

# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

JANUARY 2024



# Happy New Year

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### 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.

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



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

# Note from the CHAIRMAN

Hello everyone,

A very Happy New Year to you all. During the coming months we hope you will continue enjoying our many Services, most of which are already extremely well patronised – so keep it up. If you need to shed some pounds from all those Turkey lunches, remember our 'Moves and Grooves' sessions are an ideal, fun way to maintain mobility and reduce those unwanted inches. Our Dementia Information Hub is also being very well received by many of you and the comments coming back are extremely positive, we would love more of you to attend and take advantage of these really interesting sessions – spread the word.

Please remember that we are always looking for new Volunteers to join us at 'ADS' by devoting a little of their time to support our great Charity. For example, we would welcome anyone interested in assisting us with one of our many valued Services including our much loved 'Out and About' respite day sessions. There are several opportunities to become a Befriender which is another very necessary and extremely rewarding activity. So if you would like to help or know anyone who might be interested, please contact a member of our Team and they will be happy to provide the necessary information on how you can make a really big difference.

We would be really grateful if you and all your contacts could help us to continue delivering our Services by donating to 'ADS' by standing order on a monthly basis. As you can imagine, it is becoming more and more difficult to obtain funds these days and so we would really appreciate it if you could help us to help you – Thank you.

I would like to take this opportunity to wish you all a very Happy and Peaceful New Year and hope that 2024 proves to be a good year, stay safe and look after each other.



**David D. Jannetta**

Voluntary Chairman, Founder, MD & Trustee

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.



Please note that under our GDPR Privacy Notice 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.

If you would like a copy of 'ADS' Privacy Policy please visit <https://www.adscharity.com/privacy-policy>.

Disclaimer: 'ADS' does not promote or declare endorsement for any individual or organisation.

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# Headlines



## OUR GIVE THE GIFT OF SUPPORT CHRISTMAS APPEAL



In December we launched our first Christmas Appeal to give the gift of support to those families living with Dementia in your local area. The appeal was received well and we are grateful for the kind generosity of all those who gave a gift.

Should you wish to read the appeal and give a gift please visit: <https://bit.ly/3T76vDr> or you can send a cheque referencing the Christmas Appeal to: Alzheimers Dementia Support 'ADS', 38 Queen Street, Maidenhead, Berkshire, SL6 1HZ.

Alternatively, you can make a donation by bank transfer with the reference 'Christmas Appeal 23' or 'xmas Appeal 23' to: Alzheimers Dementia Support, A/C# 49303589, Sort Code: 60-13-35, Natwest Bank.

## SLOUGH URGENT CARE CENTRE

Residents of Slough with minor illnesses needing same day care such as chest infections, skin infections, or urinary tract infections can now be seen locally at the new Urgent Care Centre from November 2023.

Frimley Health and Care launched a pilot service located in Priors Close, Slough, to increase access to same day urgent care. There are more same day appointments available than ever before in Slough. Some are at your GP practice, others will be available at the new urgent care centre. Patients, including children, who are registered with a practice in Slough will be able to access and book ahead through their GP practice. You can also call 111 or walk in and be given a booked appointment. For more details, please check <https://bit.ly/3GAZp2w>.



### ALZHEIMER'S BLOOD TESTS COULD BE OFFERED ON NHS

A £5 million project has been launched to bring simple tests to the health service, with the hope of speeding up diagnosis and reaching more people.

Source & full article: <https://bit.ly/482JC8q>

### LIGHT THERAPY MAY IMPROVE SYMPTOMS OF ALZHEIMER'S DISEASE

Light therapy leads to significant improvements in sleep and psycho-behavioral symptoms for patients with Alzheimer's.

Source & full article: <https://bit.ly/3RzMG6z>



# Services highlights

## MOVES & GROOVES

Engaging in rhythmic activities such as our Moves & Grooves Service, offers numerous benefits for both the Person with Dementia and their Carer. Physical activity has been shown to enhance overall well-being, improve mood and contribute to better sleep patterns.



