

# Newsletter November 2020

## Our Newsletter, Information & Updates



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Runners, Families, Work Teams, Schools  
 Join our Virtual Santa Fun Run!  
 Run, Walk, Ride, Push  
 See Pages 6-7 for details



# NOTE FROM THE CHAIRMAN

Dear All,

I hope you are well, taking care of each other and staying safe.

We are headlong into preparations for our exciting 'ADS' Virtual Santa Fun Run on Sunday 29th November. The program of events and how you can become involved are on our Website, Social Media and within this Newsletter. All we need now is that you, your families, friends and pets keep the date free in your diaries, be ready to participate and enjoy a Fun filled Day when it comes. You won't regret it.

This month I would also like to celebrate the ongoing work being done by our Team on your behalf here at 'ADS'. The care which we have always taken to protect our great Charity over the past 9 + years continues to bear fruit. Our judicious financial management has ensured our ability to maintain a healthy balance between delivering the highest standards of Support and exceptional range of Services whilst protecting the Sustainability of 'ADS'. Your Wellbeing remains at the forefront of our objectives at 'ADS' and is set to continue in the years to come.

Our portfolio of Services is ever extending and you can be sure that we are not only continuously evolving and meeting the changing needs of our community but we are also more than capable of providing you with this support structure in the future.

Please help us to fulfil our commitment to you by utilising all that is available at 'ADS', helping you to keep in touch, stay involved and assist you to feel a little less isolated. We take every possible opportunity to find innovative ways of safely supporting you by delivering/ adapting our long standing range of services whilst creating many new ones. These include, our fantastic 'Virtual Services' such as, 'Online Singing for Pleasure', and 'In and At Home' sessions and don't forget our 'ADS' book "A Kids Guide to Dementia", all designed for you to enjoy and keep you informed. Full details together with their schedules are contained within this Newsletter and our easy to navigate 'ADS' Website.

The 'ADS' Team are always here for you (and will remain so for as long as you need us) to provide support, guidance, advice and information to help you through.

Have a great month, stay safe and look after each other.  
With warmest best wishes

*David*

David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support. Do please contact us if you wish to withdraw your details or wish to raise any concerns.



## IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

### IN MEMORIAM

Alma Brown

Robert Scullion

### DONATIONS

Diana Stoodley



David Buck completed a 111 mile walk and raised funds for 'ADS'



Please note that whilst we are bringing these articles to your attention, they are already in the public domain and we take no credit or responsibility for their content.

### Previous Articles

#### Pain-detecting tool for Dementia patients rolls out in UK

<https://tinyurl.com/yxg6qu8z>

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

<https://tinyurl.com/y33ymgk7>

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

<https://tinyurl.com/yyg6guy2>



### Virtual Christmas Party

Christmas songs

Party Games

Wreath making

Virtual Raffle

£5 voluntary donation

To register your interest, please contact Terrie



### Virtual Santa Fun Run

Fun Packed Family Event is now ready for registration!

We also have a special package for schools

Please see pages 6-7 for details

**'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 High Street.

### A Kid's Guide to Dementia



By **TEGAN HARRIS**

for  
Alzheimers Dementia Support 'ADS'  
[www.adscharity.com](http://www.adscharity.com)

## SO MUCH TO BE PROUD OF

The world has changed significantly over the last eight months and we have all had to adapt to our changing environment.

We just wanted to take a moment to recognise some of what 'ADS' has to celebrate



Our lovely Advisor Hannah has decided to cease working for now, but is staying with us as a volunteer.

Our Services adapt and grow



Our wonderful Advisors are as available as ever with on-line activities and singing, telephone support and now reopening our hall-based seated exercises



Dee joined us in October in the new post of Membership and Funding Specialist



We have amazing Volunteers who are Befriending, assisting with our Santa Fun Run, organising our Collection tins, helping in the shop and on our services

# SO MUCH TO BE PROUD OF

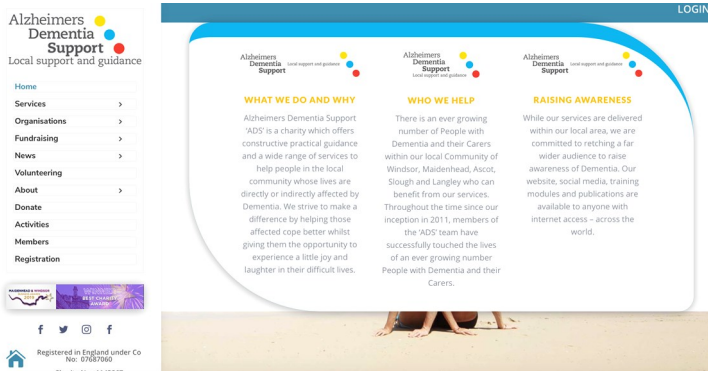
Our High Street shop continues to operate under COVID-19 guidelines and is ready to welcome your custom and your donations



