



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

SEPTEMBER 2022



Free workshop for students
in Key Stage 2 & 3
p. 7

PAGES 4-5



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

THE 'ADS' SERVICES CALENDAR
FULL SCHEDULE FOR SEPTEMBER



PAGE 10-11

www.adscharity.com



AlzheimersDementiaSupport
alzheimers-dementia-support



adscharity
ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

whew, it has been another hot month, hasn't it? I hope you, your family and your friends have remained happy and well since the last newsletter.

Items of note for this issue are:

I am delighted to advise that we will soon be re-opening the popular Services at BCA following their summer break - they have been missed.

Maidenhead Golf Club held their Charity Day in our honour on Saturday 13th August, their generosity is truly humbling - a big thank you to all of the MGC members and friends for all their support

I would like to mention our Youth Training project - the 'ADS' Show You Care' campaign - 'a schools tour' being run by our trainer Anthony Mackey. Early indications are really encouraging and we look forward to further successes as it evolves - well done Mackey.

I hope you are preparing for our Volunteer evening on Wednesday 5th October, we are sure it will be a great evening of fun in good company, so please save the date. Bring along anyone who may be interested in joining us as volunteers, it will be an ideal opportunity to welcome new friends.

I know you will be aware that we were forced to cancel several of our Services during the recent extreme weather conditions. Our priority is to safeguard you, your Carers, Families and our 'ADS' Team Members at all times and this takes precedence over any/all other considerations.

Read on for details of all Services provided for your enjoyment. I'm sure that you won't want to miss any of the activities which the team has planned for you - so 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



WHICH LEISURE ACTIVITIES ARE LINKED TO LOWER RISK OF DEMENTIA?

Leisure activities, such as reading a book, doing yoga and spending time with family and friends may help lower the risk of Dementia, according to a new meta-analysis published in the August 10, 2022, online issue of *Neurology*.

The meta-analysis reviewed available studies on the effects of cognitive activities, physical activities, and social activities and the risk of Dementia.

Previous studies have shown that leisure activities were associated with various health benefits, such as a lower cancer risk, a reduction of atrial fibrillation, and a person's perception of their own well-being," said study author Lin Lu, Ph.D., of Peking University Sixth Hospital in Beijing, China.

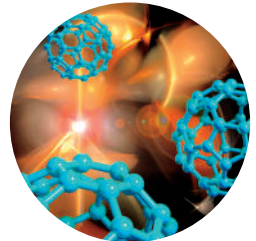
"However, there is conflicting evidence of the role of leisure activities in the prevention of dementia. Our research found that leisure activities like making crafts, playing sports or volunteering were linked to a reduced risk of Dementia."

Source and full article: <https://bit.ly/3JKNIh8>



INSIGHTS INTO GENETIC AND MOLECULAR MACHINERY THAT PREDISPOSES INDIVIDUALS TO ALZHEIMER'S DISEASE

Mount Sinai researchers have achieved an unprecedented understanding of the genetic and molecular machinery in human microglia—immune cells that reside in the brain—that could provide valuable insights into how they contribute to the development and progression of Alzheimer's disease (AD). The team's findings were published in *Nature Genetics*.



"Our study is the largest human fresh-tissue microglia analysis to date of genetic risk factors that might predispose someone to Alzheimer's disease," says senior author Panos Roussos. From their investigation emerged new knowledge about the *SPI1* gene, already known to scientists, as the main microglial transcription factor regulating a network of other transcription factors and genes that are genetically linked to Alzheimer's disease.

Data the team is generating could also be important to deciphering the molecular and genetic mysteries behind other neurodegenerative diseases like Parkinson's disease, multiple sclerosis and amyotrophic lateral sclerosis.

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



'ADS' news

'Fun at BCA' Service resumes this month

Our highly-appreciated Service 'FAB - Fun at BCA' will restart with the new college term and we'll meet again at the Berkshire College of Agriculture Dementia Café.

To find out more about this Service, please visit our website where you can watch a special video made by one of our Volunteers:
<https://bit.ly/3Qkh5T8>



Pre-booking is essential as the number of participants is limited, so if you would like to join please contact

Terrie on 07516 165647 or Rachel on 07706 324372.



Volunteer Drivers are needed to collect donations from local residents and deliver to our High Street, Maidenhead charity shop.

We would like to have a few people so that we don't call on anyone too often and any help would be very gratefully received.



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 or have some questions, please call Terrie on 07516 165647

'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 will be held on Wednesday 5th October from 6.30pm to 8.30pm at The Parish Centre, St. Edmund Campion, 40A Altwood Road, Maidenhead SL6 4PY.



