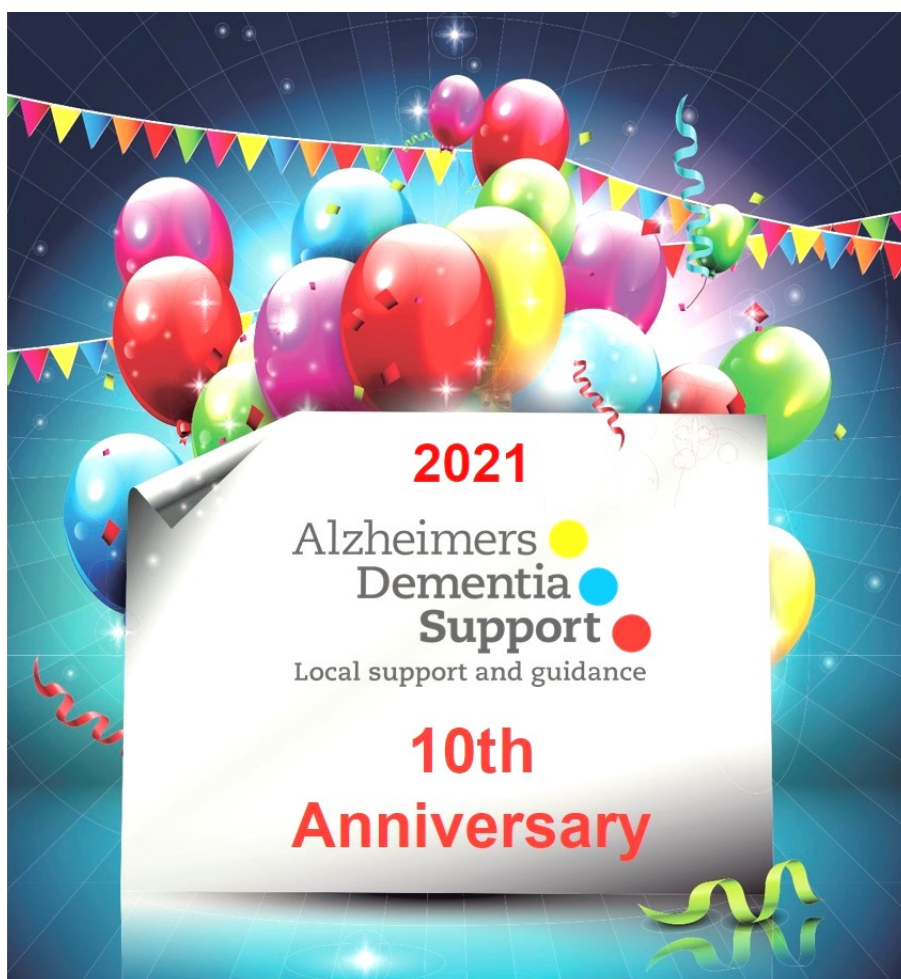


# Newsletter January 2021

## Our Newsletter, Information & Updates

We are delighted to announce



And we're looking forward  
 to celebrating with you!

**JOIN OUR NEWSLETTER MAILING LIST**  
**SIMPLY SEND YOUR NAME, ADDRESS & EMAIL TO**  
**[office.admin@alzheimersdementiasupport.co.uk](mailto:office.admin@alzheimersdementiasupport.co.uk)**

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# NOTE FROM THE CHAIRMAN

Dear All,

I hope you are well and you enjoyed a wonderful time over the Christmas period. The turkey in all its various forms will probably be coming to an end by now and we should be intent on achieving those New Years' resolutions - Good luck!!

As you know, our 'ADS' Virtual Santa Fun Run took place on Sunday 29th November and what a fantastic event it was. I would like to say a really huge thank you to all participants who played their part in ensuring the day was such a roaring success. Special mention goes to Guy Lorenzotti and his fantastic 200 plus team from Eton College whose magnificent efforts were absolutely brilliant - well done to all of you. The emphasis was on FUN and I hope you will agree with me when I say, it well and truly achieved that. My thanks also go out to all of the energetic, 'ADS' Staff and Volunteers who worked their socks off to provide a great quality result.

Now that 2021 is upon us I am very excited to advise that during this year we will be celebrating the 10th birthday of our great charity. I know, it is hard to believe isn't it? Over this time our great 'ADS' Team have continuously worked to reach, support and assist our growing membership making a difference into so many people's lives. We intend to mark this significant birthday with something special and I am sure you will not want to miss the opportunity to join in and share the fun when we do. We will keep you informed as the details of our 'ADS' 10th year Grand Celebration event evolves, so watch this space and prepare to get involved.

