



# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

DECEMBER 2022



**'ADS' SANTA FUN RUN**  
See the fun everyone had!

p. 4-5

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



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# Note from the CHAIRMAN

Hello Everyone,

I hope that those of you who attended our events during the past month had a wonderful time in good company.

Amongst the many Services on offer during November was our Jazz Concert, which was loads of fun. I trust that you sang along and tapped your feet to the music! Also, I'm sure you will agree that the 'ADS' Annual Santa Fun Run at Eton Dorney was a brilliantly entertaining and fun day. My personal thanks go out to everyone involved in making our event so successful. I am extremely proud of the hard work put in by our wonderful team, their efforts are much appreciated.

In addition to the plethora of very important and useful information included in this newsletter, there are further details of our Services for the month ahead. You won't want to miss any of the activities which the team has planned for you so please do your best to get involved.

I would now like to take the opportunity on behalf of the Board of Trustees, to sincerely wish all of you, your Families and your friends a very Merry Christmas, a Peaceful Happy New Year with high hopes for a bright 2023 in prospect.

Stay safe, take care and look after each other. My best wishes and compliments of the season.

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



## DOWN SYNDROME, LIKE ALZHEIMER'S, IS A DOUBLE-PRION DISORDER, STUDY SHOWS

The brains of people with Down syndrome develop the same neurodegenerative tangles and plaques associated with Alzheimer's disease and frequently demonstrate signs of the neurodegenerative disorder in their forties or fifties.

A new study from researchers at UC San Francisco shows that these tangles and plaques are driven by the same amyloid beta (A $\beta$ ) and tau prions that they showed are behind Alzheimer's disease in 2019. "Here you have two diseases -- Down syndrome and Alzheimer's disease -- that have entirely different causes, and yet we see the same disease biology. It's really surprising," said Stanley Prusiner, MD.

Down syndrome is the most common neurodegenerative disease among younger people in the United States, while Alzheimer's is the most common among adults.

Source and full article: <https://bit.ly/3V9Q1l6>



## CHRIS HEMSWORTH: ALZHEIMER'S RISK PROMPTS ACTOR TO TAKE ACTING BREAK

Actor Chris Hemsworth says he is taking a break from acting after learning he has a heightened risk of developing Alzheimer's disease. He learned that he has two copies of the gene ApoE4, one from his mother and one from his father, making him between eight and 10 times more likely to develop the disease than those without both copies of the gene.



He explained that he had not been diagnosed with Alzheimer's disease, but had been warned of the heightened risk. "It's not a pre-deterministic gene, but it is a strong indication," he said. "Ten years ago, I think it was more thought of as determinant."

Hemsworth also confirmed to the magazine his grandfather has also been diagnosed with Alzheimer's. The 39-year-old will be going home to Byron Bay in Australia to spend time with his partner, actor Elsa Pataky and their 3 children.

Source and full article: <http://bit.ly/3VuHqAm>

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' Santa Fun Run



## 2022 EDITION

On the 27th of November, we welcomed hundreds of Santas at our most important event of the year – the annual 'ADS' Santa Fun Run.



They have been running, walking and pushing their own way around the Eton Dorney Lake to show their support for our lovely Charity.



We were delighted to welcome the Mayor of Royal Borough Windsor and Maidenhead, Councilor Mrs Christine Bateson as well as MP, Theresa May. We would like to sincerely thank them for being there adding further awareness to the importance of supporting People with Dementia, their Carers and Families.

Our amazing patron, Sue Holderness, joined us on the day and before going for her 5k run/walk, she helped us deciding on the winners for the special competitions. Also, during the official ceremony, she handed over the prizes to the fastest runners and lucky raffle winners.

The special competition winners included: Best Dressed Dog, Best Dressed Wheels, Best Dressed Team and Best Dressed Family.



Thank you to everyone who set up a JustGiving 'ADS Santa Fun Run' fundraising page!

If you couldn't be with us on the day but would still like to support our event, please consider making a donation through JustGiving <https://bit.ly/3UQcOcn> or by scanning this QR code.



