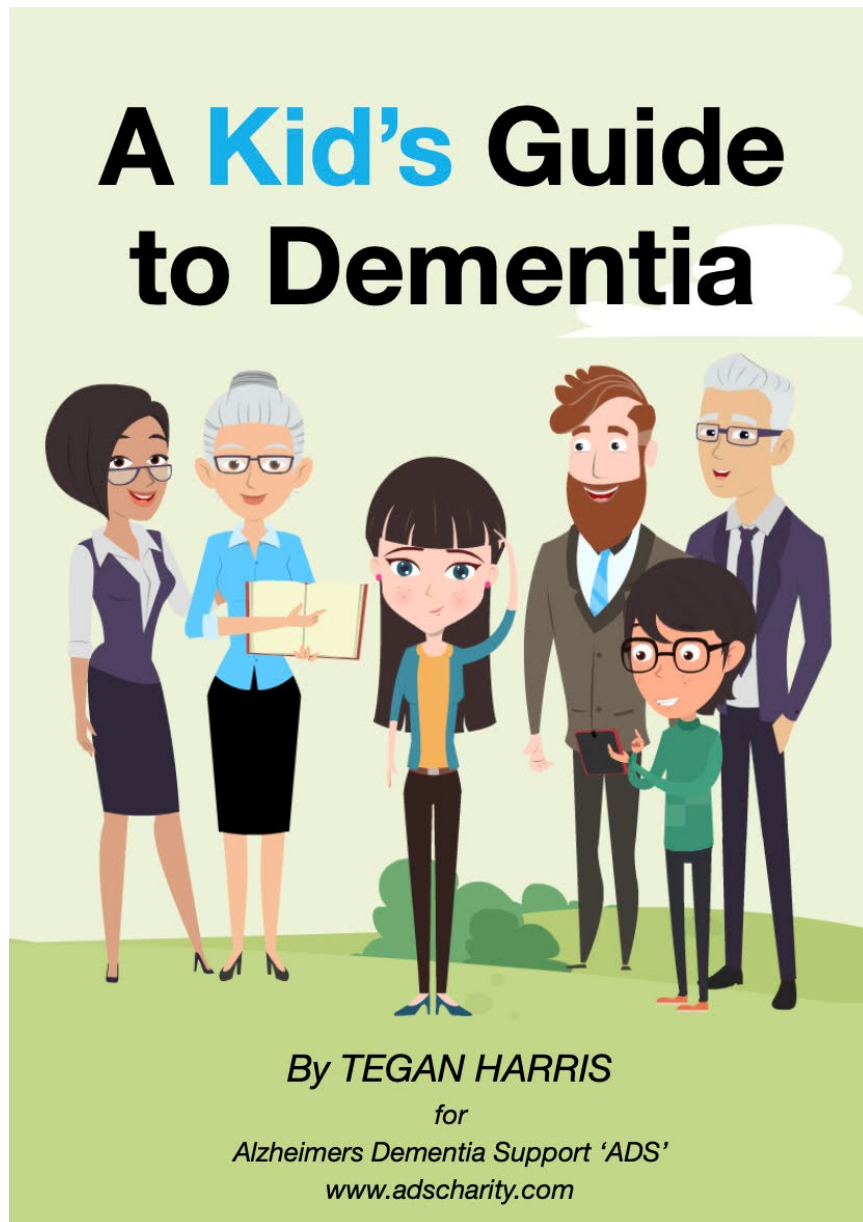


Newsletter September 2020

Our Newsletter, Information & Updates



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JOIN OUR NEWSLETTER MAILING LIST

SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO

office.admin@alzheimersdementiasupport.co.uk

NOTE FROM THE CHAIRMAN

Dear All,

I hope you are keeping well and staying safe.

As you know, we have been working very hard on our delivering our new 'ADS' Website and great care has gone into ensuring that it provides everything required to meet your needs, I really hope you like it. I wish to extend my sincere thanks to Phil Cooper ('ADS' Volunteer Director and Trustee), who has worked tirelessly to create the site for us/you. We believe that its intuitive design will make the 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 and I hope you will agree that it has been worth the wait. We would welcome feedback from you so please feel free to share your thoughts with a member of the 'ADS' Team.

