

Newsletter October 2020

Our Newsletter, Information & Updates



Virtual Santa Fun Run

29th November 2020

You choose your own venue

We'll provide an Online Fun-packed LIVE Event

10.00 – 12.00

Hosted live from Santa's Grotto

Messages from Santa, Carols from a Choir

Prizes and Raffle

Live Warm-up



REGISTER NOW

2020santa.eventbrite.co.uk

Event Sponsored by



Raising money for local people with Dementia, their Carers and Family
Registered Charity Number: 1143867

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NOTE FROM THE CHAIRMAN

Dear All,

I sincerely hope that you and your loved ones are keeping well, taking care of each other and managing to stay safe.

As the COVID-19 pandemic evolves, we are taking every possible opportunity to safely support you by regularly delivering our fantastic 'Virtual Services' such as 'Online Singing for Pleasure', 'In and At Home' sessions and 'Online Carers Chats' all of which are available for our Members to enjoy. Full details and schedules are contained within this newsletter.

We are currently working hard on arranging an exciting new 'ADS' Virtual Santa Fun Run which will replace our normal Santa Fun Run at Eton Dorney on Sunday 29th November 2020 (sadly this has had to be cancelled this year due to COVID-19). In the very near future we will be providing you with full details of this event and how you can become involved, so please keep the date free and get ready for some FUN.

I trust that you are making good use of our new 'ADS' Website and it is providing you with everything you need. We hope you agree with the feedback we have received so far, that it's intuitive design makes the contents easy to access and simpler to use allowing you to find more items of interest as you navigate around the site.

Last month I mentioned the launch of our new 'ADS' book entitled "A Kids Guide to Dementia". I am delighted to tell you that it has been received extremely positively so far and sales are very encouraging. It would be great if you would ask anyone you know who has read and enjoyed it, to spread the word and encourage lots of others to purchase it too and benefit from its vital message in a way that is fun and easy to read. The book is available via all mediums, including e-copy and Amazon.

Our commitment is to continue to help you keep in touch, stay involved and assist you to feel a little less isolated. The 'ADS' Team members 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 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

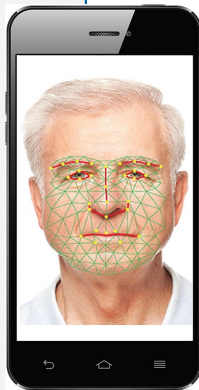
Francoise
Gordon-Smith
Tom Smith
Gladys Chard

DONATIONS

Gillian Ford



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.



Pain-detecting tool for Dementia patients rolls out in UK

A smartphone-based app that uses facial analysis technology to spot chronic pain in people with Dementia, called PainChek, is being rolled out in the UK by its Australian developer.

The artificial intelligence-powered tool can help care workers and clinicians to identify and manage pain in patients with conditions like Alzheimer's disease that can make it difficult for them to communicate.

The app is available to download from Apple's App Store and Google Play by registered users such as healthcare professionals, and PainChek says it has already made direct sales to Dementia care units in the UK.

To find out more visit: <https://tinyurl.com/yxg6qu8z>

'Robin's Wish' Review: Celebrating a Life, Highlighting a Disease

In roughly equal parts, the documentary "Robin's Wish" strives to honour the career of the peerless actor-comedian Robin Williams and to raise awareness of Lewy body Dementia, a form of progressive Dementia that was diagnosed in Williams after his death from suicide in 2014.



Williams's widow, Susan Schneider Williams, has pointed to diffuse Lewy body Dementia as a cause of her husband's death, and the director, Tylor Norwood, features her extensively as she describes the anxiety, sleeplessness and paranoia that he experienced in his final years.

To find out more visit: <https://tinyurl.com/y33ymgk7>

How Postcards Are Helping People With Dementia Feel Less Isolated During The Pandemic

The COVID-19 pandemic has thrust many of us into isolation - both physically and in some cases socially. While this isolation can feel disheartening, for most of us it will be temporary. But that's not the case for people with Dementia. Anne Basting works with the elderly and people experiencing dementia through her organization TimeSlips.

TimeSlips reached out to care homes and put together a list of 133 homes across the U.S., Europe, and Australia that were hoping to receive postcards. Then they put together a short training on how to write uplifting and engaging cards for people to receive and the program was launched. Suggestions included adding a drawing to the postcard, writing a poem, or prompting a question. .