Santa's Elf came back again this year and was very busy running the S-Elfie station, taking pictures of everybody with our huge inflatable Santa!



The children could visit the 'ADS' Santa (our supporter, Anthony Ash) who welcomed them all in his special grotto and offered them a small surprise gift.

This is Mattias, our youngest supporter & runner! He is 9 weeks old!

*Congratulations to everyone who made it around the course, especially to the fastest three adults and three children.*

We would like to again thank Craufurd Hale Group for being our main sponsor for this event, Berkshire Birds of Prey and Justin's Classic Car Repair & Restoration Maidenhead for helping us with transport and the 155 Maidenhead Squadron ATC Air Cadets for volunteering to keep an eye on the running course, making sure that everyone is alright.



Berkshire Birds of Prey

155 Maidenhead Squadron ATC



Also thank you to all our Volunteers who helped on the day! We really appreciate that you spent your Sunday at Eton Dorney, helping us put together a successful Santa Fun Run!

Finally, a huge thank you to everyone for coming and for all your lovely messages. We are happy to know that you've enjoyed the 2022 edition of our Santa Fun Run and we look forward seeing you next year!



Good luck to Eton College and Berkshire College of Agriculture who are holding Santa Fun Run events for us over the next couple of weeks.





# Out & About

by Sandra Williams  
Out & About Service Coordinator



Savill Gardens

It has been great to welcome so many new faces to Out & About this Autumn! We were lucky to have a beautiful day when we visited Savill Gardens, probably our last outdoors O&A of 2022. Moving indoors, we've enjoyed a variety of activities.

Highlights have been a visit from "Drum with Ray". Ray brought a variety of African Drums along to one of our Maidenhead groups, as well as a few

squeaky pigs and chime bars. Within ten minutes we had grasped several rhythms, becoming expert drummers. He said we were awesome! It was a true workout, drumming on your neighbour's drum, drumming on your head, drumming on your own drum then drumming on your feet! The room was a sea of animated faces.

Our Windsor group made Bug Houses, providing 5 Star Accommodation for creepy crawlies throughout the winter. We each stuffed 7 tins with moss, ferns and twigs, collected on my many dog walks. The tins were then tied together with string. One bug house is now installed with pride, under a bird feeder. I pray the bugs remain inside their home. If they dare pop their head out, they may not see Spring.



African drumming

The Windsor and one of the Maidenhead Services, have visited Jungle Reptiles at Moss End Garden Centre. We peered into the homes of many interesting reptiles – everything from strange looking frogs to snakes, prior to a hands-on session, for those that wished to touch! First, we were introduced to a baby Leopard Tortoise, building confidence. Both sessions concluded with a cuddle with a 7 ft Boa Snake, which felt .... Just like a handbag.



5-star bug houses

We have visited The Museum of English Rural Life Museum, in Reading, where they are celebrating the 200th Anniversary of Huntley & Palmer, who set up business in Reading. Reading became known as "The Biscuit Town".

Here we took part in a reminiscence session. We all recalled our favourite biscuits; Custard Creams, Bourbons and Garibaldi featured.

Several Out & Abouters recalled being given a penny to purchase broken biscuits, rejoicing when a chocolate broken biscuit came their way. We donned white gloves to inspect two museum exhibits. Our challenge was to work out what they were for. Dave was right about the iron tool. It was designed to cut off sugar from a sugar cone. I was right about the model, which was a model of a thresher. The session concluded with a sniff test, including cinnamon, vanilla and coconut. Each container was then placed on a tactile map of the world, in the area that they would have been sourced from. On route to lunch, we passed by the old Huntley & Palmer biscuit factory on The Kings Road which was so appropriate after visiting the museum.





# 'ADS' news & events



Last month, the Woodhouse Jazz Band have kindly offered to organise a charitable Jazz concert in aid of 'ADS'. Our team was there to welcome more than 50 participants and tell them more about our Services.

Everyone had the opportunity to get a special Jazz Music CD in exchange for a small donation and to try their luck with our raffle.