Our 'ADS' Team are here for you to provide all the support, guidance, advice and information you need. We have never stood still in our quest to find innovative, safe ways of supporting you by adapting our existing services and creating new ones for your enjoyment. Please help us to fulfil our commitment to you by utilising our services, aimed at helping you to keep in touch, stay involved and feel less isolated. I hope that the year ahead heralds new hope and brings positive times for everyone.

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

Vernon Dando

Derek Hanger

#### DONATIONS

Margaret Walters

Sudesh Shourie

Louis Baylis  
Charitable Trust

Win Treadwell



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

**Sir Bobby Charlton, 83, has Dementia - the fifth member of 1966 World Cup-winning team to have been diagnosed**

To read more visit:  
<https://tinyurl.com/yy9x6awu>

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

To read more visit  
<https://tinyurl.com/y4rt9bkk>

### Barbara Windsor: How she inspired Dementia sufferers



After her diagnosis with Alzheimer's six years ago, actress Dame Barbara Windsor became a campaigner for those living with Dementia. Following the star's death at the age of 83, charities have praised her for

helping bring the disease out into the open. So, how did she help others in the UK?

Helen Marshall, from Halifax, says Dame Barbara's campaigning made it easier to speak to her mum, Audrey, about her dementia, after she was diagnosed in 2015.

Helen, 50, says she "vividly" remembers how they watched Dame Barbara visiting the prime minister at No 10, where she delivered a letter signed by 100,000 people pleading for better care for sufferers.

"She was such an icon, in their generation as well as ours. For somebody so famous to come out and talk about it - it was a shift for my mum," she says, explaining that until that point Audrey, 88, never discussed her diagnosis.

Read more at: <https://tinyurl.com/y393naog>

### Only music reached my wife after Dementia hit, says John Suchet

Ex-ITN presenter tells how Abba transformed Bonnie Suchet as study reveals most Carers are unaware of the benefits of music.



When John Suchet discovered the effect that music had on his wife Bonnie's Dementia, it was transformational. "She would close her eyes and love it, beat in time to the music with her hands, tap her feet," he said.

The former ITN newscaster's wife had lost her ability to speak. She had been locked inside her head, sitting blankly, apparently unable to make sense of the outside world. "Music just seems to get through to them," Suchet told the *Observer*. "I just want carers to be aware that music is a very, very powerful tool."

Read more at: <https://tinyurl.com/yyrejbh>



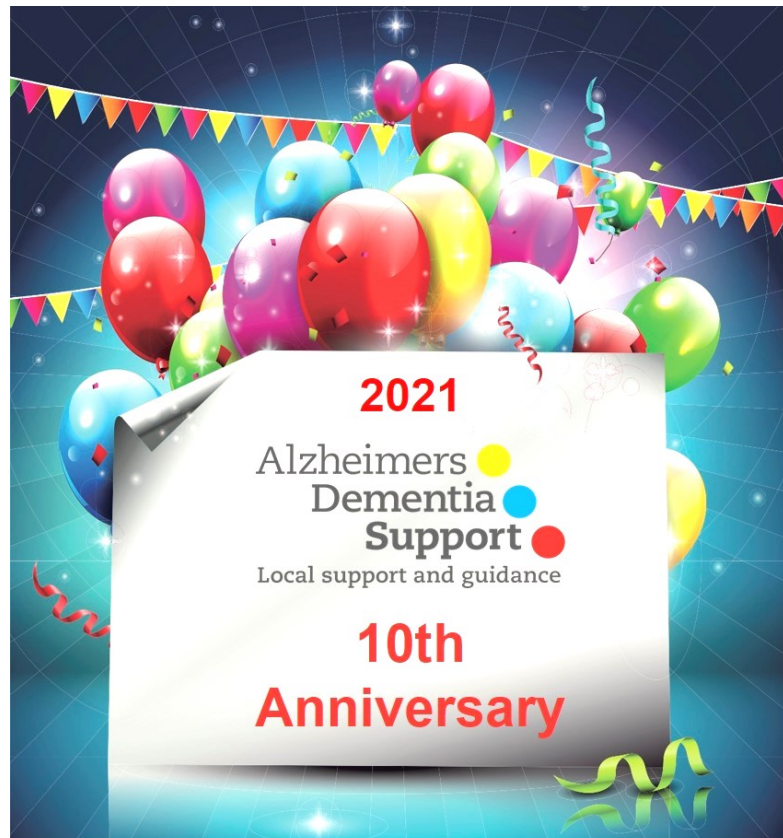
## OUR 10 YEAR ANNIVERSARY

Our Founding Trustees and Team created 'ADS' during 2011, with the Charity Commission registering the Charity in the September.

