



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

NOVEMBER 2022



READY
steady
HO-HO-HO!



'ADS' SANTA FUN RUN
Sunday, 27th November 2022

[HTTPS://2022SANTAFUNRUN.EVENTBRITE.CO.UK](https://2022santafunrun.eventbrite.co.uk)

www.adscharity.com



AlzheimersDementiaSupport

alzheimers-dementia-support



adscharity

ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope that you are well and enjoyed the Services which you have participated in over the past month. Remember to get ready for our Jazz Concert scheduled for Wednesday 19th November at 7:45 pm at the Maidenhead Community Centre. Full details are contained later in the newsletter, this is the last call for you to register for this great event, don't miss out on this foot-tapping fun evening.

As you may have guessed preparations for our 'ADS' Annual Santa Fun Run at Eton Dorney on Sunday 27th November are now at an advanced stage and we are really looking forward to a successful day, make sure that you are ready for a FUN day.

There is still time for you, your families, friends and doggies, of course, to register and join in the fun too. Companies and other organisations are invited to register as a team as well! There is also a special competition running for Schools so please make sure to read all the details.

Further information on our Services are included for you in this newsletter. 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



SCIENTISTS FIND PREVIOUSLY UNKNOWN LINK BETWEEN METABOLISM, BRAIN HEALTH

According to the World Health Organization, over 55 million People live with Dementia globally, with 10 million new cases diagnosed each year.

Studies show that the brain undergoes functional and structural changes years before the onset of cognitive impairment.

Other research indicates that metabolic factors such as diabetes, dyslipidemia (having blood lipid levels that are too high or low), and high blood pressure are linked to cognitive decline and Dementia.

One study found that patients aged 60 years and over with metabolic risk factors are 11.48 times more likely to develop Alzheimer's disease than those without. Investigating the link between metabolic risk factors and dementia could aid preventative approaches based on metabolic risk profiles. They found that metabolic profiles are linked to neuroimaging characteristics that indicate cognitive decline and increased Dementia risk.

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



NEW MODEL OF ALZHEIMER'S AS AN AUTOIMMUNE DISEASE

Scientists at the Krembil Brain Institute, part of the University Health Network, have proposed a new mechanistic model (AD2) for Alzheimer's, looking at it not as a brain disease, but as a chronic autoimmune condition that attacks the brain.



"We don't think of Alzheimer's as fundamentally a disease of the brain. We think of it as a disease of the immune system within the brain," says Dr. Donald Weaver, co-Director of the Krembil Brain Institute and author of the paper.

The research team conducted a comprehensive search, looking at a wide-ranging review of both journal and patient literatures combined with their own studies, to develop a thorough mechanistic model of Alzheimer's.

"Beta-amyloid gets confused and can't tell the difference between a bacteria and a brain cell and so it inadvertently attacks our own brain cells. This, then, becomes what we call an autoimmune disease. The immune system is actually attacking the host, our brain."

Source and full article: <https://bit.ly/3Ep2tyJ>

'ADS' Santa Fun Run

27 November 2022, register at

[HTTPS://2022SANTAFUNRUN.EVENTBRITE.CO.UK](https://2022santafunrun.eventbrite.co.uk)



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

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



**SCAN
ME** 

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

The 'ADS' Santa Fun Run is more than just another fundraising event - it is a jolly family day out!



If you are looking for a fun day to spend with your family, come along to the 'ADS' Santa Fun Run! Everyone is welcome, no matter the age and ability. Just get dressed up as creatively as possible and compete for the Best Dressed Family prize.

Dress up your dogs and bring them with you. There is a special competition just for them – Best Dressed Dogs! All we kindly ask is to keep them on lead and make sure that you clean after them.

Make sure that you also decorate your scooter/wheelchair/buggy. You may get the Best Dressed Wheel special prize!

Bring your little ones to meet the 'ADS' Santa and his lovely Elf!

We have a wonderful spot dedicated to children – Santa's corner! They can visit the 'ADS' Santa, have a short chat, take some pictures and receive a surprise gift from Santa's magic bag.



There will be also a huge inflatable Santa in the S-elfie spot ready to take lots of pictures with you! He is really sociable, so you definitely have to pay him a visit.



JustGiving

JustGiving 'ADS Santa Fun Run' fundraising pages with donations over £50 will be entered into a free Prize Draw!

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 invites 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.

Or if you are a parent, maybe you can promote our event to your child's school and the PTA Committee.



In order to help schools organise their own event and help us raise awareness and funds for the 'ADS' Charity, we have put together a special Schools' Pack which can be checked on our website: <https://bit.ly/3McwZ0E>.

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.