We would like to thank The Woodhouse Jazz Band for organising this event for us and also to The Handmade Cake Company for donating some delicious cakes for the evening.



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, to teach jazz improvisation.

To find out more about the lessons and workshops they are offering, visit [www.musicteachers.co.uk](http://www.musicteachers.co.uk).



## 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.

During this time of the year, we are also happy to receive Christmas decorations or any unwanted gifts that we can sell or use as prizes for next year's events.

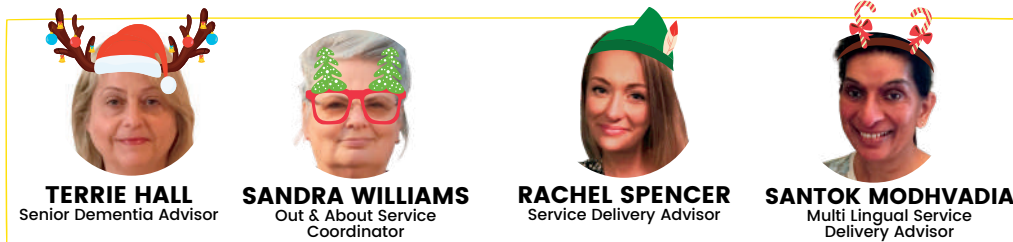


# Information, support & advice

Alzheimers 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!



## A warm welcome to the 'ADS' Team



**FRANK KNOWLES**  
Volunteer Trustee

We would like to welcome Frank and Ashu into the 'ADS' Team. They have recently joined us and we are looking forward to introducing them to our Members through our Services and Events.



**ASHU BHALLA**  
Multi Lingual Service  
Delivery Advisor

## "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!

STOKENCHURCH LODGE

PATRICIA ISLIP

STOKENCHURCH MASONS



for sponsoring us with amazing stickers for our collection tins and special projects!

## Donations in memoriam

MAUREEN HILL  
WENDY OVERALL  
JANET ANDREWS

MATAJIT GURMEET KAUR  
NICHOLAS COLIN PRIESTLEY HART



# Signposting



## AGE CONCERN WINDSOR – SPENCER DENNEY CENTRE

### MEALS ON WHEELS

This service is available to people living within, Windsor, Old Windsor, and Datchet who live in a household with someone who is over 55. It runs Tuesday through Friday and delivers a hot two-course midday meal to people. Meals will be delivered 12:00–12:45.

The cost of a meal is £6.50. For those on income or disability-related Benefits, they can offer a discount to £5 a meal.



Qualifying Benefits: Pension Credit, Income Support, Universal Credit, Personal Independence Payment, Employment and Support Allowance (Income-based), Job Seekers (Income-based), Carers Allowance- for the named people (i.e. the carer and cared for), Attendance Allowance, Disability Living Allowance, Housing Benefit.

In cases where there is great financial hardship free meals can be offered on a case by case basis, please call 01753 860685 9:00–15:00 Tuesday to Friday or email [info@ageconcernwindsor.org.uk](mailto:info@ageconcernwindsor.org.uk).

### SUNDAY LUNCH CLUB

Is held on the second Sunday of the month, at the Spencer Denney Centre, when they serve a three course roast dinner. The Club will be open from 11:30 with lunch at 12:30 and closes at 14:00. Morning refreshments will be served at tables on arrival. Booking is essential by telephone. Cost of a Sunday Lunch is £12 per head.



### 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

## DECEMBER CALENDAR



THU	1st	10:00	MAIDENHEAD	FAB – FUN AT BCA
THU	1st	13:30	ASCOT	SEATED EXERCISES
FRI	2nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	5th	10:00	MAIDENHEAD	CONNECTION CAFÉ, NO SEATED EXERCISES 
MON	5th	10:00	MAIDENHEAD	
MON	5th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	6th	10:30	LANGLEY	SEATED EXERCISES
TUE	6th	13:00	WINDSOR	SINGING FOR PLEASURE 
WED	7th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	7th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	7th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	8th	10:00	MAIDENHEAD	FAB – FUN AT BCA
THU	8th	13:30	ASCOT	SEATED EXERCISES
FRI	9th	10:30	ASCOT	SINGING FOR PLEASURE
MON	12th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	12th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	13th	10:30	LANGLEY	SEATED EXERCISES
TUE	13th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	14th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	14th	12:30	MAIDENHEAD	MEMBERS LUNCH
WED	14th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	14th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	15th	10:00	MAIDENHEAD	FAB – FUN AT BCA
THU	15th	13:30	ASCOT	SEATED EXERCISES