'ADS' Santa Fun Run

REGISTER NOW & GET A CHRISTMASY DISCOUNT:

Santa Fun Run, 27 November 2022:

WWW.2022SANTAFUNRUN.EVENTBRITE.CO.UK



We challenge you to a charitable 5k Run or Walk / Wheel / Jog (approx 3.1 miles) once around Dorney Lake along with hundreds of Santas.

Registration includes a FREE full Santa suit for the adults and FREE Santa hat for the children – all you need to become a real Santa. You may prefer to get creative and enter our fancy dress competitions – we welcome elves, reindeer, snowmen or anything Christmasy! Dogs are very welcome to join in.

We have medals and certificates and lots of prizes and surprises, so we Ho-Ho-Hope to see you there!



This year, we are offering the option of having the registration pack delivered straight to your door through the Royal Mail.

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. We also have some opportunities for volunteers

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



Out & About

by Sandra Williams
Out & About Service Coordinator

Out & About have recently enjoyed two fabulous days out with Rivertime Boat Trust. Rivertime Boat Trust is a charity providing a boat designed for people with disabilities. The boat provides all comforts, including a lift, toilet, kitchenette, a sliding roof and on cold days heating, not that any of us have needed heating in the last few weeks!

Our first trip was in July from Eynsham in Oxfordshire, with the lovely Lucy, Head Skipper. Here the river is tranquil. We glided on the river, between green fields, not fully appreciating the sight of green grass. It is possible to spot fishermen fishing for crayfish which they sell to local restaurants.



Our second trip from Henley, was equally interesting, as we feasted our eyes on some fabulous riverside properties with George, our skipper, filling us in with all the gossip. George told us that prior to Henley Regatta, all the swans in Henley are temporarily rehomed, to make the course safe. He pointed out one family of swans who avoided being caught! As we entered Marsh Lock I couldn't resist taking a photo of the board beside the steps! Sorry Gents, but I agree and later the statement was proven!

Thanks to the generosity of Misbourne Matins Rotary Club who sponsored these two trips, it was possible for us to go out for longer and enjoy a posh picnic onboard. I watched with laughter as my gents attempted to put the table cloth over the table.

They pulled and tugged it from different angles to no avail. It is fair to say that it required a woman's touch! We lunched on platters of sandwiches, quiche, home made sausage rolls courtesy of our O&A Official Baker, Sue Brown. We finished with Strawberries and Cream with lashings of thick cream.



To make these two outings possible an enormous number of volunteers gave their time; the members of Misbourne Matins Rotary Club who fundraised, our own ADS fundraisers, all the volunteers who help crew Rivertime Boat Trust and alongside our wonderful Out & About volunteers. Thank you to you all.

The 'ADS' 'Show You Care' Schools Tour

AN 'ADS' CAMPAIGN FUNDED BY RBWM

As part of our Youth Education Programme, we are launching our 'Show You Care' Campaign, which aims to educate students about the role Young People have in caring for others in our community and the huge value that this has.



It will link into the PSHE curriculum as part of the Core themes of 'Relationships' and 'Living in the Wider World' and be a valuable holistic exercise for the school and the wider community.



Free workshop for students in Key Stage 2 & 3
funded by the Royal Borough

The delivery of these workshops begins now with the start of the new academic year and will be customised to the needs of the school and adapted to the engagement of the students.

The workshop is designed to be an informative and interactive way for students to understand why caring for those around us is important, before moving on to look at what it means to be a Young Carer, to help identify and support those that are providing care in their family, as well as teaching all students more specifically about Dementia and how it affects the lives of those living with it.



The workshop delivered by a qualified and experienced Teacher can last between 45 minutes and an hour and a half.

It can be customised to the size and age of the group and can include:

- An introduction talk about who we are and why we're visiting the school.
- 'Why we care' interactive workshop exploring the different ways we care everyday.
- Activities and Games.
- Information about our 'Show You Care' campaign and the competition we are running.
- The sharing of a story by a 'Young Carer'.
- An introduction to our book 'A Kid's Guide to Dementia'.
- Activities and ideas to follow up with



For more information about this campaign or to book your interest, please visit our website and fill in the special form: <https://bit.ly/3BZYjkk>.

Special Thanks to...

We would like to thank Maidenhead Golf Club for organising so many fundraising activities in support of our Charity.



Last month they collected a huge number of items from their Members for their second 'ADS' Charity Shop 'Shop Zone' of the year. There were so many beautiful baby clothes that we held an additional few days so that they could be separately displayed.