The next exciting thing to tell you about is that we have released our new 'ADS' book entitled "A Kids Guide to Dementia". A limited number of the first version were released previously to survey opinions. Due to the fantastic responses from those who have read it so far, it is being launched via all mediums, including e-copy, through Amazon. We hope that it will be well received and anticipate that the refreshing way the disease is presented within its pages. It will provide the young readership a much better understanding of how the disease impacts families.

I hope those of you who participated in the 'Online Afternoon Tea party' during August had fun. Our many other fantastic 'Virtual Services' such as regular 'Online Singing for Pleasure', 'In and At Home' sessions and weekly 'Online Carers Chats' are continuing for your enjoyment. If you want to know more about these Services, the details and schedules are contained within this newsletter.

Our aim is to help you keep in touch, be involved and assist you to feel a little less isolated, our Team are always here for you to provide the support, advice and information you need to help you through.

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

ANNE SMITH

GREGORY NICHOLAS
CLARKE

DONATIONS

Mr Doling

Pauline Atkinson



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.

Previous Articles

Student designs assistive tech for people with Dementia

To read more visit:

<https://tinyurl.com/y5l29u94>

Dementia sufferer, 99, who survived a Nazi assassination, horror plane crash & breast cancer defeats Coronavirus too

To read more visit:

<https://tinyurl.com/y5v95qem>

Call to treat relatives of Dementia patients like key workers

To read more visit:

<https://tinyurl.com/y3ga5bw3>

Theatre goes digital to bring joy to Dementia sufferers in lockdown



A play for Dementia sufferers is being beamed into care homes to bridge isolation in lockdown. Plays Aloud has been running from 2017 - but this month, it's gone digital.

The production draws on the pop culture of the audience's early years, to evoke those memories they're last to lose.

To find out more visit: <https://tinyurl.com/y48t27o6>

Music for Dementia radio station hits 30,000 listeners in first month

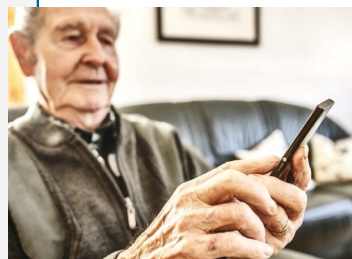
A new internet radio station developed for people with Dementia and their Carers is celebrating its first set of audience listening figures since its launch last month.

Numbers show that over 30,000 people have listened to the 24-hour, non-commercial station, m4d Radio, launched by UK charity Music for Dementia. Listeners have streamed 383,000 tracks, made up of a mix of songs from the 30s through to the 70s. The music has been accessed by more than 15,000 devices from within homes and care settings, meaning the online station has already been enjoyed by an estimated 1 in 20 people living with Dementia across the UK.

To find out more visit: <https://tinyurl.com/yysn2eft>



Irish teenagers' Dementia app wins global Technovation grand prize



Three Irish teenagers have won the grand prize at the Technovation World Summit for an app to help families affected by Dementia.

Under the mentorship of Phase Innovate's Evelyn Nomayo, the Irish team, Memory Haven, was named

winner of the senior girls' division at the Technovation World Summit. The team consists of Rachael Akano (15), Margaret Akano (17) and Joy Njekwe (17) and won for their efforts in building an app designed to help more than 500,000 people in Ireland whose families may have been impacted by Dementia.

To find out more visit: <https://tinyurl.com/yxnv157p>

SPECIAL EVENTS



Thank you to everyone who joined the 'ADS' team on from the comfort of your own homes for our fabulous Online Afternoon Tea Party on Wednesday 5th August.

Here are some of the wonderful pictures that were captured on the day!



HIDDEN disabilities



Wearing face-coverings was made mandatory in shops and on public transport in England from 24 July.

Who is exempt from wearing a face mask in the UK?

Please click on the links below for the government guidelines on who is exempt in your region from wearing face coverings.

England:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings>

When will face masks be compulsory in shops in England?

In England, the policy comes into play on July 24.

Staff themselves will not have to wear a mask.

Are there any exceptions to the rule?

Yes, there are some exceptions, which the government have outlined as 'reasonable' reasons for not wearing a mask.

