



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

OCTOBER 2022



Charitable Jazz Concert
Berkshire Birds of Prey

Read more on page 4



'ADS' SANTA FUN RUN 2022
REGISTRATIONS ARE OPEN

Read more on page 5

www.adscharity.com



AlzheimersDementiaSupport
alzheimers-dementia-support



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Note from the CHAIRMAN

Dear All,

We reflect on September, a solemn month bringing the sad passing of our great monarch Her Majesty Queen Elizabeth II. She meant so much to so many and will be a huge loss, but leaves behind an abundance of wonderful memories. The Queen richly deserves our respect, a lady who never put a foot wrong in her 70+ years as our Sovereign taking everything in her stride with an abiding love for her loyal subjects. The sombre period of mourning culminated in Her Majesty being laid to rest beside her beloved Prince Philip in St George's Chapel Windsor. HM will be fondly remembered and leaves an indelible mark on the world, her selfless dedication to duty, steadfastness, dignity, humility and sense of right guided her conduct each day of her truly inspirational life, may God bless you Ma'am - thank you for a lifetime of service.

We now look forward with optimism to the reign of HM King Charles III and wish him well as he forges his own pathway on the throne with his Consort Queen Camilla by his side - God save the King.

I am sure you understood the need for us to modify our Services during the period of mourning but hope you were still able to share memories and experiences with your friends at 'ADS'.

Looking ahead - preparations are underway for our 'ADS' Annual Santa Fun Run at Eton Dorney on Sunday 27th November and registrations are now open. Make sure that you, your families, friends (and doggies of course) are ready for a FUN day. We also invite companies and schools to register and join the fun.

Read on for more details of our Services. You won't want to miss any of the activities the team has planned for you so get involved.

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

DIET COULD PLAY A ROLE IN COGNITIVE FUNCTION ACROSS DIVERSE RACES AND ETHNICITIES



Dietary choices and their consequences may certainly influence cognitive function. The study found that certain plasma metabolites—substances created when the body breaks down food—were associated with global cognitive function scores across the diverse set of races and ethnicities.

Brigham researchers discovered that six metabolites were consistently associated with a lower global cognitive function across all of the studies. Four of them were sugars or derivatives of sugars. Another metabolite, beta-cryptoxanthin, was associated with a higher global cognitive function in the HCHS/SOL and is also strongly correlated with fruit consumption.

Diet itself can be an important source of many metabolites, including some with positive or negative associations with cognitive function.

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



WHAT WE DO WHEN WE ARE SITTING AFFECTS DEMENTIA RISK

People over 60 who spend a lot of time sitting and watching TV have a higher chance of developing Dementia - but the risk is counteracted by "less passive" activity while sitting, a study found.



Using a computer or reading, which involves "relatively greater intellectual stimulation", can reduce the negative effects of sitting, the study revealed.

The study, conducted by researchers at the University of Southern California (USC) and University of Arizona, showed the link between sedentary behaviour and Dementia persisted - even if participants were physically active. However, the type of activity while sitting is key when assessing the potential effect on the brain.

Researchers used self-reported data from the UK Biobank, a medical database of more than 500,000 people, in a bid to establish links between sedentary activity and Dementia in older people. None of them had a diagnosis at the start of the study. But after a follow-up on average 12 years later, more than 3,500 positive cases were found.

Source and full article: <https://bit.ly/3DzCKU4>

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.



'ADS' news



 Berkshire Birds
of Prey

'Berkshire Birds of Prey' have kindly offered our Members a therapeutic program that uses multisensory stimulation and the natural world of birds to help People living with Dementia interact with their environment and share meaningful experiences with others.

The small family-run team will meet our Members and introduce them to 10 wonderful birds, including owls, falcons and hawks. You can meet them up close and learn about their habits and habitats, falconry history and equipment.



Their display will take place on Friday, 11th November from 10:00 to 12:00 at the Methodist Church, High Street, Maidenhead SL6 1EF.



Refreshments are available. Please note that numbers are limited. To register your interest and book your place, please contact Terrie on 07516 165647.