To find out more visit: <https://tinyurl.com/yyg6guy2>

Previous Articles

Theatre goes digital to bring joy to Dementia sufferers in lockdown

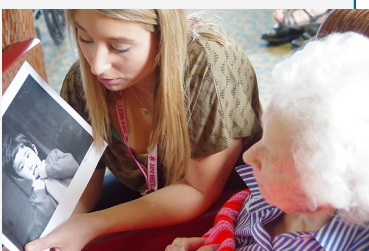
To read more visit:
<https://tinyurl.com/y48t27o6>

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

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

Irish teenagers' Dementia app wins global Technovation grand prize

To read more visit:
<https://tinyurl.com/yxnl57p>





REGISTER HERE
TO RUN YOUR
OWN WAY

eventbrite

[2020santa.](https://2020santa.eventbrite.co.uk)

eventbrite.co.uk

**SUNDAY
NOVEMBER 29TH
10AM - NOON**

**WE WILL BE
BROADCASTING
LIVE ON**

facebook

YouTube



It's been a hard year for everyone and we continue to be very grateful to all of you who supported us.

Please SIGN UP
to help us continue to deliver our support to many families coping with someone with Dementia for whom this year has been even more difficult.

SANTA FUN RUN - VIRTUAL RUN & LIVE EVENT

**We are delighted to announce
Our Fun Packed Festive Virtual Event
Sunday 29th November**

Register now to Santa Suit YOUR Route for the 'ADS' Fun Day YOUR way

10.00am to 12.00pm

Join us on Facebook or YouTube where local enigmatic compere Jonny walker will host a LIVE event from Santa's Grotto, including:

- Santa messages & Carols
- Competitions & a raffle
- Live-links
- A warm-up

Full details of how to join us on the day will be sent to you before the event

- Send your messages and photographs and we'll show as many as we can in the morning.
- You could even win a prize!

Where you 'run', your costume and the time are then up to you!

- Be as creative as you can!
- Dress up in one of our Santa Suits or a creation of your own
- Run, walk or push in an interesting location

Run Done

- Send us a photograph and share your story
- We'll send you a medal and a certificate
- Don't forget to send us your Sponsorship Money

Watch out for more details on adscharity.com, at 2020santa.eventbrite.co.uk and in our November Newsletter

**REGISTER HERE TO RUN YOUR OWN WAY:
2020santa.eventbrite.co.uk**

SANTA FUN RUN COMES TO SCHOOL!

A lovely opportunity to involve your school in a fun, Christmas themed charity event.

- Contact us to sign up your school
- Organise a walk or run in your grounds
- Encourage everyone to dress up
- Collect £2.50 a participant and any sponsorship raised by the pupils
- You may like to set up an event [Just Giving Page](#) for the school

We will provide

- A full event planning pack with customised printable posters, electronic flyers and sponsorship forms
- A short warm-up video to Christmas music from Jonny, our Host, that can be played and joined in by the children before each run
- A Medal and Certificate for your Head to hand out as each participant completes their circuit

Our live show

- This can be watched on Facebook or YouTube at home live on the morning of 29th November or afterwards on our YouTube recording, checking for any personal messages to you from Santa!

Prizes

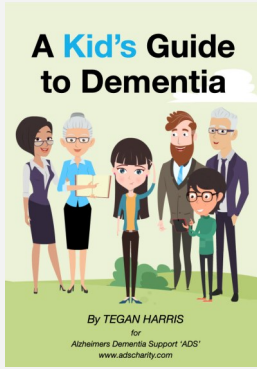
- There is a prize for the school with the highest number of participants and one for the school that raises the highest amount of sponsorship
- We can also supply a few prizes for best dressed

Send us your photographs for a special feature in our Newsletter and social media

If you would like to submit your personal message from Santa for your child, grandchild or any other members of your family please send it to Holly at: santa@alzheimersdementiasupport.co.uk



'ADS' BOOK - DO YOU HAVE YOUR COPY?



On Friday August 28th 'ADS' launched the amazing book 'A Kid's Guide to Dementia' written by Tegan Harris.

The book's official launch was held at our 'ADS' charity shop where the author was



joined by David Jannetta Voluntary Chairman, Founder, MD & Trustee and John MacFarlane, Volunteer Director and Trustee.