**ADS Charity Shop  
High Street  
(opp Wilko)  
Maidenhead  
Berks  
SL6 1JX**



Our Santa Fun Run is going virtual with a full live programme on the day

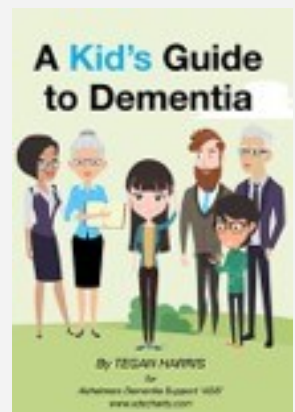


Created by Phil, one of our Trustees, we launched our new and active website with links, videos and activities



We have some incredible sponsors who are working hard to raise funds for us.

**We are delighted to have the people and resources to adapt and continue to support our Members and local professionals. We're open, positive and here for you.**



We recently published a very special book and are building our Youth Programme



REGISTER HERE  
TO RUN YOUR  
OWN WAY

**eventbrite**

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

[eventbrite.co.uk](https://2020santa.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 com-  
père Jonny Walker will host a LIVE event from Santa's Grot-  
to, including:

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

**Got any questions?** Please read through our FAQ page at  
<https://www.adscharity.com/mp-files/faqs-sfr-2020.pdf/>

**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](https://adscharity.com), or at  
[2020santa.eventbrite.co.uk](https://2020santa.eventbrite.co.uk)**

**REGISTER HERE TO RUN YOUR OWN WAY:  
[2020santa.eventbrite.co.uk](https://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 per participant
- 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

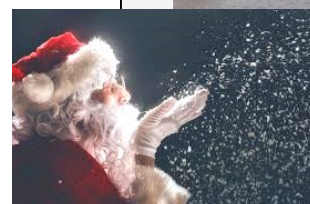
- This can be watched on Facebook or YouTube at home live on the morning of 29th November or afterwards on our YouTube recording, check in for any personal messages to you from Santa!

### Prizes

- There is a prize for the school with the largest ghest 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 anyone would like to submit a message from Santa to a child or family member, please send it to Holly at: [santa@alzheimersdementiasupport.co.uk](mailto:santa@alzheimersdementiasupport.co.uk)



## OUT & ABOUT ADVENTURES

Normally when we reach November, I breathe a sigh of relief. **“Indoors” is my mantra.** Whilst I love our summer outings, I hate doing battle with ever changing weather forecasts or several weather forecasts which contradict each other. This summer the weather apps on my IPAD and phones have been so neglected that they are hard to find. So, what does O&A normally do in the winter time? Initially I struggled to find activities and venues but now I struggle to schedule them all. One amazing place is MERL: The Museum of English Rural Life <https://merl.reading.ac.uk/> is a hidden gem, which is tucked away in Redland Road, opposite Royal Berkshire Hospital. It is part of Reading University, housed in a Victorian building and has been there for over 50 years.



They have an effusive lady, called Philippa (pictured in the picture on your left), who is passionate about MERL and a true expert in leading reminiscence sessions. When I first met Philippa, she hurtled towards me at speed. I leapt back in fear of being enveloped and crushed! Hugs all round are now part of our visit, but of course not in COVID. I know some of my volunteers were skeptical, when I announced these reminiscence sessions, but Philippa won them over. It is amazing what Philippa draws out of each attendee, bringing a sense of wellbeing to each person.



Often Philippa brings historical items to the table for us to discuss or she asks us to come up with ideas of how the item was used. We all don white cotton gloves as we handle items from their archive collections





## OUT & ABOUT ADVENTURES

Sometimes we have concluded the session with a practical activity, one being the making of hand lotion to take home. We used a traditional housewife's recipe from the 1940s. If you want to try this yourself, it is simple and smells divine:

**Recipe:** Add 1 cup of mineral water, 3 teaspoons rose oil (soluble) and one cup of glycerin. Shake the mixture and pour into a bottle.

One of my ladies enjoyed herself so much on her first O&A when we visited MERL. She informed us and her family, that she felt as if she had been on a holiday. On



another occasion my most outgoing Out & Abouters really were on holiday. I worried how our scheduled reminiscence session would work. To my surprise it did! Much to the credit of Philippa, quieter Out & Abouters who struggle to

verbally communicate, rose to the occasion, sharing memories and making observations. *Every Out & About is a learning curve for me.*

*The Museum has reopened for socially distanced visits Tuesday to Sunday. If you want to visit, please check their website. Entrance is free. There are several disabled parking bays just to the left of the entrance.*

Sandra Williams

Out & About Service Coordinator

## QUIZ



- What are the two zodiac signs for November?
- On which day in November is St Andrew's Day?
- What holiday do American's celebrate in November?
- Which British Prince was born on 14th Nov 1948?
- Which wall came tumbling down on 9th Nov 1989?

