

# Newsletter

## APRIL 2021

Alzheimers  
Dementia  
Support  
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



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



AlzheimersDementiaSupport



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ADSlocalsupport

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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

Dear Friends of 'ADS',

I really hope that you, your Families and your Friends are keeping well?

Following the long winter, the much-awaited Springtime has arrived, bringing hope for better weather and the ability to get out and about to enjoy the fresh air. It's so good to see the difficult but necessary period of lockdown drawing to a close - thank goodness.

This is the time to celebrate the Easter season with Flowers, those hand-painted Easter Eggs for rolling down the hill, those secretly hidden around the garden for the children to find (and we mustn't forget those yummy chocolatey ones too). We have many things organised for you to enjoy this April, so please do grasp every opportunity to join in the fun during the lovely warm spring days ahead (WE HOPE!).

We are planning the first of our 'ADS' 10th Anniversary celebrations for the end of June. We will be providing you with all of the exciting details soon and we are all looking forward to you joining us to share in the marking of this significant milestone for 'ADS'.

As always, the Team is working hard to reach, Support, Guide, Inform, Comfort, and assist you to help make a positive difference in your lives. Please make sure that you join in and take part in as many of our services as you can.

Have a safe month, take care and look after each other - I wish you all a very Happy Easter.

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



## **NOVEL DRUG PREVENTS AMYLOID PLAQUES, A HALLMARK OF ALZHEIMER'S DISEASE**

In a new study, published on March 2, 2021 in the Journal of Experimental Medicine (called JEM) researchers at the University of California San Diego School of Medicine, Massachusetts General Hospital and elsewhere have identified a new drug that could prevent Alzheimer's Disease by modulating, rather than inhibiting, a key enzyme involved in forming amyloid plaques.

The findings suggest that the novel gamma-secretase modulator (GSM) could be used prophylactically to prevent Alzheimer's Disease, write the authors, either in patients with genetic mutations that increase susceptibility to Alzheimer's Disease or in cases where amyloid plaques have been detected by the brain scans.

"Future clinical trials will determine whether this promising GSM is safe in humans and could be used to effectively treat or prevent Alzheimer's disease.", said co-author Rudolph Tanzi.

Source and full article: <http://bit.ly/3t3wyei>



## **GORDON MCQUEEN: SKY SPORTS PRESENTER HAYLEY OPENS UP ON FATHER'S DEMENTIA DIAGNOSIS**

Sky Sports presenter Hayley McQueen has opened up on her reaction to her father Gordon's Dementia diagnosis, which comes amid calls for football to take greater action in preventing head injuries and in turn brain diseases.



The former Scotland international, 68, was diagnosed with dementia in February, three months after England great Bobby Charlton's dementia diagnosis. Fellow 1966 World Cup winner Nobby Stiles suffered from Alzheimer's before his death in October last year, while England team-mate Jack Charlton lived with dementia before passing away last July.

Source and full article: <http://bit.ly/3v4Extw>

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  
NEW DATES  
- SEE PAGE 10 -**

# Our 10th anniversary

We were delighted to be able to open our first Charity Shop in 2012 at 73 High Street. This exciting new venture into retail not only enabled us to raise funds, but also to raise awareness of the Charity.



In 2016 we temporarily moved to 94-96, before settling in our current location at 75 High Street.

In the five years we have been there we have made a few adjustments to the interior.



Our dedicated Team, led by Cathy our Shop Manager, includes our much-appreciated Volunteers who help us sort, prepare, display, and sell your generous donations.



We regularly update our shop windows, often theming them; from windows dedicated to 'ADS' book launch of 'A Kid's Guide to Dementia', to celebrating 'Women'sWeek' or creating something special at for the little ones.

Do please keep an eye on our windows and we look forward to seeing you in the shop!

## HERE ARE SOME EXAMPLES OF RECENT 'ADS' THEMED SHOP WINDOWS



**DID YOU  
KNOW?**

The banner above our Shop doors is about 'ADS' winning the RBWM Best Charity Award.



We'll tell you the whole story in our next newsletter!

# 'ADS' news

READ MORE ABOUT  
OUR 10TH ANNIVERSARY  
PLANS ON  
[WWW.ADSCHARITY.COM](http://WWW.ADSCHARITY.COM)

**WE ARE RE-OPENING OUR STORE ON 12TH OF APRIL**  
(UNLESS THE GOVERNMENT NEEDS TO AMEND THE ROADMAP)



## OUR APPROACH TO RE-OPENING OUR SHOP

- The entire shop will be quarantined for a minimum of 72 hours prior to re-opening;
- We have a sanitising station in place and we encourage you to use it before shopping with us;
- All donations are quarantined for 72 hours prior to opening.