The launch was covered by the Maidenhead Advertiser and promoted on several digital and social platforms including our new website. We are proud to report that we have received an over-whelming response to the book.

Have you ordered your copy yet?

'A Kid's Guide to Dementia' is a book designed for young people to gain an understanding of and dealing with, Dementia. It is available now in paperback from our Charity Shop in the High Street, to purchase online from our website, or as an e-book downloadable from Amazon,

A Kid's Guide to Dementia is primarily aimed 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.

amazon



Add to Cart



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



Student writes 'A Kid's Guide to Dementia'

Written by Georgina Bishop
09:05AM, Thursday 20 August 2020



An 15-year-old student from Maidenhead has written a book to help children better understand dementia and its impact.
A Kid's Guide to Dementia by Tegan Harris is being released in collaboration with Alzheimers Dementia Support (ADS) to raise awareness and funds to help those affected by the disease.

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

Hard copies of the book are available at

<https://www.adscharity.com/kids-guide/>

or to buy in the 'ADS' shop in Maidenhead

Guidance

Face coverings: when to wear one, exemptions, and how to make your own

What a face covering is In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment, or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings are intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

When to wear a face covering There are some places where you must wear a face covering by law. In England, you must wear a face covering in the following indoor settings

- public transport
- transport hubs (airports, rail stations, bus & coach stations)
- shops and supermarkets
- shopping centres
- premises providing professional, legal or financial services (post offices, banks, building societies, high-street solicitors & accountants)
- premises providing personal care & beauty treatments (hair salons, barbers, nail salons, massage centres, tattoo parlours)
- premises providing veterinary services
- visitor attractions & entertainment venues (museums, galleries, cinemas, theatres, concert halls, cultural & heritage sites, aquariums, indoor zoos and visitor farms, bingo halls)
- libraries & public reading rooms
- places of worship
- funeral service providers (funeral homes & crematoria)
- community centres, youth centres & social clubs
- exhibition halls & conference centres
- public areas in hotels & hostels
- storage & distribution facilities

Exemption cards Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering. Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign.

This is a personal choice and is not necessary in law.

[Access exemption card templates](https://tinyurl.com/y6ayxdc6) ONLINE HERE or at <https://tinyurl.com/y6ayxdc6>



I am exempt from wearing a face covering.

Be kind.
Keep your distance.
Thank you for understanding.



Please remove your face covering so I can understand you better.

Be kind.
Keep your distance.
Thank you for understanding.



If you do not have a printer please contact Sandra to PRINT an exemption card for you on

sandra.williams@alzheimersdementia-support.co.uk

OUT & ABOUT ADVENTURES



Nine years ago I approached Paddy, one of the four partners at **Windsor & Eton Brewery**, to explore the possibility of Out & About visiting for a tour. Paddy leapt at the chance to host us, having been touched by Dementia through a relative. Each year he welcomes us for free. Several years later, I was touched to discover that they had offered such generosity, whilst the partners were not drawing a wage as they set up their business.

Windsor & Eton Brewery describe themselves as a micro-brewery. Ten years ago, four friends with different skills got together and mapped out where there were lots of chimneys. **Why chimneys? *Where there are chimneys there are beer drinkers!*** They identified Windsor, with good marketing opportunities, as an area not covered by another brewery. They moved into Duke Street and together the four partners built their brewery. On brewing day a delightful smell of fermenting grain drifts towards Alexander Park, luring tourists in their direction.

Whilst listening to Paddy telling us that he had needed to get permission from ***“the little lady on the hill”*** I wondered what on earth he was on about. It took a while for the penny to drop. Her Majesty must give you permission to use the name Windsor. Her Majesty approved. I wonder whether she has a supply delivered to Windsor Castle!

The premises have developed over the years and now include a wonderful Tap Room, where you can taste the beer in comfort. In the early days we were sat on chairs in chilly temperatures amid the brewing.

On the tour, we have clambered up the metal staircases, where samples of the ingredients are handed round. They use barley grown on the Windsor Farm and the spent grains are returned to the farm to feed the cattle. Recycling at its best! As we grind the ingredients in the palm of our hands, we savour a variety of very distinct smells. Then onto inspecting the vats of beer. Hatches are opened so we can indulge our sense of smell.

On one occasion an Out & About announced he had lost his glasses. I was somewhat relieved when I learnt they had not been an additional ingredient added to the beer.