For People with Dementia, these movements provide a means of self-expression and can stimulate memories through familiar motions. For Carers, participating in Moves & Grooves alongside their loved ones promotes a deeper bond and shared enjoyment. It serves as an outlet for stress relief, offering a positive and uplifting experience amid the challenges of caregiving.

These sessions not only contribute to the physical health of both individuals but also create an environment where the focus shifts from the difficulties of Dementia to the joyous moments created through movement and music.

For more information, please check page 16.

## DEMENTIA INFORMATION HUB – MONDAY 15TH JANUARY 2024

Our next get-together is on Monday 15th of January where we'll welcome Mark Feetham, the Managing Director of Less Annoying IT – a local business that wants to make computers and tech frustration free! He's been in the industry for 30+ years, 18 of which were spent at Microsoft working with computer manufacturers, legal and the entertainment industries and finally global support.



He's amassed plenty of information in that time about all things Cyber and he wants to empower others to understand how they can better defend themselves from the nasty nether regions of the internet. In his talk he'll share with you the who, how, why and what of cyber attacks, with examples to help you spot things like scammers, as well as what you can do to protect yourselves and those you care about.

More information about the Hub can be found on page 13.

# Special 'ADS' news



## THE 'ADS' NEW YEAR LUNCH 2024



As previously announced, our Members are invited to the 'ADS' New Year Lunch 2024 which will take place on Monday, 29th of January at Maidenhead Golf Club! We would be delighted to welcome you to this special event and celebrate together the New Year!

We kindly ask for a donation of £26 per person which includes a 2-course lunch with tea and coffee.

There is a waiting list for the lunch if you are interested please contact Rachel on 07706 324372 or Terrie on 07516 165647.

## WEEKEND AWAY WITH THE 'ADS' MEMBERS 2024

This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.



Our next trip to Hayling Island will be 31st May to 3rd June, 2024. To register your interest please contact Terrie on 07516 165647.

## AFTERNOON TEA AT CLARA COURT CARE HOME

Clara Court Care Home have very kindly arranged an afternoon tea for our Carers and Cared For. This will take place on Friday 16th February from 2pm to 4pm at Clara Court, 21 Courthouse Road, Maidenhead, Berks SL6 6JE. Please contact Terrie on 07516 165647 to book your places. Numbers are limited.

## VOLUNTEER WITH 'ADS'

### SERVICE ASSISTANT

Our Service Advisors are usually busy greeting attendees and giving advice. They rely on our Volunteers to help set up, serve refreshments and help with tidying up after the Service.

### OUT & ABOUT VOLUNTEER

If you like local travelling, discovering new places and experiences while helping our Team, you should become an O&A Volunteer. We need your help one day per week.

### BEFRIENDER

Our Befrienders offer social contact to our wonderful Members by providing companionship in their homes or taking part in appropriate social and recreational activities.



# Out & About

by Sandra Williams  
Out & About Service Coordinator



We wrapped up 2023 in good festive spirit. One group visited Waltham Place where we made the most delicious Apple and Cranberry Chutney. Our enthusiastic Out & Abouters busily peeled and chopped copious amounts of apples, red onion and ginger, thankfully avoiding adding human flesh to our ingredients. Everyone gathered around an enormous pot at the hob. The kitchen was filled with aromatic scent as we added cinnamon sticks, star anise and All Spice. After lunch we spooned our chutney into jars and decorated them, each person taking a jar home.

Another group tried their hand at making felt, designing and creating a Christmas wall hanging. It was fascinating to see the different takes on the theme. One Out & Abouters Christmas decoration didn't include a Christmas tree. Instead, it included a palm tree reflecting the warmer climates of Tenerife where he looked forward to spending Christmas. Our aeronautic expert naturally included an aeroplane in his design.

Our year concluded with our traditional Christmas Celebration meeting at Braywick Nature Reserve. I hasten to add we were indoors! We joined together for refreshments before making Christmas cards to give to loved ones. A big thank you to Ann Lomas, one of the O&A volunteers who came up with the designs and prepared the material. It was endearing to watch everyone choose what to write in their cards.