## Music, Fun & Laughter IS the best medicine

*Tell us your favourite jokes*

**What's the best salad to serve on Guy Fawkes Night?**

*Rocket!*

**What do you get when you cross a dinosaur with a firework??**

*Dinomite!*

**What's a firework's favourite food?**

*Bangers & Mash*

**Quiz Answers**  
A. Scorpio & Sagittarius  
B. 30th November  
C. Thanksgiving  
D. Prince Charles  
E. Berlin Wall

## INFORMATION, SUPPORT & ADVICE

### 'ADS' WEBSITE

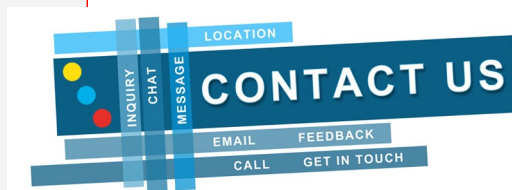
[www.adscharity.com](http://www.adscharity.com)

Our new website includes activities, information and plenty of opportunities to get in contact with us. You may like to request to become an 'ADS' Member and gain access to our Membership page which includes links, activities and videos



### OUR SERVICES

The facing page list our calendar of services. For further information on each of the activities, please turn to the second half of this newsletter.



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](mailto:terrie.hall@alzheimersdementiasupport.co.uk)



**\*\*\* NEW DATES\*\*\***

**APRIL 23rd –26th 2021**

**Hayling Island Weekend Break**

for Carers, their loved one and Former Carers. Coach departs from Stafferton Lodge Maidenhead for a 3 night weekend break to Sinah Warren Coastal Hotel, Hayling Island. Not only is this pretty hotel on the sea front, but it boasts heated indoor and outdoor pools as well as an array of activities to keep you busy. Price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities. A few Twin rooms are still available.

Contact Terrie for further information.

## OUR ONLINE SERVICES CALENDAR FOR NOVEMBER



Mon	2nd	13.30	ONLINE	Singing For Pleasure
Tues	3rd	13.30	ONLINE	Singing For Pleasure
Fri	6th	11.00	ONLINE	Singing For Pleasure
Mon	9th	13.30	ONLINE	Singing For Pleasure
Tues	10th	13.30	ONLINE	Singing For Pleasure
		15.00	ONLINE	In & At Home Reminiscence
Fri	13th	11.00	ONLINE	Singing For Pleasure
Mon	16th	13.30	ONLINE	Singing For Pleasure
Tues	17th	13.30	ONLINE	Singing For Pleasure
		15.00	ONLINE	In & At Home Reminiscence
Fri	26th	11.00	ONLINE	Singing For Pleasure
20th				
Mon	27th	13.30	ONLINE	Singing For Pleasure
23rd				
Tues	30th	1.30	ONLINE	Singing For Pleasure
24th				
		15.00	ONLINE	In & At Home Reminiscence
Fri		11.00	ONLINE	Singing For Pleasure
27th				
Mon		13.30	ONLINE	Singing For Pleasure
30th				

**\* 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](mailto:office.admin@alzheimersdementiasupport.co.uk)

If you have any questions please contact Terrie on [Terrie.hall@alzheimersdementiasupport.co.uk](mailto:Terrie.hall@alzheimersdementiasupport.co.uk) or **07516 165647**



## SIGNPOSTING



GOV.UK

GOV.UK website

[www.gov.uk](http://www.gov.uk)

### 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 9.30 - 3.30 Monday to Friday)

### Mask Exemption cards

**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](mailto:sandra.williams@alzheimersdementia.support.co.uk)**

**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 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>

### 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



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.

Alzheimer's  
Dementia  
Support  
Local support and guidance



## ONLINE SERVICES

### IN & AT HOME - ONLINE

Every **Wednesday at 3pm** there is an **“In & At Home” Zoom Meeting** which lasts an hour. This service is suitable for those with early stage Dementia and of course you need access to Zoom on a phone, IPAD or laptop. Often the person with Dementia finds it reassuring to have their Carer participate, which assists with communication and adds to the fun. Joining this service, could be a stepping stone to joining our Out & About Service, when we are able to resume, if eligibility criteria is met.