Also, as their Charity of the Year, we were invited to participate to their annual Captain's Charity Day. It was a lovely event, full of fun and games and as usual, it was great meeting new people and sharing our story with everybody. Thank-you also to our Members who volunteered on the day despite the excess sunshine!

Thank You Maidenhead Golf Club for putting together all these wonderful activities allowing us to raise awareness and funds for our Charity.



"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!

HART VOLUNTARY LTD
ARNOLD CLARKE GRANT
BERKSHIRE COMMUNITY FUND
SUE HOLDERNESS
JULIA NICHOLS

RICHARD HILL
JOHN PAYNE
DOUGLAS WILSON
JOHN YALLOP
SARAH WILCOCK

ADAM STEVENS
THOMAS C. SHARE
FIONA HENRY
ZOE SAMUELS BYFIELD
ANGELA DUTHIE

Donations in memoriam

PAMELA ADRICH
LORETTA TINCKHAM
GLENYS DAVIES
ROBIN MCCLEOD

ELENOR SINCLAIR
VEANNA LOFTERS
MARGORATE PHIPPS
MARTYN BROWN

JOHN EVENS
ANGELA TRANTER
MICHAEL WOODMORE
BARRY ARMSTRONG

Signposting



carersUK

ARE YOU LOOKING AFTER SOMEONE?

You may like to access The Royal Borough of Windsor and Maidenhead's Digital Resource for Carers hosted by Carers UK.

Resource includes: e-Learning modules, factsheets, interactive guides, personalised support, and information split into the following areas:

- Health and wellbeing, support for caring;
- Technology and caring, financial planning; working and caring.
- Access to all to the Carers UK care co-ordination App, Jointly.
- Young Adult Carers: an e-Learning resource for young adult carers now in adult services.
- Plus our own local information for carers.

Visit carersdigital.org and use the RBWM's unique access code DCTL8874 to create an account for free.

The Council team may then complete an assessment which will look at how caring affects your life. Download the Carers UK factsheet for further information: <https://bit.ly/3vXmOGx>.



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

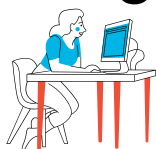
Slough Borough Council Adult Social Care

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

SEPTEMBER CALENDAR



THU	1st	13:30	ASCOT	SEATED EXERCISES
FRI	2nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	5th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	5th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	6th	10:30	LANGLEY	SEATED EXERCISES
TUE	6th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	7th	13:00	MAIDENHEAD	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
WED	7th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
THU	8th	13:30	ASCOT	SEATED EXERCISES
FRI	9th	10:30	ASCOT	SINGING FOR PLEASURE
MON	12th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	12th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	13th	10:30	LANGLEY	SEATED EXERCISES
TUE	13th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	14th	10:00	MAIDENHEAD	FAB – FUN AT BCA !
WED	14th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	14th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	14th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	15th	13:30	ASCOT	SEATED EXERCISES
FRI	16th	10:30	ASCOT	SINGING FOR PLEASURE
MON	19th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	19th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	20th	10:30	LANGLEY	SEATED EXERCISES
TUE	20th	13:00	WINDSOR	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

SEPTEMBER CALENDAR



WED	21st	10:00	MAIDENHEAD	FAB - FUN AT BCA !
WED	21st	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	21st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	21st	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	22nd	13:30	ASCOT	SEATED EXERCISES
THU	22nd	14:00	WINDSOR	MOVES & GROOVES
FRI	23rd	10:30	ASCOT	SINGING FOR PLEASURE
MON	26th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	26th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	27th	10:30	LANGLEY	SEATED EXERCISES
TUE	27th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	28th	10:00	MAIDENHEAD	FAB - FUN AT BCA !
WED	28th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	28th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	29th	13:30	ASCOT	SEATED EXERCISES
FRI	30th	10:30	ASCOT	SINGING FOR PLEASURE

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, with a unique partnership with Berkshire College of Agriculture

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 work with the People with Dementia and their Carers throughout 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 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 restarting on 14th September. Contact us to book your place in advance!

Pre-booking is essential as the number of participants is limited. 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

Connection Cafés are an opportunity for People with Dementia, their Carers and Families 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 11:15 – 12:00
Methodist Church, High Street
Maidenhead, SL6 1EF

LANGLEY

every Tuesday from 10:30 – 11:45
St Francis Church, London Road
Langley, SL3 7LN

ASCOT

every Thursday from 13:30 – 14:45
King Edwards Hall, Chapel of St
Mary & St John
King Edwards Road,
Ascot, SL5 8PD



For further information about any of these Services, please contact Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION



SINGING FOR PLEASURE

ALSO ONLINE
EVERY MONDAY

Singing is for pleasure, so you don't need a good singing voice to come and join in our sessions. You don't even have to sing if you don't want to! Just come and join in and experience the joy singing brings to People with Dementia.

