

# Newsletter

## MARCH 2021



Alzheimers  
Dementia  
Support  
Local support and guidance





WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



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

 AlzheimersDementiaSupport  
 alzheimers-dementia-support

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REGISTER HERE TO RECEIVE OUR MONTHLY NEWSLETTER BY EMAIL:  
[WWW.ADSCHARITY.COM/REGISTRATION/](http://WWW.ADSCHARITY.COM/REGISTRATION/)

# Note from the CHAIRMAN

Hello all,

I hope you are keeping well? Most of you will have received your first dose of the COVID Vaccine by now (some of you may even have had the second one!). We hope that this vaccination will provide the necessary immunity needed allowing us to look forward to a welcome return to a level of normality.

Well, March is upon us again and we can turn our thoughts to Springtime with flowers emerging and those warmer days ahead. This month is also very important as Mothering Sunday looms, providing us with a fabulous opportunity to demonstrate our appreciation to all of the wonderful Mums out there. We will have a lovely chance to pamper our Mums, showering them with love to remind them all how important they are in our lives. Of course, this is not only important on the 14th March but every other day besides.

As you know, preparations are underway to mark our 10th birthday, and we look forward to you joining us to celebrate this significant milestone at 'ADS'.

The Team continues to work hard at reaching, Supporting, Guiding, Informing, Comforting, and assisting you to help make a difference. Please make sure that you join in to enjoy taking part in as many of our services as you can.

Have a safe month, take care and look after each other - Oh and very Happy Mother's Day.

Best wishes,



**David D. Jannetta**

Voluntary Chairman, Founder, MD & Trustee



Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support.

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Please contact us through one of our Advisors or by letter or email if you:

- Would like to be added to our distribution list
  - No longer want to receive our Newsletter
  - Wish to raise any concerns
  - Would like a copy of 'ADS' Privacy Policy
- 'ADS' Privacy Policy can also be accessed via <https://www.adscharity.com/wp-content/uploads/2020/06/ADS-Privacy-Notice-V1.pdf>

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

# Worldwide news



## RESEARCHERS EXPLORE LINK BETWEEN 'ALZHEIMER'S GENE' AND COVID-19

At the beginning of the study, the team was interested in SARS-CoV-2's effects on the brain. Due to the fact that COVID-19 patients often lose their sense of taste and smell, the team theorized that the virus had an underlying neurological effect.

"Our cell-based study provides a possible explanation as to why individuals with Alzheimer's disease are at increased risk of developing more severe COVID-19 symptoms," said Vaithilingaraja Arumugaswami, Ph.D., a member of the UCLA Broad Stem Cell Research Center.

The results were published recently in the journal Cell Stem Cell. The ApoE4 neurons and astrocytes both showed a higher susceptibility to SARS-CoV-2 infection in comparison to the neutral ApoE3 neurons and astrocytes.

The team's next step is to continue studying the effects of the virus to better understand the role of ApoE4 in the neurological manifestations of COVID-19.

Source and full article: <http://bit.ly/3pVY50c>



## TONY BENNETT REVEALS HE HAS ALZHEIMER'S

Tony Bennett has recently revealed that he has been living with Alzheimer's Disease for the last four years. The artist, who is 94, made the announcement in AARP Magazine. The article illustrates how the condition has affected Bennett's memory and ability to recognise everyday objects.



Bennett has been a star since 1951, scoring hits with songs like I Left My Heart In San Francisco and The Shadow Of Your Smile. Some of his biggest successes have come in the last decade, including the chart-topping duets album with Lady Gaga, Cheek to Cheek, which won a Grammy in 2015.

Source and full article: <http://bit.ly/3oPH0na>

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.

HAYLING ISLAND  
WEEKEND BREAK  
POSTPONED  
- SEE PAGE 10 -

# 'ADS' news

Alzheimers Dementia Support 'ADS' is one of many charities who continued to offer their services during the past year, despite the pandemic. When the first lockdown was in place, we quickly adapted to working online and continued to support and guide our Members. From individual guidance to our usual services, we have done it all!

At the moment we are holding singing sessions on the Zoom platform. This is a wonderful opportunity for our Members to continue to **SING FOR PLEASURE** with us.

