



# Newsletter

## FEBRUARY 2021

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



10<sup>th</sup>  
2011-2021  
Alzheimers  
Dementia  
Support

**ANNIVERSARY**

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



Alzheimers ●  
Dementia ●  
Support ●  
Local support and guidance

*Join*  
OUR NEWSLETTER MAILING LIST



REGISTER HERE TO RECEIVE OUR MONTHLY NEWSLETTER BY E-MAIL:

[WWW.ADSCHARITY.COM/REGISTRATION/](http://WWW.ADSCHARITY.COM/REGISTRATION/)

# Note from the CHAIRMAN

Dear all,

Well here we are back in lockdown again but hopefully not for too much longer. The good news is that it should ensure our safety until we have all had our Vaccinations which will ensure the necessary immunity, then we can look forward to a welcome return to normality.

As you are aware, in June we will celebrate the 10th birthday of our great 'ADS' Charity. We are very excited about this and we are arranging something special to mark this significant birthday. I am sure you will not want to miss the opportunity to join in and share the fun of this milestone. We will keep you informed as the details evolve, so watch this space and prepare to get involved.

For all of you romantics out there, details of how you can show your Love and enjoy Valentines Day with your loved ones are contained in this month's newsletter too.

Our great 'ADS' Team continuously work to reach, Support, Guide, Inform, Comfort and Assist our members to help make a difference into your lives. We have never stood still in our quest to find innovative, safe ways of adapting existing services and creating new ones for your enjoyment. Please utilise as many as possible, all are aimed at helping you keep in touch, stay involved and feel less isolated.

Have a safe month, take care and look after each other.

Best wishes,



**David D. Jannetta**

Voluntary Chairman, Founder, MD & Trustee

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

Inside  
THIS ISSUE

02

NOTE FROM THE CHAIRMAN

03

IN THE NEWS

04

OUR 10TH ANNIVERSARY

05

SIGNPOSTING

06

SPECIAL THANKS

07 – 08

OUT & ABOUT

09

INFORMATION, SUPPORT & ADVICE

10

FUN PAGE

11

ONLINE SERVICES FEBRUARY  
CALENDAR

12 – 13

OUR ONLINE SERVICES

14 – 18

OUR IN-PERSON SERVICES

19

IMPORTANT CONTACTS

Special THANK  
YOU  
for your donations

Anna Roads  
Claire Willshire  
Kevin Downie  
Olive Long  
Tina Atkinson



## EXPERIMENTAL DRUG FOR ALZHEIMER'S DISEASE SHOWS PROMISE

Eli Lilly and Company recently released their results regarding a complex research they have been doing for the past 2 years. They created an experimental drug and tested it on 272 people with mild-to-moderate Alzheimer's disease symptoms.



The company declared that patients who received the drug by infusion every four weeks had a 32 percent slower rate of mental decline than those who were given a placebo.

Source and full article: <http://bit.ly/38Zm88q>

## A PROGNOSTIC ALZHEIMER'S DISEASE BLOOD TEST IN THE SYMPTOM-FREE STAGE

A German-Dutch research team has used a blood test to predict the risk of Alzheimer's disease in people who were clinically diagnosed as not having Alzheimer's disease but who perceived themselves as cognitively impaired.



"We can now very accurately predict the risk of developing clinical Alzheimer's disease in the future, with a simple blood test on symptom-free individuals with subjective concerns," explains Klaus Gerwert.

Such a blood test, which can detect the onset of Alzheimer's disease even in the asymptomatic state, would be particularly useful if an active substance were available to treat the disease.

Source and full article: <http://bit.ly/2LP9OyT>

# Our 10<sup>th</sup> ANNIVERSARY

**This is a very special year for us as it's the 10<sup>th</sup> year of 'ADS'!**

Our story began back in 2011 when it became clear that our local community needed a dedicated charity for people with Dementia and their Families. The Charity was registered by the Charity Commission in September

and we have since then, been supporting people with Dementia, their Carers and Families in Windsor, Ascot, Maidenhead, Slough, and Langley. Many of those original services continued to be available although adapted during the Covid restrictions.

We will be planning activities throughout this special year which we will continue to update you about in this newsletter, emails and on our social media.



Meanwhile, you may have already noticed, that we are marking our 10<sup>th</sup> anniversary with a new version of our monthly newsletter. We started with a 4-page leaflet where we shared details of our highly appreciated Services.



That original leaflet developed into a monthly magazine that our Members, Fundraisers and Professional contacts could dip into. In that magazine and now in our new format, we share with you recent news, useful information about our community and also all the details you need to know about our Services and how can we help. We hope that you enjoy the new layout and find the content useful.