This makes 2021 our 10th Anniversary! We're planning our year ahead; how would you like to see us celebrate this special milestone?

Please send your ideas to

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



Thank You



**We would like to say a big Thank you to Jacqui Green!**

**Jacqui was extremely busy making masks and raised £1000. 'ADS' are delighted and very grateful that she has decided to donate the results of her amazing efforts to 'ADS'.**

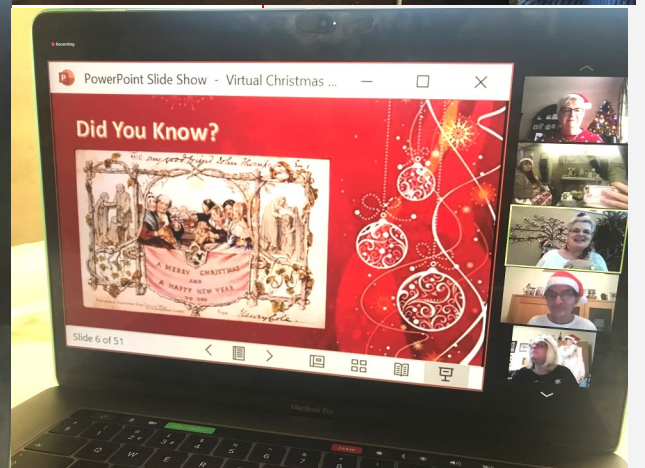


# SPECIAL EVENTS

## ONLINE CHRISTMAS PARTY

We celebrated Christmas on December 16th online with our members, did you join us?

*Look out for yourself in these fantastic photographs from the event.*





## SIGNPOSTING



### Meals on Wheels

Age Concern Windsor's Meals on Wheels service is expanding to cover Old Windsor and Datchet. The Full price of the hot two course meal is £6.50 per meal and there is a discount price of £4.00 for those in receipt of income or disability benefits.

In cases where there is great financial hardship free meals can be offered on a case by case basis, please contact them directly to discuss. Meals can be delivered Tuesday to Friday between 12:00 and 13:00. They can cater to most dietary requirements including omitting specific vegetables because of interactions with medications and reduced sugar for diabetics.

Sadly they cannot provide Halal meat or vegan meals but there are vegetarian options. To discuss options please call 01753 860685 9:00-15:00 Tuesday to Friday or email them at [info@ageconcernwindsor.org.uk](mailto:info@ageconcernwindsor.org.uk)

Age Concern would also like to encourage anyone from Ascot and Eton to get in touch if they are interested in receiving meals as they are looking to expand deliveries to these areas in the near future and will prioritise opening an area if there are enough people interested in the service.



### Power Of Attorney Advice

'ADS' strongly recommend having Powers of Attorney (for health, wealth or both) in place and Terrie is always available to explain not just why these are so important, but also how you can go about arranging them.

However, for those who have already put this in place, as described on the Martin Lewis TV show, there is a Government refund available from the cost that was paid when you activated the Power of Attorney.

The link below describes the process, which is very simple to follow and it's well worth a small amount of effort to get some money back. Not often that happens!

<https://www.moneysavingexpert.com/news/2020/12/power-of-attorney-refunds-deadline-1-3-million-unclaimed/>

## VIRTUAL SANTA FUN RUN 2020

We are delighted to announce that our first ever Virtual Santa Fun Run was a huge success in 2020.

The event not only included our LIVE Christmas show but also over 700 took part! Fundraisers are still sending in money, so we will announce the final amount raised in January.

We would like to say  
**THANK YOU**  
to all who were involved.

### Did you miss the show?

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

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

**YOUTUBE** <https://tinyurl.com/y4bewnnd>





## OUT & ABOUT ADVENTURES

**It is growing cold. Winter is putting footsteps in the meadow.**



As we readily say goodbye to 2020, a year which has left an unwelcome and indelible mark upon our lives, we welcome January 2021 in the fervent hope of new beginnings.

**What always gives hope, is the sight of the first snow drop.**

As they push through the cold winter soil, they bring bursts of bright white colour to the dreary landscape, heralding a new dawn.

Snowdrops are symbols of consolation and hope, purity and cleansing – everything we need in this pandemic. Each flower has a somewhat comical appearance alone, but together they make a spectacular sight.

