

Windsor Ascot Maidenhead Slough Langley

Newsletter December 2020

Our Newsletter, Information & Updates

LIVE SHOW LAUNCHES

'ADS' Santa Fun Run 2020







Registration is open until 31st December

YOU CAN STILL DONATE NOW ON OUR SANTA FUN RUN 2020 JUST GIVING PAGE

INSIDE THIS

Page No

Note from the

Chairman 2

In The News

Santa Fun Run 2020

4 -

Out & About

Adventures 8 - 9

Information, Support & Advice 10

'ADS' ONLINE

Schedule 11

Signposting 12

Our Services 13

ONLINE services14-15

Other Services 16-19

Contacts 20







NOTE FROM THE CHAIRMAN

MAIDENHEAD & WINDSOR
BUSINESS AWARDS
2019
BEST CHARITY
AWARD

Dear All,

I hope you are well, taking care of each other, staying safe and looking forward to the recent period of lockdown coming to a welcome conclusion.

By now you will be aware that our exciting 'ADS' Virtual Santa Fun Run took place on Sunday 29th November. I really hope all those who participated had a Fun - filled and enjoyable time, a huge thank you for joining in. Many thanks to the team, our wonderful Patron Sue Holderness, our Sponsors Craufurd Hale and to everyone else involved in the organisation helping to make the day such a roaring success. Full details emanating from this great event are contained within this Newsletter.

I would also like to celebrate the ongoing work being done by our Team on your behalf here at 'ADS', who have continued to work tirelessly to assist you during these difficult days. Our portfolio of Services is under constant review, is ever extending. You can be sure that we are continuously evolving and meeting the changing needs of all 'ADS' members. We take every possible opportunity to find innovative ways of safely supporting you by delivering/adapting our long standing range of services whist creating many new ones. 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. Our 'ADS' Team are always here for you to provide all of the support, guidance, advice and information you need to help you through.

I would like to finally take this opportunity to wish all of you a very Happy and Joyous Christmas and a Happy New Year when it comes along. Let's hope that the year ahead brings new hope, a swift end to the COVID-19 Epidemic and positive times for everyone. In the meantime, have a great month, stay safe and look after each other.

Warm wishes



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

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

IN MEMORIAM AND DONATIONS

OUR VERY SINCERE & GRATEFUL THANKS TO

IN MEMORIAM

Philip Ridgewell Vernon Dando

DONATIONS

Rosalind Hurst
The Gurney Family

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



2

IN THE NEWS



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.



Sir Bobby Charlton has been diagnosed with Dementia, the Manchester United and England legend's family have confirmed.

The 83-year-old is the fifth member of England's 1966 World Cup-winning team to suffer from the neurological condition.



The news emerged just two days after Charlton's former United teammate Nobby Stiles passed away at the age of 78 and three months after his elder brother Jack died at 85.

https://tinyurl.com/yy9x6awu

Coronation Street's Chris Gascoyne shares family's struggle with Dementia

Chris Gascoyne is best known for playing Peter Barlow in the ITV soap opera Coronation Street. The actor has often kept quiet about his private life but in a rare interview, he spoke about his gran's battle with Dementia and how it loomed large over his childhood. Speaking to Manchester Evening News, Chris recalled how his grandparents had came to live with him and his parents after the family realised something was wrong.



https://tinyurl.com/y4rt9bkk

On a chilly October morning, the Members of Castle Royle Golf Club gathered, socially distanced, to play rounds of golf and take part in a silent auction. Despite not being able to have their usual fundraising lunch, they raised an

incredible amount for 'ADS'.

We very much appreciate all the work that went into organising the event, which had first been postponed due to bad weather and to the Club Members for their generosity.

Picture: Captains Andy McLean and Sonya Singh





VIRTUAL SANTA FUN RUN 2020



We are delighted to announce that our Virtual Santa Fun Run has been launched with our LIVE online event!

Did you miss the show?

The competitions have closed but you can watch the recording here:

WEBSITE www.adscharity.com

YOUTUBE https://tinyurl.com/y4bewnnd

FACEBOOK

www.facebook.com/alzheimersdementiasupport

The Event runs until 31st December, so you can still run/walk/push/scoot/cycle in your own time, In your own space!

Our JustGiving page will also remain open and every donation is very much appreciated

Please join in the fun and do please send us your photographs so that we can add them to our newsletter and social media



If you would like to take part anytime during December go to:

2020santa.eventbrite.co.uk

And you can still donate at anytime during December as well using this QR code or at

justgiving.com/fundraising/adssantafunrun2020







WOULD YOUR SCHOOL LIKE TO TAKE PART?

It's still not to late to sign up and be in with a chance of winning £500 for your school.



All participants will receive a medal and certificate and we have a full event pack all ready to customize for you.