This commemorative milestone has come at a difficult time, however we hope that we can properly celebrate together later this year. We will keep you posted!

**If you would like to find out more stories about our last 10 years, search and follow #10YearsOfADS on our Social Media channels!**



# Signposting

## ALERT – CORONAVIRUS VACCINATION SCAMS



Action Fraud reported at the beginning of January that they have received 57 complaints from members of the public who have been sent text messages claiming to be from the NHS. People were offered the opportunity to sign up for coronavirus vaccinations by clicking on a link which took them to an online form. Once there, they are prompted to share their personal and financial details. In some cases the website has looked very similar to the real NHS one.

The NHS will never ask you for any of the following information:

- your bank account or card details
- your PIN or banking passwords
- documentation to prove your identity, such as a passport or utility bills



Also, they will never arrive unannounced at your home to administer the vaccine!

If you receive a call you believe to be fraudulent, do not engage in the conversation and hang up. If you are suspicious about an email you have received, forward it immediately to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Also, suspicious text messages should be forwarded to the number 7726, which implies no cost to you. Most important, if you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

Source: [www.neighbourhoodalert.co.uk](http://www.neighbourhoodalert.co.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. Lines are open 9.30–3.30 Monday to Friday.



# Special thanks to SHIRAZ KHAN

by Santok Modhvadia

## **Aap Ke Sehat Sangeet Ke Sangh (Wellbeing Through Music) and Warizh Taal Ke Saath (Moves to Melody)**



We would like to introduce you to Shiraz Khan who is our volunteer facilitator at Aap Ke Sehat Sangeet Ke Sangh and Warizh Taal Ke Saath.

These sessions have not been held at St Francis Church in Langley due to the current situation. Since March last year Shiraz has done a tremendous job in producing over 40 Weekly Videos which we send to our Members. The videos are on our 'ADS' Website and YouTube for everyone to watch and to enjoy listening to the songs.

The weekly videos from Shiraz have helped our Members to stay positive and they know that we are thinking of them in this difficult time. Staying indoors and feeling isolated is tough for them and these weekly videos have helped them. The comments we have received are very positive.

We also receive song requests from our Members which is very encouraging. They look forward to receiving the videos every week.

*thank  
you*

We would like to acknowledge and thank Shiraz for all the hard work and effort that he puts into creating these beautiful videos. Shiraz will continue his weekly videos in 2021.

**Thank you once again to Shiraz on behalf of the 'ADS'  
Team and all their members!**

# Happy Valentine's Day

## FUN PAGE

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



- ARROW
- CAKE
- CARDS
- CHOCOLATE
- COUPLES
- CUPID
- DATE
- DINNER
- FLOWERS
- GIFT
- HAPPINESS
- HEART
- HUG
- KISS
- LOVERS
- MEMORIES
- MOVIE
- PASSION
- POEMS
- PROPOSAL
- RED
- ROMANCE
- ROSES
- VALENTINES
- WEDDING



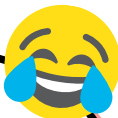
Did you know...  
that first  
Valentine letter  
was written in  
prison, by  
Charles, Duke of  
Orleans?

"There is nothing in the world so irresistibly contagious as laughter and good humour."



Q: What do you call a very small valentine?  
A: A valen-tiny!

Q: How did the phone propose to his girlfriend on Valentine's Day?  
A: He gave her a ring.



Q: What did the toast say to the butter on Valentine's Day?  
A: You're my butter half!

# Out & About

## ADVENTURES

by Sandra Williams



Here in Lockdown 3, more difficult to cope with, in the bleakest of months, I wondered where the word “February” came from. Google of course obliged! February comes from the Latin word Februarius, meaning “to purify”. It is a transitional time, finding itself just after a month of reflection and new year’s resolutions.

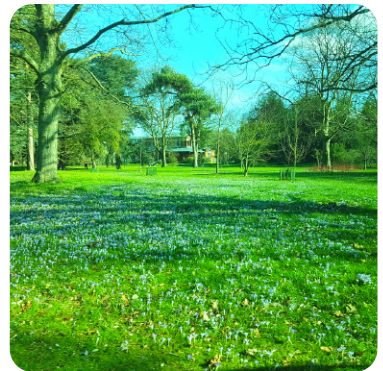
For many years O&A’s highlight of February, has been a trip to Kew’s Orchid Festival. Yes, Kew in February, but the O&A way! I am lucky that I get

to see each festival twice. Over the years I have absorbed so much of the knowledge that Kew volunteers share with us.