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

## DECEMBER CALENDAR



FRI	16th	10:30	ASCOT	SINGING FOR PLEASURE
MON	19th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	19th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	20th	10:30	LANGLEY	SEATED EXERCISES
TUE	20th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	21st	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	21st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	21st	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	22nd	13:30	ASCOT	SEATED EXERCISES
FRI	23rd	10:30	ASCOT	SINGING FOR PLEASURE

Our Services will resume in the New Year  
on Tuesday 3rd January, 2023.

Wishing all our Members a Merry Christmas & a Happy New Year!

## 'ADS' New Year's Lunch

MONDAY 13TH FEBRUARY, 13:00  
AT MAIDENHEAD GOLF CLUB

Shoppenhangers Rd, Maidenhead, SL6 2PZ



To celebrate the new year, we would like to invite you to a 2-course lunch. We kindly ask for a donation of £25.00pp.

Places are limited, so please contact Terrie or Rachel to book your place as soon as possible.

WENT FOR A CUDDLE  
GOT IN A MUDDLE  
I COULD NOT TELL MY  
FEET FROM MY HEAD  
I WENT FOR A WEE  
I HAD A QUICK PEE  
THEN I CRAWLED INTO BED  
I GOT OUT OF BED  
WENT FOR A BATH  
SAW MYSELF NAKED  
I HAD A GOOD LAUGH  
DRIED MYSELF DOWN  
A TOWEL, ROUND MY HEAD  
PUT ON MY JIM JAMS  
I GOT BACK IN BED

Terry's poem

# 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](mailto: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



There are NO Seated Exercises on 5th of December due to the Birds of Prey Event which takes place from 10:00 to 12:00 at the Methodist Church, High Street, Maidenhead SL6 1EF.

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.



There is a venue change for Singing for Pleasure on Tuesday 6th December. This will take place at Dedworth Green Baptist Church Smiths Lane, Windsor SL4 5PE. There is ample parking at the venue.

# 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.



**!** There will be no Moves & Grooves session this month.

# 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, 14th December**

**Next **Mates with Plates, Ladies that Lunch**:  
Wednesday, 21st December**



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](mailto: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 December

## PUZZLE PAGE



BELLS  
CANDY CANES  
CAROLS  
CHRISTMAS  
DECEMBER  
ELVES  
FAMILY



LIGHTS  
PRESENTS  
REINDEER  
RUDOLF  
SANTA CLAUS  
SILENTNIGHT  
SNOWMAN  
TREE

HO  
HO  
HO



Q: What do you call an old snowman?

A: Water.



Q: What do Santa's little helpers learn at school?

A: The elf-abet.

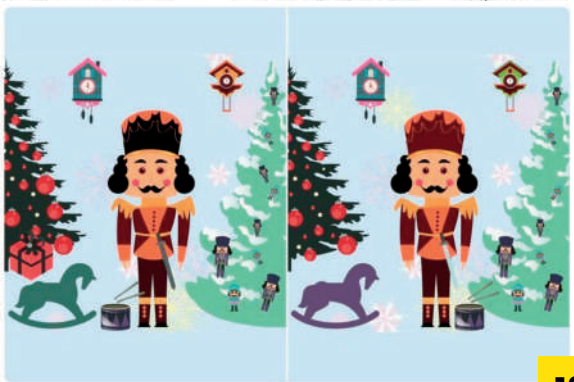


: = 2  
 x = 2  
 - = 1



Can you solve this?

: = 2  
 x = 2  
 - = ?



# Important 'ADS' Contacts

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### **Postal address**

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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.

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

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