To get more information visit: www.adscharity.com





To our sponsors



For their generous donation & sponsorship of the school prize

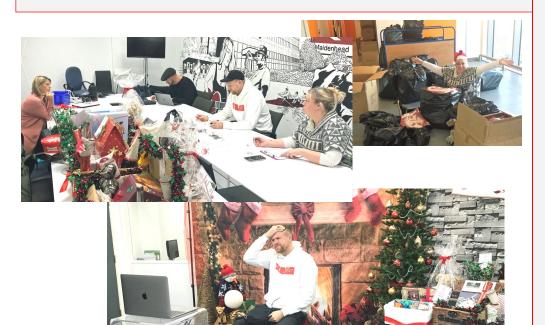


McCarthy & Stone

For sponsoring 150 medals

4

BEHIND THE SCENES





Here are photos of the 'ADS' Production Team from behind the scenes, setting up and rehearsing

Thank you very much to
David and Will for the donation of space at
My Workspot for us to live stream the show from.





Albeims Support

TAKING PART!









COMPETITION WINNERS



Mike Best Dressed Wheels



Carly Most Creative Costume



Best Dressed Child



Gemma & Jennifer Best Dressed Pushchair



Captain & Skipper Best Dressed Dogs



Nanny Pam Most Creative Venue



George & Bonnie Best Dressed Children

TAKING PART!

















Huge Congratulations to Guy who arranged for over 200 boys to run on the fields at Eton College on Sunday afternoon. Huge thanks to all that took part and to the parents that generously sponsored them



Our January edition will include photos from the Eton run plus any pictures that YOU send us of your run.



Best of luck and thank-you to those with events planned Including:



Who are planning their Elf Week

The Beacon

Who are organising their own event with their students

OUT & ABOUT CHRISTMAS ADVENTURES

As we face a very different Christmas with reduced numbers around our festive table, I recalled a topical outing. I also came across a joke suggesting how to get around the COVID restrictions: "Kill the turkey and host a funeral for it. Now you can invite 30 guests!"

Several years ago, on a beautiful autumn day, we visited COPAS' turkeys in Cookham and became experts on the subject. We donned our wellies, dipping them in disinfectant, before taking a stroll to meet these ungainly birds. What a noise they make!

bronze turkeys were "free range".

The white turkeys were in the barn. You might wonder why the white turkeys are restricted to being indoors. They are not being given an inferior life. They simply do not thrive outdoors. Indeed, all the turkeys at COPAS have a longer life than many birds destined for supermarket freezers. By giving them a longer life there is more fat on them, making them a tastier bird.

A white turkey tastes as good as a bronze turkey. Humans just think brown is superior to white and are prepared to pay more.

If fireworks bother you or your pets, you are in good gobbling company. Turkeys are also scared of fireworks and peck at each other. When they peck, they mark the skin and become Grade 2 Turkeys (albeit that they taste the same). In the run up to our firework season, the turkeys are gradually exposed to fireworks to help them adjust.

We did visit the slaughterhouse, but I won't go there. One of my team has never forgiven me for this visit! All I will say, in the run up to Christmas, there are no gobbling noises.

Peace on earth reigns.





OUT & ABOUT CHRISTMAS ADVENTURES

O&A are usually busy crafting in the run up to Christmas. A favourite is the making of our Christmas Wreaths at Waltham Place, whilst wearing Santa Hats and Singing along to Christmas Carols and Songs.

The wreaths are made from natural materials. We do not use moss, which is not considered to be environmentally friendly. Instead we use Cornus, Willow or Old Man's beard, which is easy to bend into a ring. Old Man's beard is found growing wild, so take your secateurs and do a bit of "community service".

To make the framework, bend and tie the Cornus, Willow or Old Man's beard with string. If you use two or three lengths, you can form a strong framework. Then tie your foliage, berries and cones to the framework and add a string loop, so you can hang it. You can choose to either cover all the wreath or leave some of the frame visible. If you use Cornus, it comes in rich shades of red, green and yellow, so is beautiful in its own right.

Making a wreath is really that simple and at the end of the season, it is fully compostable.

With a turkey in the oven and a wreath on our door, Christmas is not cancelled. It will just be different and a tale to share with future generations. Full of optimism, the Out & About Christmas lunch for 2021 is already booked and turkey will be on the menu!

Sandra Williams
Out & About Service Coordinator



- A. According to 1946's Christmas classic *It's Wonderful Life*, what happens every time a bell rings?
- B. Cliff Richard had his 12th number one hit with his sing-along Christmas classic Mistletoe and what?
- C. Which country did eggnog come from?
- D. According to the song, what did my true love give to me on the eighth day of Christmas?
- E. What beverage company has been using Santa Claus in its advertising since 1931?



Music, Fun & Laughter IS the best medicine

Tell us your favourite jokes

Who delivers presents to baby sharks at Christmas?

Santa Jaws

What do you get when you cross Santa with a duck?

A Christmas Quacker

How do snowmen get around?