Join us for a special Jazz concert

ORGANISED FOR 'ADS' BY THE WOODHOUSE JAZZ BAND

The Woodhouse Jazz Band have kindly offered to organise a charitable concert on **Saturday 19th November 2022 at 19:45** at Maidenhead Community Centre, Marlow Road, Maidenhead in aid of our Charity.

Tickets, priced at £12 (including refreshments during the interval) can be bought online by visiting <https://bit.ly/3xBvnaJ> or at the door on the night of the event from 19:00.



The Woodhouse Jazz Band is a collection of woodwind musicians who love to get together to play jazz music. The group was formed 10 years ago by retired British Army musician and music teacher Jon Woodhouse, specifically to teach jazz improvisation.

To find out more about the lessons and workshops they are offering, visit www.musicteachers.co.uk.

'ADS' Santa Fun Run

REGISTER NOW & GET A JOLLY 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



SCAN ME 

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.



Schools are invited to join the challenge!

A LOVELY OPPORTUNITY TO INVOLVE YOUR SCHOOL IN A FUN, CHRISTMAS-THEMED CHARITY EVENT

Every year, the 'ADS' Santa's Team would like to invite schools to take part in our Santa Fun Run event. It would be wonderful if you could organise your own event, on your own grounds, perhaps including the 'ADS' Santa Fun Run into your PE Curriculum.



FOR THE SCHOOL WITH HIGHEST NUMBER OF PARTICIPANTS

Sponsored by



Please send us an email at marketing@adscharity.com or call 07513 762900 to discuss more details about how can we support you organise this event.

Companies & Running Clubs are welcome too!

Could you influence your co-workers to form a team and set up your own JustGiving page? Or maybe, you are part of a running club? Either way, we have a special prize for the Best Dressed Team so get X-Mas creative and come to Dorney Lake!

Out & About

by Sandra Williams
Out & About Service Coordinator

The sad death of Her Majesty Queen Elizabeth meant that our planned private visit on 13th September, to Windsor Castle understandably had to be cancelled. Poignantly, we were scheduled to visit The Coronation Exhibition.

I found myself “in the soup”. My sixth call resulted in good news. We visited Waltham Place where our 6 gentlemen demonstrated their culinary skills making Roasted Pumpkin Soup. I was so impressed.

Niki from Waltham Place Farm, brought in produce grown on the farm, highlighting the benefits of using self-pollinating seeds. We peeled and chopped pumpkin, white carrots, onions and potato. It was teamwork with much laughter. I concluded that I was now “out of the soup”.



Phil & Brian at work

Whilst the vegetables roasted, we turned our hand to making Soda Bread to enjoy with our soup. The addition of butter milk brought back memories for Mike. He spent many happy months spending his holidays on his aunt's farm in Ireland, where he became a dab hand at milking cows.

Our efforts were worth it. The soup and bread were delicious. To allay any fear of rumbling tummies, we then tucked into pizza and salad. “Out & Abouters” have hollow legs. Frank valiantly polished off the last piece of pizza, somewhat relieved when everyone else said they were well nourished.



Visiting the Store of Pumpkins

After lunch we took a stroll on the farm in light drizzle, visiting the store of pumpkins. We were met by a sea of deep orange. Niki invited us to guess how many pumpkins were stored there. Tim was closest so he went home with the prize – another pumpkin – to make more soup?

On our return we celebrated Brian's 70th Birthday with luscious chocolate cake, tea and coffee. There was a loud rendition of Happy Birthday as a firework candle sparkled.

In a sad week for our Nation, our visit to Waltham Place enabled us to momentarily escape into the peaceful environment of Waltham Place. It was a wonderful opportunity to introduce so many of our new Out & Abouters to this special place which embraces nature.

The 'ADS' Charity Shop



If you have some special items you would like to donate to us, please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

We appreciate every little thing you can donate to our Shop – it helps us supporting the local community living with Dementia.

Promote your business in our High St Charity Shop

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

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

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



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.

Information, support & advice

Alzheimer's Dementia Support 'ADS' exists solely to provide a wide range of high quality, varied and enjoyable services whilst giving companionship, support, advice, information and sign-posting to as many people with Dementia, their Carers and Families as we possibly can within the local communities of Windsor, Ascot, Maidenhead, Slough & Langley.



