2022:

WWW.2022SANTAFUNRUN.EVENTBRITE.CO.UK



Promote your business in our High St Charity Shop

Rather than just dropping donations to us, would you like to raise awareness about your Organisation? Take over a window and an area in our Shop to display your donations and let Maidenhead know about you and how you are supporting our Charity.

Our Charity Shop is right on the High Street, making 'The Shop Zone' an amazing opportunity to promote your Company to our local community.



If you are interested in this opportunity, please send an email to Andreea at marketing@alzheimersdementiasupport.co.uk and she'll get back to you as soon as possible.

Out & About

by Sandra Williams
Out & About Service Coordinator

They say the sun shines on the righteous and indeed it is true! O&A has enjoyed a run of fine days out during July.

Both the Windsor & Maidenhead Service have visited Sadie at Feather & Fur Falconry Centre for hands-on flying sessions. She is situated in her new home at Moss End Garden Centre, where she met us with a wheelbarrow, trundling off to her field with all our chairs.

Sadie is so passionate about her birds and her enthusiasm rubs off. In advance she apologised for some of her birds who are being a little naughty. It is mating season and they have other things on their mind!

Bailey a Barn Owl made his acquaintance keeping a close eye on the shed. He mistakenly thinks a lady Barn Owl lives there.



Michael who said he didn't like birds

Bourneville, a male Kestrel, not to be confused with a sparrow hawk, entered with a flurry. He is convinced there is a lady Kestrel in a local garden, so he is being denied the luxury of flying “no strings attached”. These birds are in decline. Sadie posed a question “when did we last see a wasp” and “why do we kill them?” They are pollinators just like bees, which we treat kinder. With a 40% decline in insects, there is insufficient food for Kestrel’s babies, which is “Food for thought”. Pesticides also contribute to this decline.



Brian with Milo, The Harris Hawk

Milo, A Harris Hawk made his presence known, displaying an enormous wingspan as he flew to Brian. Sadie was right – he was indeed naughty. He swooped down onto Dave’s head. Thankfully he only flies onto heads covered with a hat. Dave chuckled.

These birds are not just hunters. They assist with pest control which made us laugh, as he sat perched on Dave’s head.

Our thanks to Sadie who continues to make us so welcome over so many years. It is lovely to see Sadie and her birds, all thriving in their new home.



Oh, my hat!



Celebrating with our Members

MARKING THE OFFICIAL OPENING OF DEMENTIA CAFÉ AT BCA

Earlier this summer, the students of Berkshire College of Agriculture from the Health and Social Care Level 2 Department and from the Business Department invited the 'ADS' Members to celebrate together a very successful inauguration of the new centre - Dementia Café.

Everyone was delighted to welcome Pippa Goodwin, the Chair of the Corporation and Anne Entwistle, Principle, in officially opening the BCA Health Science Centre.

Pippa Goodwin spoke with pride about the new building and the students and staff that have brought it to life. A ribbon was cut and a plaque with a moving reading about Dementia was revealed. She also took the opportunity to thank 'ADS' for the opportunity to give the students practical experience of working with People with Dementia.



The sunny afternoon included music from the students of the BCA Performing Arts Course and from 'ADS' volunteers Lea Lyle and Sarla Seth. A raffle, games and ice-cream wrapped up a delightful afternoon.



Our Members - People with Dementia - were delighted to be entertained by the students and their Carers very much appreciate the opportunity to chat with other Carers and with our Advisors.

It was also extraordinary how other departments within the College have also been involved. We could not be prouder of what has been achieved and look forward to expanding the service next College term.

We would like to thank again the staff and students of BCA for putting together this lovely event for our Members!



A short video about the Dementia Café (Fun at BCA Service) can be found at <https://youtu.be/dlpRpkmplEQ>.

Special Thanks to...

We would like to thank Maidenhead Rotary Club for choosing to support 'ADS' during their annual Maidenhead Bikeathon!



The 'ADS' Team was present early in the morning ready to share our story with all the participants. There was much interest in the work that we do in the local community and even in the early booking for our Santa Fun Run!

'Thank You' to everyone who supported this lovely event and we hope to see you at the next one!



'Thank You' to Slough Cribbage Club for inviting us to attend their Annual General Meeting and for their generous donation for our Charity.



'Thank You' to Fiona Henry for taking on an open water swimming challenge by participating at the Thames Half Marathon for 'ADS'.



"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!