We really appreciate your donations, however, to help our Shop Team, please ensure that the items that you bring in are in good condition. We are currently unable to receive electrical items, bedding, CDs or DVDs. Thank you for your support and understanding!

We look forward to welcoming you to our shop again!



## ARE YOU READY FOR A NEW QUIZ?

There are 10 eggs hidden across this newsletter and you need to find them for a chance to win a surprise prize!

Send your answers to  
[marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk).



Do you want an extra chance to win the prize?  
Check our website for another 10 hidden eggs!

Curious how you did at the last **QUIZ** ?



**CONGRATULATIONS**  
to

**Vivienne Deighton**  
WE WILL CONTACT  
YOU SOON!

# Special thanks to...

Over the past year of lockdowns, many have gone that 'extra mile' to help and support others in a variety of different ways; from doing shopping to setting up food banks and fundraising. The Team at 'ADS' is extremely grateful to those who have selected this Charity to be their beneficiary.



As many of our readers will know, we are extremely lucky to have Sue Holderness as our Patron and it is she who kindly nominated us to be the beneficiaries of the recent 'Fans of Only Fools and Horses' auction.

*thank you*

Thank-you to everyone involved in arranging and bidding at the auction. We will ensure that every penny is spent in support of local people impacted by Dementia.

Whilst Sue is well known for her iconic role as Marlene Boyce in 'Only Fools and Horses' and her recent role as Mrs. Rossi in 'Still Open all Hours', all of us at 'ADS' will remember her and her husband's amazing success in 'All Star Mr & Mrs' when they generously nominated ADS to be their 'named charity'.

As well as raising awareness of 'ADS', Sue takes an active role at our annual Santa Fun Run and attends other 'ADS' events when she is not away recording or on stage.



## And also "Thank you" to...

Thank you Lok'n Store for choosing us as your Charity of the year!

If you, your friends, or family are about to book your storage at Lock'n Store in Stafferton Way in Maidenhead, please mention our Charity. Saying "I've been referred by the 'ADS' Team" will mean that Lok'n Store will donate £25 to us!



*Donations in memoriam*

FRANCIS DEERY

# Out & About

by Sandra Williams

Approaching our second Easter in lockdown, glimpsing sights of freedom, I look back on the way Out & About have welcomed the dawning of Spring, a season full of hope and new life.



One year we went on a bird walk at Waltham Place. We stopped at a pile of terracotta pots, stacked on their side. Here a Wren family had built a nest. The male Wren is expected to build the nest. He had hopped through the hole in the bottom of the plant pot and found a sheltered place to build their nest. The lady

Wren then inspects his handiwork. If the nest is not built to the lady Wren's satisfaction, the male Wren is required to build another nest!

We visited the lambing tent at The Berkshire College of Agriculture just as an ewe was giving birth. Farming staff held the lamb by its back legs, using a straw to wipe it down. We all drew breath and experienced the joy of hearing the lamb utter its first bleats. The ewe was expecting twins. The first lamb was placed safely in the corner of the pen, whilst mum gave birth to its twin. By the time the twin was born, the first lamb was on its feet, ready to face this new world. It pushed its sibling aside looking for food. We witnessed the harsh realities of life and survival instincts.

I must admit to being a bit naughty! On another visit to Waltham Place, we blew eggs prior to marbling them. What I did not tell my wonderful team of volunteers, is that blowing a duck egg is a lot harder than blowing a hen's egg. I gave the duck eggs to them. They blew and they blew; their cheeks became a ruby colour. As one volunteer almost completed the blowing of her egg, her thumbs crushed the egg. We all roared with laughter.



Laughter is both medicine and contagious, being such an important part of Out & About.



Duck eggs have a sheen to them which makes them perfect for marbling. Dipping blown eggs into a swirl of ink is therapeutic and addictive. No marbled egg looks the same. Each egg expresses its own individuality, just as ADS recognizes that each person challenged with dementia is a valued person with a rich history. Their shell may be delicate or tough. The challenge is how we tap through the shell to reach out and connect.

# Easter traditions



Across the world, many cultures have their own traditions and the same 'holidays' are often celebrated in different ways.

Having researched some Easter traditions we thought we would share a couple with you.

You might have heard of them, but do you know everything?

## Easter

### EGG HUNT

Every Easter, children in the UK rush around their homes and gardens searching for chocolate eggs. For many families Easter just isn't Easter without the annual egg hunt. In 2013, Lindt hid 105 eggs in five of the biggest city centres across the UK. The participants had a chance to win a year's supply of chocolate.

## Gigantic

### OMELETTE

In a small town in the South of France people gather every Easter Monday to share a massive... omelette! Around 15,000 eggs are used and it's big enough to feed thousands of people. The French Emperor Napoléon Bonaparte liked an omelette he'd eaten there and wanted a huge one made for him and his army.