Dennis Bonnie, another O&A volunteer kindly stepped up to the mark dressing up as Fr Christmas, complaining that his suit was too big. He entered just as we sang "Santa Claus is coming to Town". In 2024 we will feed him more cake! There was much hilarity.

After an enthusiastic Carol Singalong, we piled onboard the minibus, all wearing our Santa Hats, ready to be taken by Andy, to Maidenhead Golf Club for our festive lunch. Each Out & Abouters went home with a personalised montage of photos provoking memories of their days out in 2023. It is always a joy to see their faces when they receive this. Out & Abouters gave each volunteer a jar of our homemade chutney then there were three cheers, thanking our dedicated team who make the delivery of this service possible.

Out & About looks forward to welcoming in 2024, a year which promises to deliver much more fun and laughter and of course respite for Carers who so deserve a few hours of time to themselves.

# Fundraising for 'ADS'

## NEW YEAR, NEW FUNDRAISING PLANS

Whether you're planning a marathon, cycling challenge, or any sporting event, your dedication can go beyond personal achievement to make a meaningful impact on the lives of those affected by Dementia.



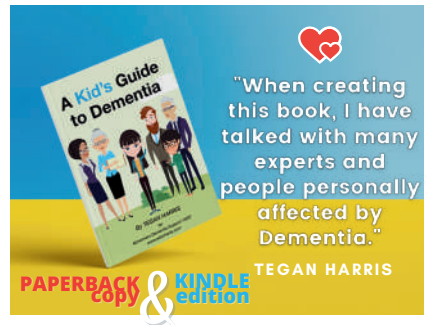
By choosing to fundraise for us, you contribute to vital Support Services, awareness programs and community initiatives that help People with Dementia, their Families and Carers. Include fundraising into your sporting goals for the new year and become a champion not only for your personal achievements but also for a cause that helps our local community.

Get in touch with the fundraising team today and see how we can support your new year's fundraising plans by emailing [fundraising@adscharity.com](mailto:fundraising@adscharity.com).

## 'A KID'S GUIDE TO DEMENTIA' – AN 'ADS' BOOK

'A Kid's Guide to Dementia' is part of the Youth Initiative 'ADS' is developing to educate Young People about Dementia. This exciting project is aimed at identifying and extending our current support network to an ever-growing number of Young Carers in our community.

To find out more about it, please visit our website at <https://bit.ly/3F9GiLS>.



## SUPPORT 'ADS' THROUGH YOUR ONLINE SHOPPING ON EBAY

To make a donation to our Charity when you purchase an item on ebay please follow these steps:



1. Go into your eBay account and click on [your name next to the 'Hello'](#);
2. Go to [Account Settings](#) and click on [Donation Account](#);
3. On the left-hand side, click on [Favourites](#) and then search for [Alzheimers Dementia Support](#);
4. Clicking on our name will take you to a page where you will see ['add to My favourites'](#) in blue. Clicking will turn the heart red and 'ADS' will be added to your favourites list.

When you checkout, you will be given the option to make a donation.

# Special Thanks to...



In the week after our annual 'ADS' Santa Fun Run at Eton Dorney Lake, Berkshire College of Agriculture commenced their own Santa Fun Run in support to our Charity.

As a regular partner and supporter of our Charity, BCA has again organised their own special fundraising events.



Their week was filled with delightful smaller events exclusively dedicated to 'ADS,' featuring students and staff strolling and running within the beautiful BCA grounds.



We would like to thank our lovely Volunteer, Angela Murphy, who volunteered to knit 30 premature baby hats during November - one for each day. She was sponsored by a small group of ladies - The Union of Catholic Mothers & Family.

The hats were sent to Berkshire and Buckinghamshire Centre for distribution to maternity units in the areas. The sponsorship money was donated to our Charity. Angela has been supporting 'ADS' for the past 12 years.