RICHARD HILL
JOHN PAYNE
DOUGLAS WILSON
JOHN YALLOP

SUE HOLDERNESS
JULIA NICHOLS
SARAH WILCOCK
ADAM STEVENS

ANGELA DUTHIE
ZOE SAMUELS BYFIELD
THOMAS CAMERON SHARE
HART VOLUNTARY LTD

Donations in memoriam

ROBIN MCCLEOD
BARRY ARMSTRONG
ELENOR SINCLAIR

VEANNA LOFTERS
MARGORATE PHIPPS
MARTYN BROWN

Signposting



EMERGENCY DUTY SERVICE (EDS)

EDS provides support for safeguarding emergencies and crisis issues which occur outside of normal working hours and cannot wait until the next working day.

EDS, ran on behalf of the six Berkshire Unitary authorities, is available to:

- respond to emergencies where immediate social care intervention is required to safeguard a vulnerable adult or child,
- provide crisis intervention where there are significant welfare concerns that cannot wait until the next working day,
- respond to all statutory emergency referrals to the unitary authorities,
- to offer single point of access,
- to undertake initial screening for those individuals who find themselves in need of emergency accommodation.

EDS is operational to the general public for out of hours crisis or emergencies only from:

- 5pm to 9am Monday to Friday and,
- from 5pm Friday to 9am Monday. This includes Bank Holidays.

If you need to speak to a Social Worker outside normal office hours please contact the Emergency Duty Service on 01344 351999.



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

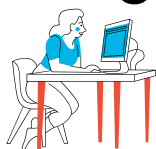
Slough Borough Council Adult Social Care

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

AUGUST CALENDAR



MON	1st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	1st	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	2nd	10:30	LANGLEY	SEATED EXERCISES
TUE	2nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	3rd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	3rd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	4th	13:30	ASCOT	SEATED EXERCISES
FRI	5th	10:30	ASCOT	SINGING FOR PLEASURE
MON	8th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	8th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	9th	10:30	LANGLEY	SEATED EXERCISES
TUE	9th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	10th	12:30	MAIDENHEAD	MEMBERS LUNCH 
WED	10th	13:00	MAIDENHEAD	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	10th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	11th	13:30	ASCOT	SEATED EXERCISES
FRI	12th	10:30	ASCOT	SINGING FOR PLEASURE
MON	15th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	15th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	16th	10:30	LANGLEY	SEATED EXERCISES
TUE	16th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	17th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	17th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	17th	13:00	MAIDENHEAD	SINGING FOR PLEASURE

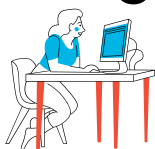


Please remember to always take a lateral flow test before attending any of our Services.

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

Our Getting Together Services

AUGUST CALENDAR



THU	18th	13:30	ASCOT	SEATED EXERCISES
FRI	19th	10:30	ASCOT	SINGING FOR PLEASURE
MON	22nd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	22nd	13:30	ZOOM	SINGING FOR PLEASURE
TUE	23rd	10:30	LANGLEY	SEATED EXERCISES
TUE	23rd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	24th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	24th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	25th	14:00	WINDSOR	MOVES & GROOVES
FRI	26th	10:30	ASCOT	SINGING FOR PLEASURE
! MON	29th	SUMMER BANK HOLIDAY - NO SERVICES		
TUE	30th	10:30	LANGLEY	SEATED EXERCISES
TUE	30th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	31st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	31st	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY

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.

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.



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



! There will be no Seated Exercises on 25th August.

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, 25th August.



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.

[More details about our next Alzheimer Café to follow in our next newsletters.](#)

If you would like to join any of these Services, please just turn up, no booking is required. For further information contact Terrie on 07516 165647.

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, 10th August when we'll celebrate the last month of summer holidays!

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, 17th August.

All our lunches are to be booked in advance by calling Dee on 07884 055419. 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.



Well Being Through Music sessions are held every Wednesday and **Moves to Melody** is every last Wednesday of the month, 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 August

PUZZLE PAGE



- JULY
- AUGUST
- SANDALS
- BARBECUE
- LEMONADE
- SHORTS
- BEACH
- OCEAN
- SUNGLASSES
- CAMPING
- PICNIC
- SUNNY
- HUMID
- SAILING
- TOWEL
- ICE CREAM
- SAND
- WARM

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

Q: What do you call a snowman in the summer?
A: A puddle.



Can you solve this special math brain teaser?



		-		66
+			-	=
13	12		11	10
×	+		+	-
:	+		×	:

Unscramble these summer words:

- NUNYS: _ _ _ _ _
- SWRRBAITSREE: _ _ _ _ _
- SNLSAGUE: _ _ _ _ _
- GRNSUIF: _ _ _ _ _
- TWMISUSI: _ _ _ _ _
- CMNAPGI: _ _ _ _ _

Q: Why did the teacher jump into the pool?
A: She wanted to test the water.



Q: Where do sheep go on vacation?
A: In Baa-hamas.

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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/**