These include:

- if you have a **physical or mental illness or impairment**, or a **disability** that means you cannot put on, wear or remove a face covering
- if putting on, wearing or removing a face covering would cause you severe distress
- if you are travelling with or providing assistance to, someone who relies on lip-reading to communicate

How does the Hidden Disabilities Sunflower face-covering card help me?

The Hidden Disabilities face-covering exempt card indicates that the wearer has a hidden disability and has a reasonable excuse for not wearing a face covering. Businesses who are members of the scheme are aware of our card and provide support, help, assistance or simply a little more time to those wearing the Hidden Disabilities Sunflower.

Can shop-owners and staff refuse entry if I am not wearing a face covering?

Shop owners and staff themselves can call the police to enforce the rule or refuse the person entry. However all passenger train companies recognise the Sunflower lanyard and even if someone is not wearing one but is exempt, they would not be refused travel.

Will I be fined for not wearing a face covering?

In England those who do not adhere to the rules face a fine of up to £100. It will be reduced to £50 if paid within 14 days.

Compulsory mask-wearing will be enforced by police, according to the government, rather than shop owners and staff themselves, who can call the police or refuse the person entry.



Waterproof and writable paper
100% recyclable material

Please note, that a lanyard and plastic wallet are not included and will need to be ordered separately.

ORDER AT:

<https://hiddendisabilities-store.com/hidden-disabilities-face-covering.html>⁵

'ADS' BOOK LAUNCH

A Kid's Guide to Dementia



By **TEGAN HARRIS**
for
Alzheimers Dementia Support 'ADS'
www.adscharity.com

August was a very exciting month for 'ADS'. First the launch of our new website, then the release of 'A Kid's Guide to Dementia'; a book designed for young people to gain an understanding of and dealing with, Dementia.

Available now in paperback from our Charity Shop in the High Street, to purchase online from our new website, or as an e-book downloadable from Amazon, A Kid's Guide to Dementia is the culmination of 2 years work for 18 year old author Tegan Harris; who has kindly donated all proceeds of sale to 'ADS'.

A Kid's Guide to Dementia is primarily at 8-11 year olds to help them understand what to expect when someone they are close to develops Dementia. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.

Whilst developing the book, which formed part of the EPQ she was studying alongside her A-levels at Hurtwood House college, Tegan worked closely with 'ADS' and other experts outside of the Charity to ensure the accuracy and efficacy of her work.

The book will also form part of the new Youth Initiative 'ADS' is developing to educate young people about Dementia. This exciting new initiative is aimed at identifying and extending our current support network to an ever-growing number of young Carers in our community.

'A Kid's Guide To Dementia' is available to download as an e-book from Amazon.

Hard copies of the book will be available at www.adscharity.com or to buy in the 'ADS' shop in Maidenhead High Street.

FOR MORE INFORMATION PLEASE CONTACT: our Youth Specialist on training@alzheimersdementiasupport.co.uk

amazon

Alzheimers
Dementia
Support
Local support and guidance



An Interview with the Author

Why did you decide to write this book?

“My interest in understanding Dementia started when I asked by ‘ADS’ to create some videos at their services. When I looked for sources of information, I found there was almost nothing out there for young people to learn safely and accurately about Dementia. There is a huge risk that young people will turn solely to the internet for information about the condition and either become overwhelmed or afraid due to complex adult explanations or misinformation. When I decided that I wanted my college project to be useful rather than just an exam result, writing this book for the Charity felt ideal.”



Why this age range?

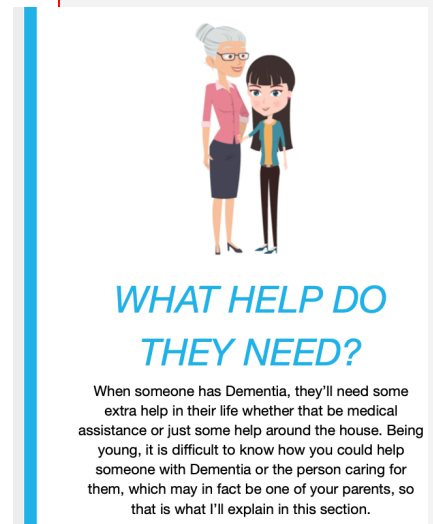
“I believe that awareness of anything begins with young people as what we learn during these vital years form the foundation of our knowledge and attitudes towards others. I have helped support various different age groups in the classroom and I noticed that those aged between 8 and 11 year old are particularly curious about new things and I think that this is the time when you can begin to talk about things that may seem scary to them, such as Dementia. If they then talk to their peer group, Dementia becomes less of a taboo topic”

What does Dementia mean to you?