FOR THE SCHOOL WITH
HIGHEST NUMBER OF
PARTICIPANTS

Sponsored by

CRAUFURD HALE

Companies & Organisations are welcome too!

REGISTER YOUR COMPANY AS A TEAM AND WE'LL INCLUDE YOUR PROMOTIONAL FLYER IN THE REGISTRATION PACKS.

All you have to do is to visit www.2022santafunrun.eventbrite.com and register as a team of a minimum of 5 participants to represent your company. Then, set up an event Just Giving Page for the company and encourage everyone to promote it.

You could also choose to sponsor our event by donating products, services, vouchers or gift cards which 'ADS' can use as main prizes for the winners or as raffle prizes to raise additional funds.

Your promotional flyer
will be shared with over
300 local households.

Please send us an email at marketing@adscharity.com or call 07513 762900 to discuss more details.

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

Out & About had its very own Apple Festival at Waltham Place Farm in October. Full of laughter we pretended to be children as we were ushered across the road with a “Stop Children’s Lollipop Sign” to enable us to safely access the orchards.



Mike & Ann in the orchard

We stopped off to admire the Jersey cows and their calves in the barn, all waiting to go out to graze in the fields.

Waltham Place has the biggest herd in England. As always, their approach to care is different. The calves are not ripped away from their mum at an unseemly age. When the calves are tucking into fresh grass and hay, they are weaned from their mum. Each night they are separated from mum, enabling mum to be milked in the morning. In the morning they are reunited for a comforting feed.



Jersey calves

We resumed the purpose of our visit “to pick apples, cook them and then eat them” only the order of the tasks got a little mixed up. By the time we had returned to the gate to cross the road, we needed to pick more apples! I was somewhat puzzled. All was to be revealed at the end of the day.

Using our second batch of apples, we peeled and chopped, making Apple and Celeriac Soup as well as Apple Crumble. We had dug the celeriac up from the vegetable garden and were able to use the stalks, which you never see in the supermarket as they are hard to keep fresh. As we chopped I spied many pieces of apple being consumed. As I peered into the pot of soup, I wondered whether there was sufficient apple in the pot.

We lunched on our delicious soup, fresh baguettes with butter, small hot pizzas, and our hearty apple pie with lashings of custard. As we ate, there was a period of golden silence suggesting approval, before we patted ourselves on the back, to congratulate ourselves on our culinary skills.

Very sadly we said goodbye to our wonderful volunteer, John MacFarlane, who has supported over 500 Out & About days. He has valiantly stood out in the rain, undertaking his “Gentle Rottweiler” duties, policing the disabled bays and welcoming our group as they arrive, amongst so many other tasks. We presented him with a mug covered in pictures of the motley crews he has supported over many years, before a loud and enthusiastic rendition of “For he is a Jolly Good Fellow” wishing him every happiness in his new home in the Cotswolds.

Hands clapped, then apples enthusiastically appeared from pockets ... some of the apples that had been destined for the pot.



'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.

Their display will take place on Monday, 5th December 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.

You will also have the opportunity to get a special Jazz Music CD in exchange for a small donation and to try your luck with our raffle.

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.

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



SANDRA WILLIAMS
Out & About Service
Coordinator



RACHEL SPENCER
Service Delivery Advisor



SANTOK MODHVADIA
Multi Lingual Service
Delivery Advisor

Could you be
one of our
Volunteer
Trustees?

Do you know of anyone who may like to assist us to support local People with Dementia, their Carers and Families? They would preferably be within easy travelling distance of the Maidenhead/Slough area. We have a quarterly online Trustee meeting and many opportunities to join in with the work of the Charity, depending on own time and interests.

For further details, please contact david.jannetta@adscharity.com.

"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!



for supporting our Charity during the Maidenhead Bikeathon and other activities.

PLANETWRAPIT

for donating the most amazing wrapping paper that we can use for our Santa Fun Run prizes!

Donations in memoriam

JANET STEPHENS
MARGARET PHIPPS
BARRY ARMSTRONG

ROGER BATT
MARGARET SCOTT
RONALD STOCKLEY

Signposting



NEW FITNESS ACTIVITY STARTING NOVEMBER

Every Thursday evening from 19:00 – 19:45
at the Acorn Centre – Keep fit with Gary.



GB fitness presents a fun exercise class for all levels of fitness. There will be use of light weights, resistance bands and other equipment during the class. You can join and have fun whilst getting fit and keeping healthy.

An easy-to-follow class led by a qualified instructor, specifically for People with learning disabilities. After the class, there is an opportunity for snacks & refreshments from Tuck shop before heading home.

- £5 entry if you do not require our staff support & transport
- £35pp includes our skilled staff support, your entry fee and our door to door transport service (Approximate timings – picks ups from 6pm – drop offs from 8.30pm).