*There is a legend, that when you listen closely to snowdrops, you can hear their bells ringing, trying to wake up nature from its winter sleep.*

Last year, one of our Out & About groups were lucky enough to take a stroll to see a beautiful carpet of snowdrops. We donned our wellingtons and wrapped up warm, for our winter tramp. Another group were secretly relieved when the weather dictated that the snowdrops come to them!



The Windsor group is a more delicate group who do not do cold!

You'd be forgiven for thinking that the common snowdrop, or as the best known species of the genus is officially called, *galanthus nivalis* is a native of the English countryside. It is not, it is native to Mainland Europe and Asia Minor. *Galanthus* is derived from two Greek words meaning 'milk' and 'flower' referring to the white petals and *Nivalis* from the Latin word for 'snow'. Galathamine is a substance isolated from snowdrops and is used in treatment of Alzheimers, under the brand name Reminyl, improving the working of certain receptors in the brain.



## OUT & ABOUT ADVENTURES



Inspired by the glorious sight of the snowdrops, we made snowdrop tealights on our return. This activity was something that everyone could do, whether sight impaired or being challenged by more advanced dementia. Indeed, I was amazed as I watched so many engrossed in creativity. Why not have a go at home?

All you need is a jam jar, selection of appropriately coloured tissue paper, PVA glue and a brush.

Torn coloured tissue paper looks better than paper cut with scissors, as it blends into other pieces stuck onto the jar, creating a myriad of colours. Simply tear the tissue paper up and glue it to the outside of the jar. If it doesn't look remotely like a snow drop, who cares.

When first working with those challenged with Dementia, I went through an enormous learning curve and learnt;

***A perfect end product is not the goal.  
Meaningful occupation is the goal.  
Another person's interpretation can be beautiful.***

We ate our hearty lunch with our candles flickering away. I think you will agree they look fabulous. Each person took their tea light home, along with a battery operated candle to ensure safety!

**Sandra Williams**

- What name do the Scottish people use for the last day of the year and its celebration?**
- On New Year's Day 1993, which former country effectively split into two?**
- In which European country is it a tradition to jump from a chair right before midnight and also smash plates against friend's doors?**
- What does "auld lang syne" mean?**
- During the Chinese New Year, what activity should you avoid to ward off bad luck?**



**Music, Fun  
& Laughter  
IS  
the best  
medicine**

*Tell us your  
favourite jokes*

**What's a cow's  
favourite holiday?**

*Moo Year's Eve*

**Why do you need  
a jeweller on  
New Year's Eve?**

*To ring in the  
new year*

**What happened  
to the man who  
shoplifted a  
calendar on  
New Year's Eve?**

*He got 12 months*

**Why should you  
put your new  
calendar in the  
freezer?**

*To start off the  
new year in a  
cool way*



**Quiz Answers**  
A. Hogmanay  
B. Czechoslovakia  
C. Denmark  
D. Times gone by  
E. Using scissors

## INFORMATION, SUPPORT & ADVICE

**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.



### Mask Exemption Cards

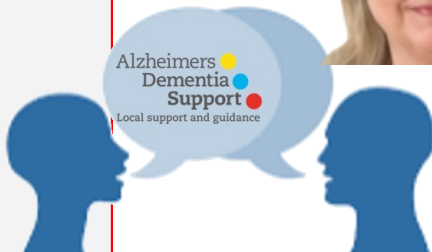
Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering.

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>

**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)



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)

### Hayling Island Weekend Break

**NEW DATES:** APRIL 23rd to 26th 2021

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 JANUARY

Mon	4th	13.30	ONLINE	Singing For Pleasure
Tues	5th	13.30	ONLINE	Singing For Pleasure
Wed	6th	15.00	ONLINE	In & At Home Reminiscence
Fri	8th	11.00	ONLINE	Singing For Pleasure
Mon	11th	13.30	ONLINE	Singing For Pleasure
Tues	12th	13.30	ONLINE	Singing For Pleasure
Wed	13th	15.00	ONLINE	In & At Home Reminiscence
Fri	15th	11.00	ONLINE	Singing For Pleasure
Mon	18th	13.30	ONLINE	Singing For Pleasure
Tues	19th	13.30	ONLINE	Singing For Pleasure
Wed	20th	15.00	ONLINE	In & At Home Reminiscence
Fri	22nd	11.00	ONLINE	Singing For Pleasure
Mon	25th	13.30	ONLINE	Singing For Pleasure
Tues	26th	1.30	ONLINE	Singing For Pleasure
Wed	27th	15.00	ONLINE	In & At Home Reminiscence
Fri	29th	11.00	ONLINE	Singing For Pleasure