OUT & ABOUT ADVENTURES

Names are carefully chosen for each beer. The Windsor Knot was first brewed to commemorate the wedding of HRH Prince William and Kate Middleton using selected hops, Sovereign and Nelson Sauvin. Knights of the Garter is a straw coloured golden ale. Conqueror is a rich, complex and very distinctive ale, packed with 5 speciality malts. Many other varieties have been created.

An all-important opportunity to taste the beer, concludes our tour and no we do not get drunk! We savour small samples, whilst my team keep an eagle eye out for anyone who is too enthusiastic. Even our ladies have enjoyed a sip. Our gents are in their element, doing something which is so age appropriate, providing a sense of normality and promoting independence. Before saying au revoir, off we go to the shop, to take a souvenir or two home. On this note, I raise my glass and say cheers whilst hoping it will not be too long before Out & About can visit again.

Windsor and Eton are already famous for many things. The castle, college, river, racecourse and of course the Royal connections. In 2010 the four of us wanted to add beer to the list. In fact we had a wild idea to make beer the top attraction. So we brought brewing back to the heart of Windsor.

Nearly 10 years on we remain a 'beer led' brewery making outstanding beers of every single style and character. We offer a warm welcome to everyone from beer newcomer to expert, locals to visitors, the smallest club to the biggest pub and the local shop to the top supermarket.

We are proud to be part of the revolution in beer making throughout the world. As founder members of the London Brewers Alliance, we have helped grow the number of the Capital's breweries from 11 in 2010 to over 90 today. Together we are bringing great choice and quality to London drinkers.

Paddy, Will, Jim, Bob



- A. What is the flower for October?
- B. In October 1926 this book was written by AA Milne - What was the book?
- C. What is one of the birthstones for October?
- D. What date is Halloween celebrated on?
- E. What two birth signs are associated with with the month of October?



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

*Tell us your
favourite jokes*

**What do ghosts
serve for dessert?**

I scream!.

**How do you make
a skeleton laugh?**

*Tickle it's
funny bone*

**What do birds say
on Halloween?**

Trick or tweet!

**What is a pump-
kin's favourite
sport?**

Squash

Quiz Answers
A. Calendar
B. Winnie The Pooh
C. Opal
D. 31st October
E. Libra and Scorpio

INFORMATION, SUPPORT & ADVICE

'ADS' NEW WEBSITE

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



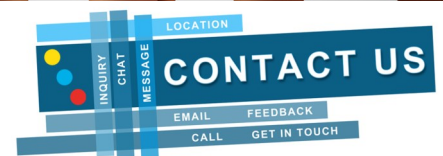
We hope you have had a chance to investigate and find out about all the exciting things 'ADS' is doing to support People with Dementia, their Carers and families in our local area; particularly during these unprecedented times.

Our old alzheimerdementiasupport 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

Enjoy!



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 OCTOBER



Fri	2nd	11.00*	ONLINE	Singing For Pleasure
Mon	5th	13.30	ONLINE	Singing For Pleasure
Tues	6th	13.30*	ONLINE	Singing For Pleasure
Fri	9th	11.00*	ONLINE	Singing For Pleasure
Mon	12th	13.30*	ONLINE	Singing For Pleasure
Tue	13th	13.30*	ONLINE	Singing For Pleasure
Fri	16th	11.00	ONLINE	Singing For Pleasure
Mon	19th	13.30*	ONLINE	Singing For Pleasure
Tues	20th	13.30*	ONLINE	Singing For Pleasure
Fri	23rd	11.00	ONLINE	Singing For Pleasure
Mon	26th	13.30*	ONLINE	Singing For Pleasure
Tues	27th	13.30*	ONLINE	Singing For Pleasure
Fri	30th	11.00	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 Terrie on Terrie.hall@alzheimersdementiasupport.co.uk or **07516 165647**



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

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

- Singing For Pleasure
- 1-2-1 Advice
- In & At Home

We are still here for you.

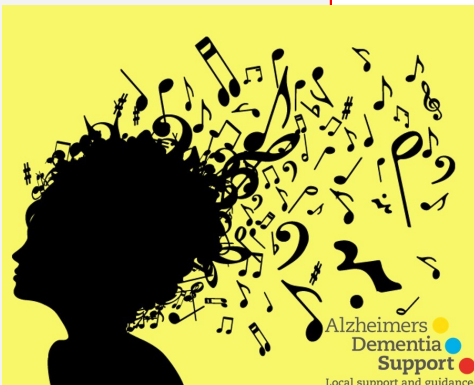
In the first half of this Newsletter we keep you informed with news, our fundraising, special events and signpost you to information of our charity and other organisations.