Some people with Dementia do not engage with Zoom, but if you, but if you are a Carer and would like to join us, you too are very welcome. It also might offer a short time of light relief for you during the Winter months. Our sessions always begin with sharing what we have been up to during the week. We then do a virtual activity, such as a Quiz or a Reminiscence Topic. It is amazing what we learn! The sessions are visually illustrated and often include video clips. Fun and laughter is the essence.



**Our Out & About Service Coordinator, Sandra Williams leads this Zoom meeting.** If you would like to participate, please contact her on 07593 661848

[sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

Alternatively, get in touch with Terrie or Santok. *Prior to joining this service, Sandra will have a Zoom with you, so we can get to know each other, learning about your interests, enabling the sessions to be tailored to those who participate.*





## 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](mailto: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:

2nd, 9th, 16th, 23rd & 30th November at 1.30pm

*(please note new time)*

#### TUESDAYS

Session this month:

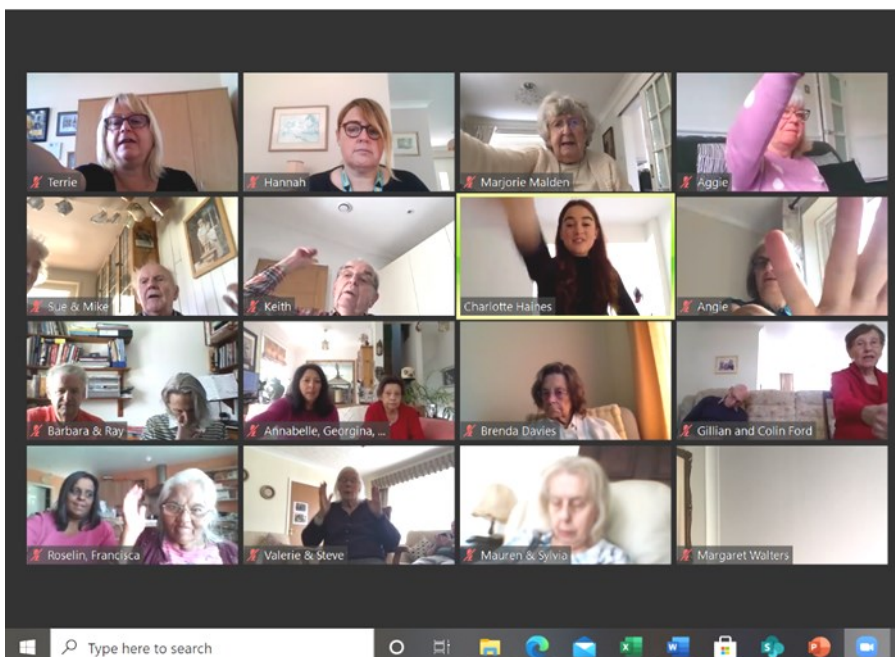
3rd, 10th, 17th & 24th November at 1.30pm

*(please note new time)*

#### FRIDAYS

Sessions this month:

6th, 13th, 20th & 27th November 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 - CURRENTLY BY PRIOR ARRANGEMENT

**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](mailto:terrie.hall@alzheimersdementiasupport.co.uk)**



### LUNCH CLUBS - NOT BEING HELD UNTIL FURTHER NOTICE

Enjoyable social events in a relaxed environment.

**Stafferton Lodge, Braywick Road,  
Maidenhead, SL6 1BN**

Once a month a group of gentlemen with Dementia, meet at Stafferton Lodge and, supported by our trained male Volunteers, they enjoy a good roast, and a chat with other 'chaps'.

While the men eat and talk their Carers are able to enjoy 'Ladies that Lunch' in a separate part of the Restaurant; relaxing in the knowledge that their 'gentleman' is being looked after. It also gives them the opportunity to connect and share experiences with other Carers



**Contact Terrie to  
book all Lunches:  
07516 165647  
Please note: We do  
ask for a £12 volun-**



## 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](mailto: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.

19

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** **Senior Advisor**  
07516 165647      [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk)

**Santok Modhvadia** **Multi Lingual Service Delivery Advisor**  
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**Sandra Williams** **Out & About Service Co-ordinator**  
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**Holly Clarke** **Marketing & Events Specialist**  
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**Dee Allgood** **Membership & Funding Specialist**  
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### 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](http://www.adscharity.com)

**Email:** [info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)

**Facebook** [www.facebook.com/AlzheimersDementiaSupport](http://www.facebook.com/AlzheimersDementiaSupport)

**Twitter:** [@ADSlocalsupport](https://twitter.com/ADSlocalsupport)

**LinkedIn:** [www.linkedin.com/company/alzheimers-dementia-support](http://www.linkedin.com/company/alzheimers-dementia-support)

**Dementia Awareness Training:** [training@alzheimersdementiasupport.co.uk](mailto: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