Music and social interaction can have a positive impact on anyone's mood, and for People with Dementia, it is known that it can help to reduce the most

common symptoms such as agitation, apathy and anxiety.



Every Tuesday, Wednesday and Friday we offer our Members the opportunity to join an hour 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.



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.

Pre-booking is not required, so please just turn up.
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 this gentle exercise, we do understand that you may just like to come along to watch and chat.



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, 22nd September.



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.

No Pre-booking is required so please just come along.
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 is important for both people with Dementia and their Carers.

The **Mates with Plates**, **Ladies that Lunch** are enjoyable, informal events in a relaxed, safe environment, that give Carers an opportunity to chat with other Carers while gentlemen with Dementia socialise in a separate group, supported by our volunteers. We meet on the 3rd Wednesday of the month.



Our new **Members Lunch** is a friendly social lunch for Carers, past Carers, People with Dementia to meet up with old friends and make new ones. We meet every 2nd Wednesday of the month.

All lunches are supported by members of the 'ADS' team and take place once a month 12:30 to 14:15 at Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

A donation of £15 per person is requested which includes the carvery meal, ice cream dessert and a soft drink.



Next Member Lunch:
Wednesday, 14th September

Next Mates with Plates, Ladies that Lunch:
Wednesday 21st September



All our lunches must be booked in advance by calling Terrie on 07516 165647

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.

Pre-booking is not needed, so please just pop along. 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 very much needed break.

There are 8 places on each Service which 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.



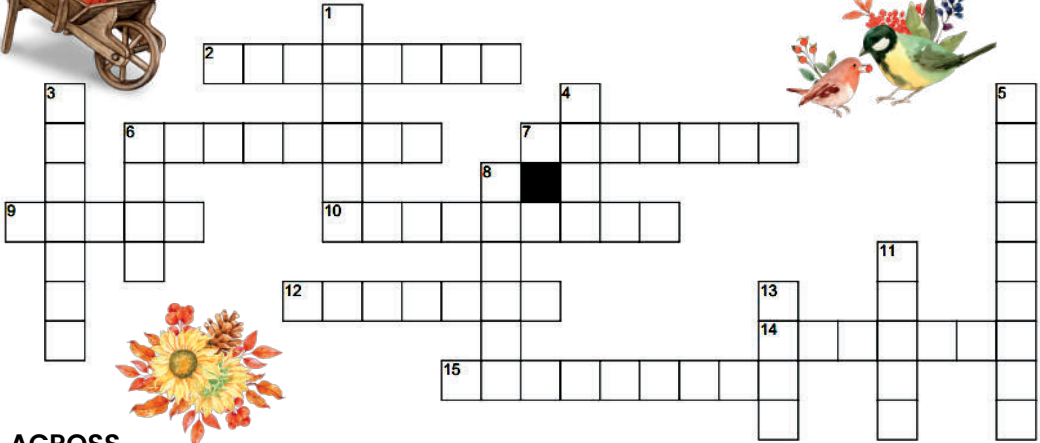
For further information please contact Sandra Williams on 07593 661848 or via email at sandra.williams@alzheimersdementiasupport.co.uk.

We request a donation of £25, which will contribute towards the cost of 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 September

PUZZLE PAGE



ACROSS

2. Last month of Autumn
6. An organised day or period of celebration.
7. The process or period of gathering in crops.
9. A variety of this fruit is marketed as "Autumn Glory"
10. Likes to store and eat nuts
12. Spring, Summer, Autumn, Winter are the four
14. Another Autumn month
15. First month of Autumn



Q: Why do birds fly South in the Autumn?

A: Because it's too far to walk.

Q: What do you get when you drop a pumpkin?

A: Squash.

DOWN

1. What falls from a tree in Autumn.
3. You can use it to make a pie or for carving
4. You can gather fallen leaves with this
5. Used to scare the crows from fields
6. Another name for Autumn
8. Autumn leaves color
11. Fruit of the oak tree
13. Vegetable that grows in stalks

Fill in the grid on the right using all the numbers from 1 to 9. Each number will be used once.

The 3 vertical and the 3 horizontal equations must be true. Calculations are done from left to right and from top to bottom.

	x		-		= 70
÷	■	÷	■	x	
	+		+		= 13
x	■	x	■	-	
	+		x		= 40
=	=	=			
3	14	7			



Important 'ADS' Contacts

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Shop address

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire, SL6 1JX, 07707 531 689

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/**