We arrive at The Elizabeth Gate in our minibus and make a hasty transfer to The Kew Discovery Bus, designed to enable people with disabilities, access to the gardens, complete with a volunteer driver, volunteer guide and the all-important blankets. At less than 5 miles an hour, we trundle through the gardens, with other visitors knocking on the windows wanting to hop aboard. They can’t!

The gnarled bark of some of the mature trees is an awesome sight. The two oldest trees in Kew Gardens were planted in 1762. I wonder what these trees, have seen in their lives?

We always see swathes of crocus in February, along with primroses and pansies. Crocus are an uplifting flower, symbolising cheerfulness and mirth, something we are in need of at the moment. Primroses are a symbol of courage, love and devotion, as they face stark cold conditions, but never fail to flower.



It is amazing how much there is to see at Kew in February, heralding the forthcoming Spring.



Often the bus is stopped so the Kew volunteer guide can jump off to pick a flower to share with us. As we drive past The Palm House, we usually see Pansies flowering in their orderly rows, with their engaging friendly faces. They symbolise hope.

One of the benefits of visiting Kew in winter, is that you can see the Tree Walk towering 18 metres above us. Here we have been told that an entirely different world co-exists; a world teeming with birds and insects, lichen and fungi.

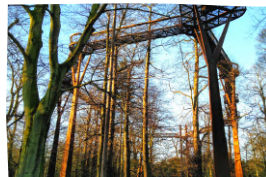


Each year Kew's Orchid Display focuses on a country, celebrating their rich collection of flora and fauna. It is the result of a year of planning and a month of hard work, when Kew staff work alongside volunteers to create these stunning displays. In February we have immersed ourselves in warmth, colour and creativity, spotting creatures made from plant material, lurking amongst the orchids. Spot the porcupine in one of these photos! This year the theme is Costa Rica, opening in March rather than the normal February, probably in the

hope that the COVID restrictions will be lifted sufficiently, to enable some to enjoy their festival.

I hope that this February delivers all it promises; a purifying and transitional month, providing us all with hope, love, devotion, courage, and the ability to remain cheerful, as we await better times.

*Here's a sneak peek of our last year's Kew adventure*



# Information SUPPORT & ADVICE

**Coronavirus (COVID-19) is spreading fast.**

Do not leave your home unless necessary. 1 in 3 people who have the virus have no symptoms, so you could be spreading it without knowing it.

**REMEMBER: Hands. Face. Space.**



## HAYLING ISLAND WEEKEND BREAK

On 23rd - 26th of April 2021, we are organising a weekend getaway 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.

Price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.

**A few Twin rooms are still available. Contact Terrie for further information.**



**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)



# Our online services

## FEBRUARY CALENDAR

Mon	1st	13:30	ONLINE	Singing For Pleasure
Tues	2nd	13:30	ONLINE	Singing For Pleasure
Wed	3rd	15:00	ONLINE	In & At Home Reminiscence
Fri	5th	11:00	ONLINE	Singing For Pleasure
Mon	8th	13:30	ONLINE	Singing For Pleasure
Tues	9th	13:30	ONLINE	Singing For Pleasure
Wed	10th	15:00	ONLINE	In & At Home Reminiscence
Fri	12th	11:00	ONLINE	Singing For Pleasure
Mon	15th	13:30	ONLINE	Singing For Pleasure
Tues	16th	13:30	ONLINE	Singing For Pleasure
Wed	17th	15:00	ONLINE	In & At Home Reminiscence
Fri	19th	11:00	ONLINE	Singing For Pleasure
Mon	22nd	13:30	ONLINE	Singing For Pleasure
Tues	23rd	13:30	ONLINE	Singing For Pleasure
Wed	24th	15:00	ONLINE	In & At Home Reminiscence
Fri	26th	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 join the sessions or have any questions please contact Terrie on [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk) or 07516 165647.

# Our online services

## DETAILED INFORMATION

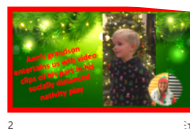
**In & At HOME**

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.



2

3\*



3



### SESSIONS THIS MONTH:

- Wednesday 3rd , 10th , 17th & 24th at 15.00

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!

**If you would like to participate, please contact Sandra Williams on 07593 661848 or via e-mail at [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.

# Our online services

## DETAILED INFORMATION

*Singing  
for pleasure*

At the moment we are holding singing sessions on Zoom. This is a wonderful opportunity for our Members to continue to sing for pleasure. People with Dementia and their Carers are welcome to join us in our online sessions led by our professional Dementia trained musicians.