All attendees are required to book a place in advance – please email outandabout@optalis.org to reserve your place now!

Location: Acorn Centre, Fernlea Dr, Woosehill, Wokingham RG41 3DR.



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 08:00 – 18:00 Monday to Friday.

COUNCIL CONTACTS

RBWM Optalis

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

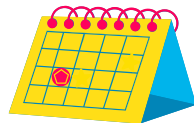
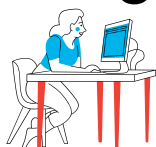
Slough Borough Council Adult Social Care

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

NOVEMBER CALENDAR



TUE	1st	10:30	LANGLEY	SEATED EXERCISES
TUE	1st	13:00	WINDSOR	SINGING FOR PLEASURE
WED	2nd	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	2nd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	2nd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	3rd	10:00	MAIDENHEAD	FAB - FUN AT BCA NEW
THU	3rd	13:30	ASCOT	SEATED EXERCISES
FRI	4th	10:30	ASCOT	SINGING FOR PLEASURE
MON	7th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	7th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	8th	10:30	LANGLEY	SEATED EXERCISES
TUE	8th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	9th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	9th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	9th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	9th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	10th	10:00	MAIDENHEAD	FAB - FUN AT BCA NEW
THU	10th	13:30	ASCOT	SEATED EXERCISES
FRI	11th	10:30	ASCOT	SINGING FOR PLEASURE
MON	14th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	14th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	15th	10:30	LANGLEY	SEATED EXERCISES
TUE	15th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	16th	10:00	MAIDENHEAD	FAB - FUN AT BCA

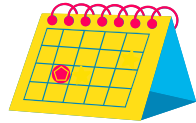


Please remember to always take a lateral flow test before attending any of our Services.

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

Our Getting Together Services

NOVEMBER CALENDAR



WED	16th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	16th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	16th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	17th	10:00	MAIDENHEAD	FAB – FUN AT BCA NEW
THU	17th	13:30	ASCOT	SEATED EXERCISES
FRI	18th	10:30	ASCOT	SINGING FOR PLEASURE
MON	21st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	21st	13:30	ZOOM	SINGING FOR PLEASURE
TUE	22nd	10:30	LANGLEY	SEATED EXERCISES
TUE	22nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	23rd	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	23rd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	23rd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	24th	10:00	MAIDENHEAD	FAB – FUN AT BCA NEW
THU	24th	13:30	ASCOT	SEATED EXERCISES
THU	24th	14:00	WINDSOR	MOVES & GROOVES
FRI	25th	10:30	ASCOT	SINGING FOR PLEASURE
MON	28th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	28th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	29th	10:30	LANGLEY	SEATED EXERCISES
TUE	29th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	30th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	30th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	30th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY



*Out & About -
places available*

There are still a few places available on the Windsor and Maidenhead Out & About Service. For more details, please 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

NEW Thursdays 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.



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, 24th November.

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, 9th November**

Next **Mates with Plates, Ladies that Lunch:
Wednesday, 16th November**



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 November

PUZZLE PAGE



R A N U T L U M N I T R S S
 E A M S P E E C O S N A C E
 B D U C S A P A E R I I S P
 O N T G H W E V F N D N U T
 T H U Y E E R R R E O C O E
 C M A C R A S O R V N O U M
 O A E H H R C T E V T A D B
 E I R I Y A E M N E L T I E
 E Z A L F I B B E U S A C R
 F E L L O E W L N E T R E T
 V L T Y R M S N Q A K S D D
 V B A P P L E H A Y R I D E
 S T U N H S A U Q S N C K M
 M R Q N N R O C H W P T H T

- ACORN
- APPLE
- AUTUMN
- CHESTNUTS
- CHILLY
- CIDER
- CORN
- CRANBERRY
- DECIDUOUS
- HARVEST
- HAYRIDE
- LEAF
- MAIZE
- NOVEMBER
- NUTS
- OCTOBER
- RAINCOAT
- REAP
- SEPTEMBER
- SLEET
- SQUASH



Q: How do leaves travel from town to town?
A: In their autumn-mobiles.

Q: Why did the apple pie cry?
A: Its peelings were hurt.



Enter numbers in each row and column to arrive at the end totals. Only numbers 1 through 9 are used, and each only once.

	-		+		=	6
9	10	4				

Important 'ADS' Contacts

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Santok Modhvadia

Multi Lingual Service
Delivery Advisor

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Specialist

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Shop address

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

WHO are we?

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



WHAT do we do?

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

WHERE do we do it?

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

**Would you like to receive our 'ADS' monthly Newsletter by email?
Register on our website: www.adscharity.com/registration/**