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 [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**





**GOV.UK website**

**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.



## **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 about 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

### **Did you miss the LIVE show in December?**

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

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

**YOUTUBE** <https://tinyurl.com/y4bewnnd>

### **FACEBOOK**

[www.facebook.com/alzheimersdementiasupport](http://www.facebook.com/alzheimersdementiasupport)

**PLUS!** WATCH OUR SERVICES VIDEO NOW ON OUR YOU TUBE CHANNEL



## SINGING FOR PLEASURE FACILITATORS



*Left to right: Karen McCabe, Sue Beach, June Thomas, Liz Knott and Aggie Norris.*

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

### **Karen McCabe**

Karen is a Music teacher from Windsor offering tuition in piano, singing and songwriting. She is also a keen singer-pianist and songwriter.

Karen has been running interactive singing sessions in care homes and therapy centres where participating in group singing has proven to be very healing. In her spare time she is training to be a counsellor and one day hopes to integrate music teaching with therapy.

### **Sue Beach**

Having learned to play the piano and various other instruments Sue went to music college in London.

Sue then worked in secondary schools, teaching music to 11-18 year olds until 4 years ago. Sue is enjoying early retirement very much, walking her dog and playing the piano more.

### **June Thomas**

June is a retired music teacher who lives in the North East of England. When not walking on the beautiful beaches near her home she enjoys playing on her keyboard and singing

June is delighted to be able to share some of her favourite music with 'ADS'.

### **Liz Knott & Aggie Norris**

Our thanks to our Volunteer Facilitators Liz and Aggie for their long standing support which has continued online this year.

***We look forward to some amazing singing with you all in 2021!***

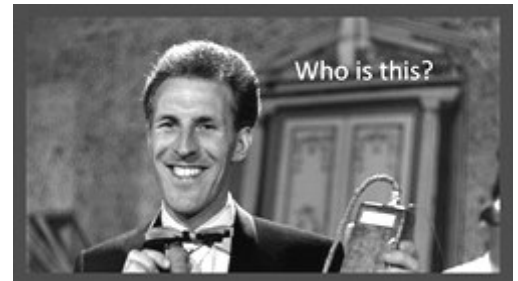
## ONLINE SERVICES

### 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 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. **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.

#### MONDAYS

Sessions this month:  
4th, 11th, 18th & 25th January at 1.30pm

#### TUESDAYS

Session this month:  
5th, 12th, 19th & 26th January at 1.30pm

#### FRIDAYS

Sessions this month:  
8th, 15th, 22nd & 29th January 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

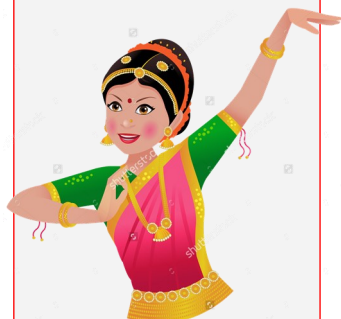
**Venue:** King Edwards Hall, King Edwards Road, Ascot, SL5 8PD





## 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

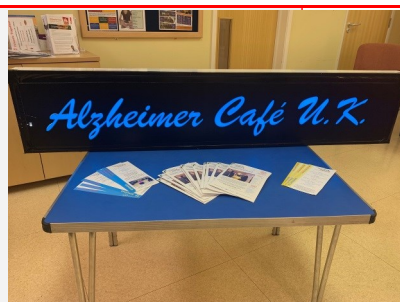


A monthly activity with music which 'ADS' provides to support local Asian people with Dementia and their Carers. This is a free 'drop in service' which we look forward to welcoming you.

**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 voluntary contribution per person for all of our Lunch Clubs.***

**We regret we are unable to take bookings until further notice**



## INFORMATION, ADVICE & SUPPORT

### MOVES & 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.

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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

07516 165647

### Senior Advisor

terrie.hall@alzheimersdementiasupport.co.uk

### Santok Modhvadia Multi Lingual Service Delivery Advisor

07543 243613

santok.modhvadia@alzheimersdementiasupport.co.uk

### Sandra Williams

07593 661848

### Out & About Service Co-ordinator

sandra.williams@alzheimersdementiasupport.co.uk

### Dee Allgood

07884 055419

### Membership & Funding Specialist

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](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

### 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