People with Dementia and their Carers are welcome to join us in our online sessions led by our professional musicians.



Our OUT & ABOUT events have been currently changed to **IN & AT HOME**.



After sharing our latest personal news we then have a good laugh whilst reading jokes, or great fun with virtual activities like a Quiz or a 'trip down memory lane' with a Reminiscence Topic or maybe watch an interesting video.

In & At Home isn't just fun, we are all often amazed how much we learn from each other and the experiences we share!

When someone you love is diagnosed with Dementia, it can be a difficult and confusing time for everyone. This book was written to try to answer your questions and give advice on what you can do to help. It includes facts, explanations, and fun activities that can be read in sections, alone or with a parent.

Grab your paperback copy or the Kindle edition here:  
[www.adscharity.com/kids-guide/](http://www.adscharity.com/kids-guide/).



**DID YOU  
KNOW?**

Whilst age is considered the biggest risk factor when it comes to developing Dementia, it is by no means inevitable that most of people will begin to experience symptoms as they approach older age. Although the majority of people with dementia are aged 65 and over, more than 40,000 people in the UK living with a related disease are younger than this.

# Our 10th anniversary

It has been 10 years since we started to make a difference in our local community and help People with Dementia and their families to cope with this condition and its effects.

We have helped more people than we can remember and gathered many precious memories shared with each one of them. Not only have they made us a part of their lives, but they have also helped us reach out to more who need our services.

We made lots of friends for life, and we couldn't be more proud of what we've all accomplished together.

Without the dedicated support and caring attitude of our amazing staff, none of this would have ever been possible. So today, we want to present to you to some of our Operational team, the People who enjoy helping other People!

Watch this space in future editions for information about our plans to celebrate our 10th Anniversary.



## QUIZ

This is our Operational Team when they were 10-ish.  
Can you guess who is who? Connect the past with the present.

Send your answers to [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk)  
for a chance to win a surprise prize!



a



b



c



d



e



f



Santok



Andreaa



Sandra



Terrie



Dee



Nysa

If you would like to find out more about 'ADS' last 10 years, please check out our stories on the 'ADS' website: : [www.adscharity.com](http://www.adscharity.com)

# Special thanks to...

It is never easy to choose which charity to support and Maidenhead Golf Club soon realised there are so many worthy causes in the local area that need support.

We really appreciate that MGC members felt that 'ADS' brought so much enthusiasm and positivity to our community. Based on their fantastic feedback, Maidenhead Golf Club has chosen us as its **Charity of the Year**.



"We are delighted along with our MGC members to support 'ADS' in this our very special 125th Anniversary Year at Maidenhead Golf Club.", said Eileen Clarke, the 2021 Ladies' Captain and Les Andrew, the 2021 Club Captain.

Although Eileen and Les began their 'Captaincies' on 16th January, MGC has already kicked off its fundraising with a Quiz Night that was extremely well supported. Another quiz night has already been organised for March, with plans to repeat the event throughout the year.

Maidenhead Golf Club has a full year planned to celebrate its 125th Anniversary with great fundraising opportunities, make sure you check their website regularly to stay up-to-date with everything: [www.maidenheadgolf.co.uk](http://www.maidenheadgolf.co.uk)!



## And also thank you to...

Caroline Matlock, and Frederic Sharp for their donations.  
Sandra Hall for setting up a memory page in memory of Ken Blake.  
Caryl Thomas for setting up a JustGiving page for us in memory of Eiral Hill.  
Sharon Sperin, Matti Gabriel, Ell Swain, Tracy Clark setting up a JustGiving page for us.



### Donations in memoriam

RON & DOREEN POTTER  
EDNA VICKERS  
MARGARET WENBAN  
BRIAN WHITE  
PATRICIA WALKER

JOYCE BENNETT  
CHARLOTTE RANDALL  
BRIAN PRICHARD  
DAVID HAMILTON  
FREDA LENNOX

GERTRUDE & ALAN HALL  
JOYCE BRIGHT  
NANCY SELL  
FREDERICK SHARP  
LUCY WENMAN

# Out & About

by Sandra Williams

Seeking inspiration for this article, I gazed out of the window and there it was; rain and lots of it! My favourite rain photo is this one, taken on a visit to Savill Gardens – in the days when we were allowed out. We timed our visit perfectly, taking refuge in the restaurant, just as the heavens opened. I had booked “Afternoon Tea for lunch” but was faced with a challenge. The serving of coffee, delivered in teapots, proved to be one step too far for Out & About.