This wouldn't be possible without our amazing 'ADS' Advisors!



TERRIE HALL
Senior Dementia Advisor

Terrie is committed to guiding and supporting People with Dementia and their Families.



SANDRA WILLIAMS
Out & About Service Coordinator

Sandra is specialised in delivering meaningful activities for People with all stages of Dementia.



RACHEL SPENCER
Service Delivery Advisor

Rachel is devoted to helping People with Dementia and their Carers and Families.



SANTOK MODHVADIA
Multi Lingual Service Delivery Advisor

Santok is passionate and dedicated to helping Carers and their loved ones.



"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!

JEANNE & NEIL MEADE
DUNCAN STANNETT

KATHY ROWLEY
JENNY COOKE

FIONA HENRY
STEPHEN CASTLE

COX GREEN WIVES GROUP

Donations in memoriam

GEOFF JOYCE
GERARD CLARKE
JEANETTE MARSHALL

Signposting



WINDSOR, ASCOT AND MAIDENHEAD SOCIAL PRESCRIBING SERVICE

Social prescribing helps you explore extra services in your community that may support you to improve your health and sense of wellness.

These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support

The Royal Borough



Windsor & Maidenhead

If you would like to get in touch with a Social Prescriber you should request a referral from your healthcare provider. The Social Prescriber will contact you by telephone within 5-7 working days to discuss the referral with you and further steps.



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

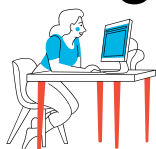
Slough Borough Council Adult Social Care

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

OCTOBER CALENDAR



MON	3rd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	3rd	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	4th	10:30	LANGLEY	SEATED EXERCISES
TUE	4th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	5th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	5th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	5th	13:00	MAIDENHEAD	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	6th	13:30	ASCOT	SEATED EXERCISES
FRI	7th	10:30	ASCOT	SINGING FOR PLEASURE
MON	10th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	10th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	11th	10:30	LANGLEY	SEATED EXERCISES
TUE	11th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	12th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	12th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	12th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	12th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	13th	13:30	ASCOT	SEATED EXERCISES
FRI	14th	10:30	ASCOT	SINGING FOR PLEASURE
MON	17th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	17th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	18th	10:30	LANGLEY	SEATED EXERCISES
TUE	18th	13:00	WINDSOR	SINGING FOR PLEASURE

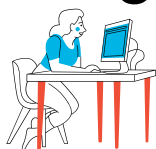


Please remember to always take a lateral flow test before attending any of our Services.

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

Our Getting Together Services

OCTOBER CALENDAR



WED	19th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	19th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	19th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	19th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	20th	13:30	ASCOT	SEATED EXERCISES
FRI	21st	10:30	ASCOT	SINGING FOR PLEASURE
MON	24th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	24th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	25th	10:30	LANGLEY	SEATED EXERCISES
TUE	25th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	26th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	26th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	26th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	27th	13:30	ASCOT	SEATED EXERCISES
THU	27th	14:00	WINDSOR	MOVES & GROOVES
FRI	28th	10:30	ASCOT	SINGING FOR PLEASURE
MON	31st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	31st	13:30	 ZOOM	SINGING FOR PLEASURE

Out & About - places available

Everyone needs a refreshing change of scenery sometimes, so that is why every week we organise a new O&A adventure for People living with Dementia while offering respite for their primary Carers.

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.

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



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@adscharity.com.

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.



If you are lucky enough, you may hear one of the weekly Irish Blessings shared by our lovely Volunteer, Bobbie:

"May your troubles be less, and your blessings be more, and nothing but happiness to come through your door."



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.



zoom

WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW



MAIDENHEAD

Wednesdays 13:00 - 14:30

Cox Green Community
Centre, 51 Highfield Lane, Cox Green,
Maidenhead SL6 3AX

ASCOT

Fridays 10:30 - 12:00

King Edwards Hall
Chapel of St Mary & St John
King Edwards Road, Ascot, SL5 8PD

We also run this Service ONLINE on Mondays from 13:30. Every Monday morning we email our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

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



Dancing in particular helps everyone engage their senses. It helps stimulate social interaction, improve depression and anxiety symptoms, and has been shown to improve memory and cognitive functioning.