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.

Alzheimers
Dementia
Support
Local support and guidance



Originally from Hayling Island Charlotte moved to London to pursue her dream of becoming a professional musical theatre performer. She was awarded a place at the prestigious Guildford School of Acting and, after achieving her degree, secured a theatrical agent and has worked professionally since the age of 21.

Alongside her stage performances, Charlotte has her own company called 'Songs Gone By' and performs in many residential homes around the UK. She is thrilled to be working with Alzheimers Dementia Support and leading our Singing For Pleasure sessions.

Charlotte is really looking forward to getting to know everyone, so please Zoom in and meet her at our Singing For Pleasure Zoom sessions on Mondays and Tuesdays at 1.30pm or on Fridays at 11am.



Picture of Charlotte

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?



We Will Need Befriender Drivers

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

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 Members, 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 Terrie Hall

Tel: 07516 165665 or on email:

Terrie.hall@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:

5th, 12th, 19th & 26th October at 1.30pm

(please note new time)

TUESDAYS

Session this month:

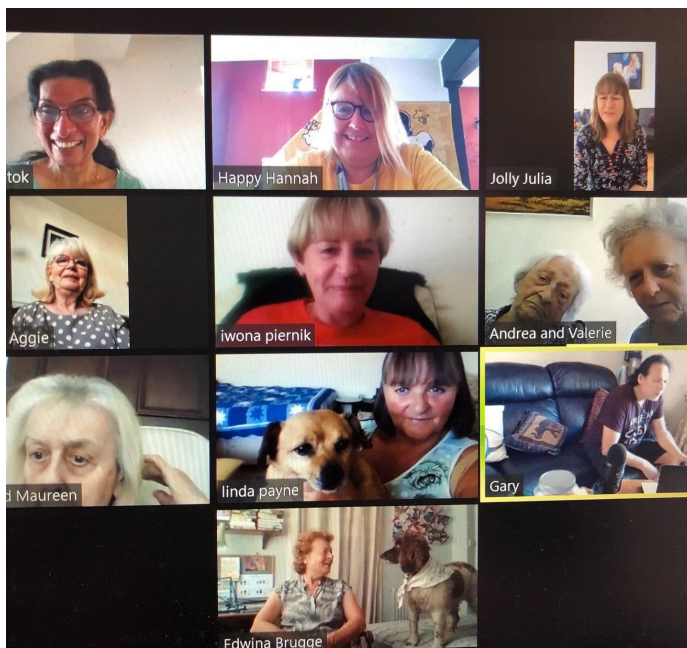
6th, 13th, 20th & 27th October at 1.30pm

(please note new time)

FRIDAYS

Sessions this month:

2nd, 9th, 16th, 23rd & 30th October at 11am



Bags of Help

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 voluntary contribution per person for all of our Lunch Clubs.
We regret we are unable to take bookings until further notice



INFORMATION, ADVICE & SUPPORT

MOOVES & GROOVES - NOT BEING HELD UNTIL FURTHER NOTICE



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:
01628 683715

Slough Borough Council Adult Social Care

Service Access Team:
01753 475111
Press 1 for Adult
Social Care

All Out of Hours
Access Team :
01344 786543

'ADS' CONTACTS

Terrie Hall

07516 165647

Senior Advisor

terrie.hall@alzheimersdementiasupport.co.uk

Santok Modhvadia Multi Lingual Service Delivery Advisor

07543 243613

santok.modhvadia@alzheimersdementiasupport.co.uk

Sandra Williams

07593 661848

Out & About Service Co-ordinator

sandra.williams@alzheimersdementiasupport.co.uk

Holly Clarke

07513 762900

Admin, Events & Marketing Specialist

office.admin@alzheimersdementiasupport.co.uk

Postal Address

Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead Berkshire SL6 1JN

Shop Address

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

Website:

www.adscharity.com

Email:

info@alzheimersdementiasupport.co.uk

Facebook

www.facebook.com/AlzheimersDementiaSupport

Twitter:

@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