In the very early days of Out & About, we planned to take walk at Ray Mill Island, before lunch, then onto Braywick Heath Nurseries to plant up hanging baskets. “All good plans of mice and men” enforced a change of plan. We stayed in and put our minds into gear recalling sayings and songs about rain. As we drove through flooded roads, a wave of water hit my windscreen. There was a roar from the back seat of my car. Another rain saying was added to the list! Perhaps you might take up the challenge and see what you come up with. We made up our hanging baskets in one of the greenhouses. It rained so hard that we needed the added protection of our umbrellas, causing much hilarity.

Whilst we curse rain most of the time, a visit to Oxfam’s International Water Aid supply centre, near Bicester, made us appreciate that some are not so lucky. Rain can be a blessing. Their work ensures provision of clean water, preventing disease and sustaining lives and livelihoods, in areas of the world in great need of water. We donned hi-viz jackets before touring the working warehouse, which stores resources ready to be dispatched to areas in the world suffering from drought and/or disasters. I particularly remember them showing us a “standing toilet” – well the ones you squat over! They installed them at a girl’s school in an area desperately in need of sanitation but could not work out why the schoolgirls chose not to use them. On further investigation, they realised their error. The toilets were the colour

of their national flag. It would have been sacrilege to defecate on the colour of their flag.



So on that note, I finish by showing another use for our umbrellas, something we all look forward to; sunshine! On this occasion, we used the umbrellas as parasols, which proved to be a brilliant way to spot each member of our group in crowds.

# Happy Mother's Day!



It's March already. Even though if we started the year with a long list of restrictions, the time has flown by and Spring is already here.

This is the perfect month for celebrating Mothers! We love this time of the year because it is the time of year when nature revives, everything is becoming green again, beautiful flowers begin to bloom, newborn lambs appear in the fields and we are woken by the birds 'dawn chorus'.

Thank you to all the Mothers in the world for being someone's HERO.



Maggie and Iris regularly attend our Singing for Pleasure online sessions and Maggie says "It is magical to see how my Mum's face lights up during singing. A massive thank you!"



## Special message for one of our Members

**A message for my dear Mum,  
Joyce:**

This has been a very difficult year, but there is not one day that goes by when I don't think of you and how lucky I am to have you in my life. I know we are only able to see each other behind a screen at the moment but at least we can still have our sing songs.

I can't wait to hug you again very soon. I love you with all my heart. You are my sunshine.

Lots of love,  
Linda





# Happy Mother's day

## FUN PAGE



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

MOTHERS  
 DAY  
 MOMS  
 KIDS  
 PARENT  
 HOLIDAY  
 LOVING

CARING  
 CHILDREN  
 GRANDMOTHER  
 RESPECT  
 THOUGHTFUL  
 FAMILY  
 CONSIDERATE

HONOR  
 GIVING  
 SPECIAL  
 HAPPY  
 MAY  
 SPRING



Can you match the flower names?

- 1 CARNATIONS
- 2 DAFFODIL
- 3 ORCHID
- 4 SUNFLOWER
- 5 TULIPS



Did you know that...

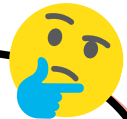
Mother's Day is the biggest flower buying day of the year in Britain?

"A mother is your first friend, your best friend, your forever friend."



Why is a computer so smart?  
 Because it listens to its motherboard.

A mother is the person you can always call to see how long chicken lasts in the fridge.



A mother has 6 girls and each of them has a brother. How many children are there?

# Information, support & advice

## 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 by law.*

Access exemption card templates: <https://tinyurl.com/y6ayxdc6>

**I am exempt from wearing a face covering.**



**Please remove your face covering so I can understand you better.**



## HAYLING ISLAND WEEKEND BREAK

Unfortunately, due to current restrictions, we have to postpone our planned weekend getaway for Carers, their loved one, and Former Carers.