Every 4th Thursday of the month, we offer a 'Moves & Grooves' Service. The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to. There is no pressure to join in, but we are sure once you hear the music, you'll be eager to get toe tapping.

These are some testimonials from our Members:

"You know that feeling, when you've just watched Mamma Mia, and you're all happy?, that's how you feel when you come out of there! It's brilliant!"

V. Whipps

"It's great fun, we wouldn't miss it, we used to love going dancing when we were younger!"

Fred

Come along and see for yourself what music and dance can do to your mood! We're sure you'll leave with a smile on your face and a spring in your step.



! Next session will take place on Thursday, 27th October.

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 **Members' Lunch:
Wednesday, 12th October**

Next **Mates with Plates, Ladies that Lunch:
Wednesday 19th October**



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.



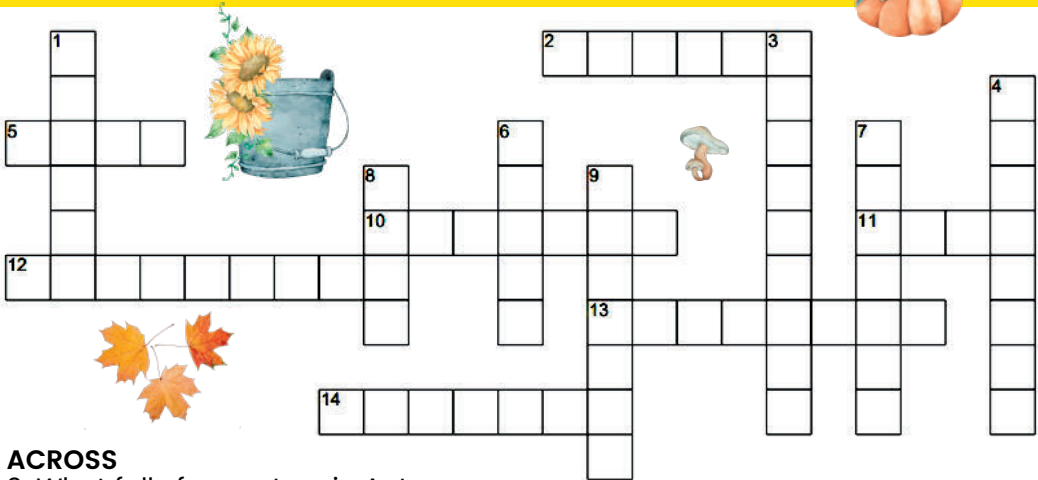
For further information please contact Sandra Williams on 07593 661848 or via email at sandra.williams@adscharity.com.

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 October

PUZZLE PAGE



ACROSS

2. What falls from a tree in Autumn
5. Another name for Autumn
10. Another Autumn month
11. You can gather fallen leaves with this
12. First month of Autumn
13. A small rodent
14. You can use it to make a pie or for carving



Q: Why did the scarecrow win a Nobel prize?
A: He was outstanding in his field.

Q: What lives in an apple and loves to read?
A: Bookworm!



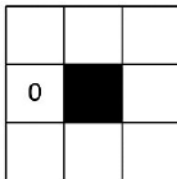
DOWN

1. This color can be made from yellow and red
3. Scares crows from fields
4. Last month of Autumn
6. Fruit of the oak tree
7. To reap or gather
8. Vegetable that grows in stalks
9. Spring, summer, fall, winter are the four



Unscramble the words:

- ULQIT: _____
 SVRTAEH: _____
 ATOLFLOB: _____
 UAMUNT: _____
 BEEESTRMP: _____
 SEEVAL: _____
 TECTHUNS: _____



Write the numbers -4, -3, -2, 1, 2 and 3 in the correct place so that each side of the square adds up to 0.

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WHO are we?

A local independent Charity that assists, guides and actively supports people living with Dementia and their Carers, in our local community.

WHAT do we do?

Provide a wide range of Services and interactive activities designed and delivered to improve the lives of the people we support.

WHERE do we do it?

Windsor, Ascot, Maidenhead, Slough, Langley & surroundings.

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

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