## Special memories with our Members

We love the way everyone actively participates and engages with our Getting Together events; ensuring that we all have lots of fun!

This photo was taken 3-4 years ago during one of our "Getting Together" events. We often choose a theme for many of our Services and this one was for Easter. It was such a lovely day!

Everyone was singing along and then, all of the sudden, Arthur, one of our Members, invited Angela, one of our Volunteers, for a dance. It was such a lovely moment and their enjoyment is totally captured in this fabulous picture of them dancing.



We hope to meet you soon at our events and see for yourself how much fun we all have together!



# Happy Easter!

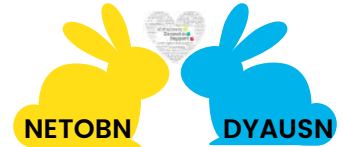
## FUN PAGE



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

- |           |          |          |            |           |
|-----------|----------|----------|------------|-----------|
| BASKET    | DAFFODIL | EGG HUNT | HAPPY      | RABBIT    |
| BONNET    | DECORATE | EGGS     | JELLYBEANS | SPRING    |
| BUNNY     | DUCKS    | FAMILY   | LILY       | SUNDAY    |
| CANDY     | DYE      | FLOWERS  | PARADE     | TRADITION |
| CHOCOLATE | EASTER   | GRASS    | PEEPS      | TULIPS    |

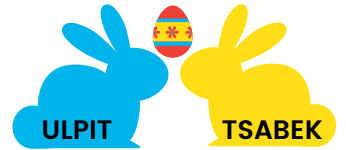
UNSCRAMBLE THE WORDS BELOW  
AND  
FIND THE RIDDLE!



1 2 3 4 5



6 7 8



9 10 11



What do you call a rabbit who tells good jokes?

12 13 14 15 16 17 18

"Egg hunts are proof that your children can find things when they really want to."



Q: Why was the Easter Bunny so sad?  
A: He was having a bad hare day.



Q: What's an Easter egg's least favorite day?  
A: Fry-day.

The UK's first chocolate egg was produced in Bristol in 1873, by the Fry family of Bristol.

# 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

We are happy to announce that we have now confirmed NEW DATES for our holiday together.

From 3rd to 6th of September 2021 we are going to Hayling Island in our planned weekend getaway organised for Carers, their loved one, and Former Carers.

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.

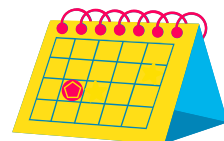
A few Twin rooms are still available. Contact Terrie for further information.



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

# Our online services

## APRIL CALENDAR



Please note that from 2nd to 9th of April we are taking a short break from our services.

<b>Fri</b>	<b>2nd</b>	<b>Good Friday</b>	<b>NO SERVICES</b>	
<b>Mon</b>	<b>5th</b>	<b>Easter Monday</b>	<b>NO SERVICES</b>	
<b>Tues</b>	<b>6th</b>		<b>NO SERVICES</b>	
<b>Wed</b>	<b>7th</b>		<b>NO SERVICES</b>	
<b>Fri</b>	<b>9th</b>		<b>NO SERVICES</b>	
<b>Mon</b>	<b>12th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>13th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Wed</b>	<b>14th</b>	<b>15:00</b>	<b>ONLINE</b>	<b>In &amp; At Home Chat &amp; Laugh</b>
<b>Fri</b>	<b>16th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>19th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>20th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Wed</b>	<b>21st</b>	<b>15:00</b>	<b>ONLINE</b>	<b>In &amp; At Home Chat &amp; Laugh</b>
<b>Fri</b>	<b>23rd</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>26th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>27th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Wed</b>	<b>28th</b>	<b>15:00</b>	<b>ONLINE</b>	<b>In &amp; At Home Chat &amp; Laugh</b>
<b>Fri</b>	<b>30th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>

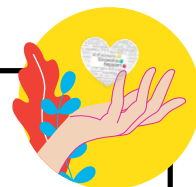
Every Monday we will be emailing our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

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



## FUNDRAISING ON EBAY DONATING AT CHECKOUT



To make a donation to our charity when you purchase an item 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.

## 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:**

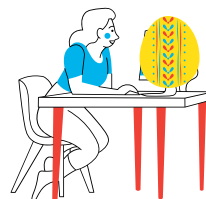
- £59.70 If you need frequent help or supervision throughout the day
- £89.15 If you need help or supervision during day and night or if you are terminally ill

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



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.

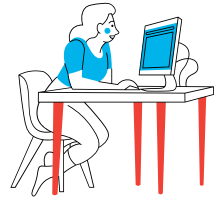
In order to be able to join us, you need access to Zoom on a phone, iPad or laptop.

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 60 minutes 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.