Therefore, we are going to move our holiday to September 2021. We will keep you updated once we have more information!



Here are a few details about the trip. 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.

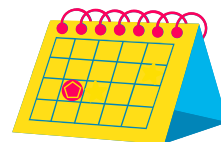
A few Twin rooms are still available. Contact Terrie for further information.



If you would like one of our volunteer telephone befrienders to arrange for a weekly telephone call for a friendly chat please contact Terrie on 07516 165647 or [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk)

# Our online services

## MARCH 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 Chat & Laugh
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 Chat & Laugh
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 Chat & Laugh
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 Chat & Laugh
Fri	26th	11:00	ONLINE	Singing For Pleasure
Mon	29th	13:30	ONLINE	Singing For Pleasure
Tues	30th	13:30	ONLINE	Singing For Pleasure
Wed	31st	15:00	ONLINE	In & At Home Chat & Laugh

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.

# Signposting



ROYAL BOROUGH OF  
**WINDSOR &  
MAIDENHEAD**  
WWW.RBWM.GOV.UK

## COVID-19 : WINTER SUPPORT SCHEME

The COVID-19 Winter support scheme is designed to help households deal with the financial challenges of winter and seeks to help thousands of households with children eligible for free school meals as well as other vulnerable families and individuals.

The Royal Borough will support vulnerable families to make their financial resources go further by providing additional, targeted support for food from Tuesday 1 December 2020 to Wednesday 31 March 2021.

For more information, you can contact the COVID-19 community helpline by calling 01628 683820 or 0203 5148117.

## AGE CONCERN MEALS ON WHEELS

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

The cost of a meal is £6.50. For those on income or disability-related Benefits, they can offer a discount to £4 a meal.

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

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

## 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.



# 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.

Each session will have a theme and an opportunity to explore memories together. Fun and laughter is the essence!

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, discussing a bit about what is currently happening in the world and many other things.

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.

In order to be able to join us, you need access to Zoom on a phone, iPad or laptop.

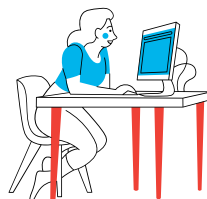


If you would like to participate, please contact Sandra Williams on 07593 661848 or via e-mail at [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

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

SINGING FOR PLEASURE is one of the much appreciated services that we have been able to move online during the pandemic. Music and social interaction have a positive impact on anyone's mood, but for People with Dementia, the impact is HUGE!

Every Monday, Tuesday, and Friday we offer our members the possibility to join 1h full of fun and joy, singing along with our professional singers.

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.

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.

Or, if you are on our mailing list, you will receive every Monday morning an email from us with the week's schedule and direct links to our events.

This service is available for People with Dementia and their Carers who are Members of 'ADS' and live in Windsor, Ascot, Maidenhead, Slough, and Langley.

### Not a member yet?

People with Dementia and their Carers are welcome to register on our website <https://www.adscharity.com/registration/> and enjoy our weekly Singing for Pleasure events.

Or contact Terrie, our Senior Dementia Advisor and she can guide you through becoming a Member.

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).

# Getting together

## DETAILED INFORMATION



**Currently, ALL of our 'getting together' 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

We often combine these  
two services.  
Check the calendar for  
more details!

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

# Getting together

## DETAILED INFORMATION



**Currently, ALL of our 'getting together' 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



# Getting together

## DETAILED INFORMATION



**Currently, ALL of our 'getting together' 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.



### 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.

Music and dance is recognised as helping People with Dementia.

This free 'drop in service' helps both the Person with Dementia and their Carer recharge their batteries.

We look forward to welcoming you.

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

# Getting together

## DETAILED INFORMATION



**Currently, ALL of our 'getting together' 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

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.



# Getting together

## DETAILED INFORMATION



**Currently, ALL of our 'getting together' 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
- 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, 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 email 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 'ADS' contacts

## **TERRIE HALL**

Senior Dementia 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.modhvardia@alzheimersdementiasupport.co.uk](mailto:santok.modhvardia@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 & 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

### **All Out of Hours Access Team**

01344 786 543

### **Slough Borough Council Adult Social Care**

Service Access Team: 01753 475 111 (press 1 for Adult Social Care)

*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.