“Dementia is a small word that covers a whole range of symptoms that while difficult for everyone, when understood, can give a young person the opportunity to learn from and give joy to a loved one. Each experience of Dementia is completely individual and that is what I try to communicate to the young people who read this book.”

If you had to sum up everything you've learned, what would you say was your biggest takeaway from writing this book?

“That we need to remember that Dementia doesn't just affect the person with the condition; there are many direct and indirect links that are also impacted with children and young people, in this case, often being forgotten when considering who may need support. Education is the foundation of opinions and reactions and my wish is that if this book helps one young person through their experience with Dementia, then my book has been a success in my eyes.”



ACTIVITIES & RECIPES

When someone has Dementia, it is important that they keep both their body and their mind as active as possible as well as keeping entertained. Activities are a great way of keeping active while spending time with them. The person with Dementia will love your company. They may want to join in, or just watch what you are doing. Watch to see if they are becoming unhappy or tired as you may need to pop your activity away and finish it another day. What they are able to enjoy and do will change over time and may even be different every time.

Here are a few activities that you and the person with Dementia could do:



OUT & ABOUT ADVENTURES



In 2013, it was suggested that I arrange a visit to Fawley Hill, the home of Sir William McAlpine. Sir William was Director of the McAlpine Construction and a great supporter of the railways, particularly the preservation movement. I must admit, I was a little in awe of phoning Sir William. He answered and kindly invited me to visit.

The journey to his home, outside Henley, takes you through rolling hills, into the heart of the English countryside. It is a unique home, celebrating Sir William's love of collecting anything and everything to do with construction, trains and whatever took his fancy. How many people have a railway line in their back garden? Whilst, Sir William believed in perseverance, ironically McAlpine Construction played its part in demolition. In his desire to preserve, Sir William's stance was "send it home". Fawley Hill is now a refuge for many artefacts, which are displayed in his garden or museum. It is also an animal sanctuary, offering homes to injured wildlife and you might laugh – surplus male species!

On arrival, I presented myself to the man in a sentry box, only to find he was a model. This place is about enjoying life and having fun. I then stumbled across some volunteers working on restoring an engine. Sir William arrived on his electric buggy, dressed in a loud floral shirt more suited to the tropics. He led me into his museum. I looked around and mistakenly thought there was insufficient to fill our day, before he led me upstairs, to room after room, exhibiting his collections. A date for our first visit was agreed and his railway station, was offered as a place to picnic. The railway station had been sliced up, loaded onto lorries and reassembled at Fawley Hill.



OUT & ABOUT ADVENTURES

Whilst our private visits are led by his enthusiastic and dedicated team of volunteers, Sir William always came to say hello and sit and chat with us. Geoff, one of our early Out & Abouters was an avid train enthusiast. As he was introduced to Sir William, in his excitement, I thought he was about to curtsy. Just in time, he reverted to shaking hands!

Over the years, we have built up a wonderful relationship with everyone at Fawley Hill. Now our summer visits include a train ride. We clamber into an open wagon before being taken on a tour of the garden, spotting deer, lama and peacocks. Those that want to, can climb onto "the Footplate" (engine cab for us plebs!) and travel with the driver.



Sir William sadly died two year's ago. He is buried high on the hill on his estate, in keeping with his stance that artefacts be "sent home". Whilst it is not the same without him, Fawley Hill volunteers, continue to make us welcome and have become great friends, offering hugs on arrival and frantic handwaving on our departure.

At the end of our visits, Lady McAlpine now invites us to visit her meerkats, housed in a splendid enclosure opposite the house. As we walk down to her home, we pass a stone, engraved with the words "Life is not a rehearsal" - an apt message to us all.