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

### SESSIONS THIS MONTH:

- Mondays 1st , 8th, 15th & 22nd at 13:30
- Tuesdays 2nd , 9th, 16th, & 23rd at 13:30
- Fridays 5th , 12th, 19th & 26th at 11:00



Please don't worry about your voice; our lovely Leaders will guide you through the songs, but you won't be heard by anyone outside of your household!

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 on 07516 165665 or via e-mail at [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk).

# Our in person services DETAILED INFORMATION

Currently, ALL of our in person services are NOT being HELD due to COVID-19!

## Connection Café

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.

### MAIDENHEAD

**Mondays 10:00 – 12:00**

Methodist Church, High Street, Maidenhead, SL6 1EF

### LANGLEY

**Tuesdays 13:00 – 14:30**

St. Joseph's Room, Holy Family Church, 226 Trelawney Ave, Langley SL3 7UD



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 Exercise

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.

Refreshments at 10:30 followed by seated exercises at 11:00.

### ASCOT

**By prior arrangement**

King Edwards Hall, King Edwards Road, Ascot, SL5 8PD

## Connection Café Seated exercise

Check the Calendar to find out when Terrie will be running a Seated Exercise Session at Maidenhead.

Advice, information and private 1:1 discussions with 'ADS' Advisors are always available on all aspects of Dementia.

# Our in person services

## DETAILED INFORMATION

Currently, ALL of our in person services are NOT being HELD due to COVID-19!

### Singing for pleasure

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.

#### MAIDENHEAD

**Thursdays 10:30 – 12:00**

Methodist Church, High Street, Maidenhead, SL6 1EF

#### LANGLEY

**Mondays 13:00 – 14:30**

St. Joseph's Room, Holy Family Church, 226 Trelawney Ave, Langley SL3 7UD

#### WINDSOR

**Tuesdays 13:00 – 14:30**

All Saints Church, Dedworth Road, Windsor, SL4 4JW

#### ASCOT

**Fridays 10:30 – 12:00**

King Edwards Hall, King Edwards Road, Ascot, SL5 8PD



### 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, 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!

#### WINDSOR

**4th Thursday of the month 14:00 – 16:00**

Gardeners Hall 213 St. Leonards Rd, Windsor SL4 3DR

#### ASCOT

**3rd Thursday of the month 14:00 – 16:00**

King Edwards Hall, King Edwards Road, Ascot, SL5 8PD

# Our in person services DETAILED INFORMATION

Currently, ALL of our in person services are NOT being HELD due to COVID-19!

**AAP KI SEHAT  
SANGEET KE SANG**  
*Wellbeing through music*

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- 14:30 at St Francis Church, London Road, Langley SL3 7LN.



**WARZISH TAAL KE  
SAATH**  
*Moves to melody*

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.

Sessions from 12:30- 14:30 at St Francis Church, London Road, Langley SL3 7LN.



# Our in person services DETAILED INFORMATION

**Currently, ALL of our in person services are NOT being HELD due to COVID-19!**

## Alzheimer Café

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.**

---

## Lunch Clubs

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.

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.

# Our in person services

## DETAILED INFORMATION

**Currently, ALL of our in person services are NOT being HELD due to COVID-19!**

### 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 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.

For further information about the service and/or to put your name down on the waiting list, please contact Sandra Williams on 07593 661848 or via e-mail at [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

The service is heavily subsidised by 'ADS'. We request a £20 donation, which includes 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!**

# Important CONTACTS

## 'ADS' OPERATIONAL TEAM

### **Terrie Hall – Senior Advisor**

07516 165 647      [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk)

### **Santok Modhvadia – Multi Lingual Service Delivery Advisor**

07543 243 613      [santok.modhvadia@alzheimersdementiasupport.co.uk](mailto:santok.modhvadia@alzheimersdementiasupport.co.uk)

### **Sandra Williams – Out & About Service Co-ordinator**

07593 661 848      [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk)

### **Dee Allgood – Membership & Funding Specialist**

07884 055 419      [funding@alzheimersdementiasupport.co.uk](mailto:funding@alzheimersdementiasupport.co.uk)

### **Andreea Moisă – Marketing and Events Specialist**

07513 762 900      [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@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 531 689

---

## 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 services AT A GLANCE

## 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.

As you will have noticed already, we have changed the appearance of our monthly newsletter, but we kept the valuable content that we know is very useful for you.

We welcome your feedback, and would like to know if there is something that you'd particularly like to see in the next month's newsletter.



*Follow us*  
ON SOCIAL MEDIA



AlzheimersDementiaSupport



adscharity



ADSlocalsupport



alzheimers-dementia-support

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

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.