## "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 in the local community!

PATRICIA ISLIP  
ANGELA MURPHY  
ABSOLUTE MOBILITY  
VICTORIA MADDEN  
SUE SOMERVILLE

JACKIE MALDEN  
CLAIRE ARGYLE  
DENNIS BONNIE  
JEAN WALLIS  
MICHAEL BAILEY

FAYE HEXT  
SHARON CHATYOKA  
SARAH COOK  
SHARON QUELCH  
DATCHET ROWERS

### Donations in memoriam

BRIAN SETCHELL  
DAVE WALLIS  
KEITH ARCHER

NEIL PERROTTET  
STANLEY BROWN  
JEAN FREEMAN

MAUREEN REDMOND  
MARION BIGGLE  
JOCELYN SILK



# Here to help



We understand the immense responsibility and challenges that come with being a Carer and we want you to know that you're not alone. Our Charity is here to offer guidance and support in various day-to-day activities that can make a significant difference in the life of People living with Dementia.

Please feel free to ask our Advisors for more information about the topics below, but also about other struggles you encounter while being a Carer.



## BLUE BADGES

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, or on behalf of somebody else. If you are a Blue Badge Holder you do not pay for parking at Wexham Park Hospital.

## COUNCIL TAX REDUCTION/EXEMPTIONS

If you or the person you are caring for are in receipt of Attendance Allowance you may be entitled to a 25% reduction in your Council Tax. People with Dementia who live independently and are in receipt of Attendance Allowance may be exempt from Council Tax.

For further information or help completing any of these forms please contact our Advisors.

## 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)

Slough Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

# Our Getting Together Services

## JANUARY CALENDAR



TUE	2nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	3rd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	3rd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	4th	13:30	ASCOT	SEATED EXERCISES
FRI	5th	10:30	ASCOT	SINGING FOR PLEASURE
MON	8th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	8th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	9th	10:30	LANGLEY	SEATED EXERCISES
TUE	9th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	10th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	10th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	10th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	10th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	11th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	11th	13:30	ASCOT	SEATED EXERCISES
FRI	12th	10:30	ASCOT	SINGING FOR PLEASURE
MON	15th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	15th	13:30	ZOOM	SINGING FOR PLEASURE
MON	15th	19:00	WINDSOR	DEMENTIA INFORMATION HUB
TUE	16th	10:30	LANGLEY	SEATED EXERCISES
TUE	16th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	17th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	17th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	17th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	17th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	18th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	18th	13:30	ASCOT	SEATED EXERCISES
FRI	19th	10:30	ASCOT	SINGING FOR PLEASURE

# Our Getting Together Services

## JANUARY CALENDAR



MON	22nd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	22nd	13:30	ZOOM	SINGING FOR PLEASURE
TUE	23rd	10:30	LANGLEY	SEATED EXERCISES
TUE	23rd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	24th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	24th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	24th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	25th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	25th	13:30	ASCOT	SEATED EXERCISES
FRI	26th	10:30	ASCOT	SINGING FOR PLEASURE
MON	29th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	29th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	30th	10:30	LANGLEY	SEATED EXERCISES
TUE	30th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	31st	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	31st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	31st	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY

This calendar lists our regular Services and special events and the details of where and when they take place can be found on the following pages. This is just a part of how our team of Advisors can offer advice and support to those living with Dementia, their Carers, families and friends.

Please contact us should you need:

- A home visit
- Advice by Zoom, Teams, FaceTime, telephone, text or email
- Help to find support from other organisations
- Assistance with completing forms, for example: Attendance Allowance, Personal Independent Payments, Carers Allowance, Blue Badge Application, Council Tax Discount/Exemption
- Just someone to listen.



**Our Contact details are on the back of the newsletter.**

# 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.



### SEATED EXERCISES

By engaging in gentle movements, you can improve your strength, flexibility and balance, enhancing your physical health and independence.

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

### DEMENTIA INFORMATION HUB

Join us for our monthly Dementia Information Hub, where we bring in a special guest speaker to enlighten and captivate not just those directly affected by dementia, but also anyone with an interest in the subject.