They ride an icicle

Quiz Answers
A.An Angel gets it's
wings
B. Wine
C. England
D. Eight maids a milking

INFORMATION, SUPPORT & ADVICE

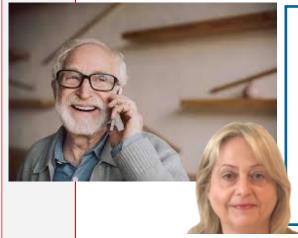


Virtual Christmas Party

Dress Up & wear a Christmas hat
Christmas fun quizzes
Christmas songs
Jokes

(please send us your contributions)
Christmas Reminiscence
Virtual Raffle
£5 voluntary donation

To register your interest, please contact Terrie



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

*** **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 DECEMBER

Tues	1st	13.30	ONLINE	Singing For Pleasure
Fri	4th	11.00	ONLINE	Singing For Pleasure
Mon	7th	13.30	ONLINE	Singing For Pleasure
Tues	8th	13.30	ONLINE	Singing For Pleasure
Wed	16th	15.00	ONLINE	In & At Home Reminiscence
Fri	11th	11.00	ONLINE	Singing For Pleasure
Mon	14th	13.30	ONLINE	Singing For Pleasure
Tues	15th	13.30	ONLINE	Singing For Pleasure
Wed	16th	15.00	ONLINE	In & At Home Reminiscence
Fri	18th	11.00	ONLINE	Singing For Pleasure
Mon	21st	13.30	ONLINE	Singing For Pleasure
Tues	22nd	1.30	ONLINE	Singing For Pleasure
Wed	23rd	15.00	ONLINE	In & At Home Reminiscence



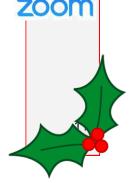
Every Monday we will be emailing our weekly schedule to our online mailing list, the link to join the Zoom hosted sessions will be included in these emails. If you would like to receive this please send in your email address to Holly at

office.admin@alzheimersdementiasupport.co.uk

If you have any questions please contact Terrie on

Terrie.hall@alzheimersdementiasupport.co.uk or 07516 165647





SIGNPOSTING

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



Please remove your face covering solcan understand you better.

Be kind.
Keep your distance
Thank you for
understanding.



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



GOV.UK website www.gov.uk

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

sandra.williams@ alzheimersdementia support.co.uk

OUR SERVICES

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

We would like to introduce you to our new Singing for Pleasure Facilitators



Left to right: Karen McCabe, Liz Knott, Aggie Norris & Sue Beach

Read more about these fantastic ladies in their article in our January newsletter

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.











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. If you are a Member and have received your USERNAME and LOG IN you can access the Members Area and click on the diary to go straight into Zoom.

If you would like to join in please contact Terrie Hall Tel: 07516 165665 or on email:

Terrie.hall@alzheimersdementiasupport.co.uk

Singing is for pleasure so you don't need a good singing voice to come and join in our sessions.

You don't even have to sing if you don't want to! We would just like to invite you to come and join in and experience the joy singing brings to people with Dementia.



Sessions this month:
7th, 14th & 21st December at 1.30pm
Resumes on 4th January 2021

TUESDAYS

Session this month: 8th, 15th & 22nd December at 1.30pm Resumes on 5th January 2021

FRIDAYS

Sessions this month: 4th, 11th & 18th December at 11am Resumes on 8th January 2021





Bags of Help



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.



Methodist Church, High Street, Maidenhead, SL6 1EF Mondays 10.00 am -12.00 noon



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



16

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

Alzheimer Café U.K.

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 in-

terest 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

SEATED EXERCISE - CURENTLY 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



LUNCH CLUBS - NOT BEING HELD UNTIL FURTHER NOTICE

Enjoyable social events in a relaxed environment.

Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN

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

While the men eat and talk their Carers are able to enjoy 'Ladies that Lunch' in a separate part of the Restaurant; relaxing in the knowledge that their 'gentleman' is being looked after. It also gives them the opportunity to connect and share experiences with other Carers Contact Terrie to book all Lunches: 07516 165647
Please note: We do ask for a £12 voluntary contribution per person for all of our Lunch Clubs.
We regret we are unable to take book-



ings until further

notice

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 @alzheimersdeme ntiasupport.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.

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

All Out of Hours Access Team: 01344 786543

Social Care

'ADS' CONTACTS

Terrie Hall Senior Advisor

07516 165647 terrie.hall@alzheimersdementiasupport.co.uk

Santok Modhvadia Multi Lingual Service Delivery Advisor

07543 243613 santok.modhvadia@alzheimersdementiasupport.co.uk

Sandra Williams Out & About Service Co-ordinator

07593 661848 sandra.williams@alzheimersdementiasupport.co.uk

Holly Clarke Marketing & Events Specialist

07513 762900 office.admin@alzheimersdementiasupport.co.uk

Dee Allgood Membership & Funding Specialist

07884 055419 funding@alzheimersdementiasupport.co.uk

Postal Address

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

Shop Address

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

Website: www.adscharity.com

Email: info@alzheimersdementiasupport.co.uk

Facebook www.facebook.com/AlzheimersDementiaSupport

Twitter: @ADSlocalsupport

LinkedIn: www.linkedin.com/company/alzheimers-dementia-support

Dementia Awareness Training: training@alzheimersdementiasupport.co.uk

If you wish to be added to our distribution list or no longer wish to receive our monthly newsletter, please contact one of our Advisors or by letter or email.

Disclaimer: Alzheimers Dementia Support (ADS) are supportive of our partner agencies and will, from time to time, pass on information related to our relevant field. We do not however promote or declare endorsement for any individual or organisation