Sandra Williams

Out & About Service Coordinator



- A. What is the flower of September?
- B. Who wrote September song?
- C. Win September 1888, George Eastman received a patent for his camera that used roll film and registered which trademark?
- D. On 1st September 1939, Germany started World War II when it invaded which country?
- E. What happened on 2nd September 1666?



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

*Tell us your
favourite jokes*

**What did the tree
say to Autumn?**

Leaf me alone.

**How do leaves
get from place to
place?**

*With Autumn
mobiles*

**What is a trees fa-
vourite month?**

Sep-timber

**How do trees get
on the internet?**

They log in



Quiz Answers
A. Aster
B. Maxwell Anderson
C. Kodak
D. Poland
E. Great Fire of
London

INFORMATION, SUPPORT & ADVICE

'ADS' LAUNCH NEW WEBSITE



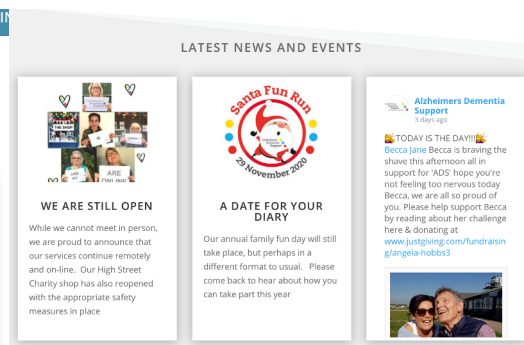
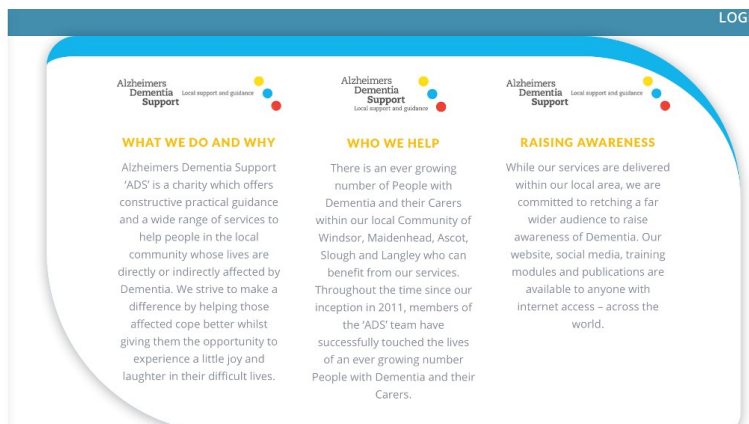
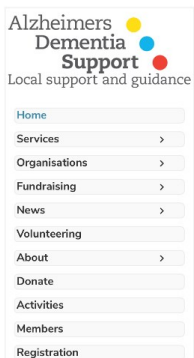
Have you had a look around our new website at www.adscharity.com ?

We hope you have had a chance to investigate and find out about all the exciting things 'ADS' is doing to support People with Dementia, their Carers and families in our local area; particularly during these unprecedented times.

Our old alzheimersdementiasupport website should re-direct everyone to the new site, however, while it settles down into its new home, please access the site directly on www.adscharity.com

If you have any queries or want to get in contact with us, then the website is the ideal place

There is a quick contact form at the bottom of the Home page or got to the Operations Team page and email one of our specialists



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



OUR ONLINE SERVICES CALENDAR FOR SEPTEMBER



Tue	1st	13.30*	ONLINE	Singing For Pleasure
Fri	4th	11.00	ONLINE	Singing For Pleasure
Mon	7th	13.30*	ONLINE	Singing For Pleasure
Tue	8th	13.30*	ONLINE	Singing For Pleasure
Fri	11th	11.00	ONLINE	Singing For Pleasure
Mon	14th	13.30*	ONLINE	Singing For Pleasure
Tue	15th	13.30*	ONLINE	Singing For Pleasure
Fri	18th	11.00	ONLINE	Singing For Pleasure
Mon	21st	13.30*	ONLINE	Singing For Pleasure
Tues	22nd	13.30*	ONLINE	Singing For Pleasure
Fri	25th	11.00	ONLINE	Singing For Pleasure
Mon	28th	13.30*	ONLINE	Singing For Pleasure
Tues	29th	13.30*	ONLINE	Singing For Pleasure

*** Please note the time changes for the Monday and Tuesday sessions**

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

If you have any questions please contact Hannah on Hannah.deighton@alzheimersdementiasupport.co.uk or 07516 165665



INFORMATION, SUPPORT & ADVICE

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 & surrounds



Attendance Allowance Information

Attendance Allowance is a non means tested benefit for a person who is state pension age or older and has a long-term illness or disability. There are 2 different rates of allowance:

£59.70 If you need frequent help or supervision throughout the day

£89.15 If you need help or supervision during day and night or if you are terminally ill

You can download a form on the **GOV.UK website** or obtain a claim form by calling 0800 7310122.