We start the evening, by inviting you to socialise while we serve refreshments. If the weather is a bit chilly - there will be a hot drink waiting for you!

Before and after the presentation, there will be an opportunity to meet and talk on an informal basis to our Guest Speaker, to Health Professionals and to the Team from 'ADS'.

#### WINDSOR

3rd Monday of the month

19:00 - 21:00

Dedworth Green Baptist Church, Smiths Lane  
Windsor SL4 5PE



**!** *Next session is on Monday, 15th January.*

Pre-booking is not necessary, so please just join us when you can. If you would like to find out more information or perhaps to be a speaker at one of our Dementia Information Hub sessions, please contact Terrie on 07516 165647 or via e-mail at [terrie.hall@adscharity.com](mailto:terrie.hall@adscharity.com).



### SINGING FOR PLEASURE ONLINE

Embrace the power of music, connect with the other 'ADS' Members and share the beauty of singing. We look forward to virtually meeting with you at our Singing for Pleasure Service on ZOOM.

For People living with Dementia and their Carers, Singing for Pleasure holds immense therapeutic potential. Music has a remarkable way of unlocking memories and fostering emotional wellbeing. It's a chance to engage in a meaningful activity that nurtures the soul and stimulates cognitive function.

This Service takes place every Monday on the online platform called ZOOM. The weekly schedule of our Services is sent to our Members every Monday morning and the link for joining Singing for Pleasure ONLINE is included.



**ONLINE on ZOOM**

**Mondays 13:30 - 14:30**

The link is sent every Monday morning via email.



# 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 on 07516 165647.



# 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, 10th January

**Next Mates with Plates, Ladies that Lunch:**  
Wednesday, 17th January



All our lunches must be booked in advance by calling Terrie on 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



**!** *Next session is on Thursday, 25th January.*

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.



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.



# 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 Shahida on 07543 243613.

# Getting Together

## DETAILED INFORMATION

This Service will re-open on 10th-11th of January.

### 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 and 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

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 Rachel Spencer on 07706 324372 or via e-mail at [rachel.spencer@adscharity.com](mailto:rachel.spencer@adscharity.com).



# 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. There are two Services meeting on alternate Tuesdays in Maidenhead. 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 £60 per day towards the costs of delivering this respite service. The Charity continues to subsidise the delivery of the Service.

There is a waiting list for this popular Service, so please put your name down  
AS SOON AS POSSIBLE!

# Important 'ADS' Contacts



**Terrie Hall**

Senior Dementia Advisor

07516 165647

[terrie.hall@adscharity.com](mailto:terrie.hall@adscharity.com)



**Rachel Spencer**

Service Advisor

07706 324372

[rachel.spencer@adscharity.com](mailto:rachel.spencer@adscharity.com)



**Shahida Khan**

Multi-Lingual Service Advisor

07543 243613

[shahida.khan@adscharity.com](mailto:shahida.khan@adscharity.com)



**Sandra Williams**

Out & About Service Leader

07593 661848

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**Dee Allgood**

Membership & Funding Specialist

07887 993313

[fundraising@adscharity.com](mailto:fundraising@adscharity.com)



**Andreea Moisă**

Marketing & Events Specialist

07513 762900

[marketing@adscharity.com](mailto:marketing@adscharity.com)



## Postal address

Alzheimers Dementia Support, 38 Queen Street, Maidenhead, Berkshire SL6 1HZ



## Shop address

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

## MAKE 'ADS' YOUR CHARITY OF THE YEAR

Does your organisation nominate a Charity of the Year? If so, we'd be delighted to work with you to raise both funds and awareness.

Nominating us as your Charity of the Year is a unique opportunity to get together your employees by supporting an inspiring cause and demonstrating your company's commitment to making a difference in the local community.

We can provide information and some display items for your reception area, liaise with you about events and celebrate your success on our Website, Social Media and Newsletter. You may also like to benefit from some Dementia Awareness training for your employees.

For more details, please contact Andreea at [marketing@adscharity.com](mailto:marketing@adscharity.com).