Lines are open between 10am to 2pm

If you require assistance in completing this form,

please contact Terrie on 07516 165647

GOV.UK website www.gov.uk

ONLINE SERVICES

Alzheimers
Dementia
Support
Local support and guidance



While we cannot currently hold our usual Group Sessions, our Team are busy running our new ONLINE services:

- Singing For Pleasure
- Carers Chat
- Volunteers Chat
- 1-2-1 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.





We Will Need Befriender Drivers

To get people to our services when they are up and running again (agreed mileage expenses covered)

COULD YOU BE A VOLUNTEER BEFRIENDER?

Do you have some spare time you'd like to Volunteer?

Would you like to make a positive difference to someone's life?

Are you looking to give back this 2020?

Being a Volunteer Befriender for 'ADS' can make a real difference to someone's life and if you are interested in joining our existing Volunteer team here is how easy it is -

Simply contact Terrie for an initial chat.

- All our Befrienders work in pairs - we will work with you and existing Befrienders to pair you and assign the person you will be befriending
- Full training and DBS check is provided by 'ADS' (*along with any 'out of pocket' expenses such as mileage when your befriending starts*)
- Depending on the person you are assigned we estimate that visits would be twice a month. These visits can involve outings or even staying in chatting and playing games at their home.

To find out more or for a relaxed chat please contact Terrie on 07516 165647 or email

terrie.hall@alzheimersdementiasupport.co.uk.





ONLINE SERVICES

SINGING FOR PLEASURE - ONLINE

'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

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:

7th, 14th, 21st & 28th September at 1.30pm

(please note new time)

TUESDAYS

Session this month:

1st, 8th, 15th, 22nd, 29th September at 1.30pm

(please note new time)

FRIDAYS

Sessions this month:

4th, 11th, 18th, 25th September at 11am



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

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

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 volun-
tary contribution
per person for all of
our Lunch Clubs.**
**We regret we are
unable to take book-
ings until further
notice**



INFORMATION, ADVICE & SUPPORT

MOOVES & GROOVES - NOT BEING HELD UNTIL FURTHER NOTICE



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 by emailing her sandra.williams@alzheimersdementiasupport.co.uk or calling her on 07593 661848 for further information about the service and/or to put your name down on the waiting list. There is a waiting list for this popular service, so please put your name down ASAP.

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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 there are two services, each group meeting on alternate Tuesdays. In Windsor, we meet 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
- Be able to manage the steps of a minibus
- Be able to manage your own personal care
- Have transport to and from the service
- Commit to using the allocated space on a regular basis.

The service is led by Sandra Williams, our Out & About Service Co-ordinator, supported by a team of dedicated and experienced volunteers, who all have enhanced Disclosure and Barring Certificates. The many venues we visit, are all risk assessed, mindful of the individual needs of each attendee. The service is heavily subsidised by 'ADS'. We request a £20 donation, which includes refreshments, lunch, travel and admission charges.

COUNCIL CONTACTS

RBWM Optalis
First Contact & Duty
Team: 01628 683744

Dementia Advisors:
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**Slough Borough
Council Adult Social
Care**
Service Access Team:
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'ADS' CONTACTS

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Sandra Williams **Out & About Service Co-ordinator**
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Shop Address

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire SL6 1JX 07707 531689

Website: www.adscharity.com
Email: info@alzheimersdementiasupport.co.uk
Facebook www.facebook.com/AlzheimersDementiaSupport
Twitter: [@ADSlocalsupport](https://twitter.com/ADSlocalsupport)
LinkedIn: www.linkedin.com/company/alzheimers-dementia-support
Dementia Awareness Training: 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