

'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

APRIL 2024



Remember
a loved one
this spring

More info at p. 5

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.

SUBSCRIBE

to get this by email



SCAN HERE

www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

Note from the Chairman

Hello everybody,

I hope you had a great time over the Easter weekend and I trust you have been enjoying some of our Services during the past month.

Maidenhead Athletics Club who are supporting us as their Charity of the Year, held their famous Annual Maidenhead 10 run on Good Friday – special thanks to them and to all of the runners who helped raise funds for ‘ADS’ through their sponsorship.

We are adding a new feature in our newsletter from this month. The ‘ADS’ fundraising funnel which hopefully illustrates the magnitude of the challenges needed to permit delivery of our Services for you. Although we are so grateful for the support we receive from organisations of all types, we hope to reach out to more. If you know of anyone involved in such a company and think that they might be interested, please ask them to contact us. We would be happy to meet with them, to describe the work we do to assist those in need in our area.

Please help us to continue delivering our Services by donating to ‘ADS’ via standing order on a monthly basis. Your support would be really appreciated. Also if you, or anyone you know, would like to volunteer and devote a little time for us at ‘ADS’ our team would be happy to provide details of how you can help.

We have lots of fun things organised for you in this newsletter and wish you an enjoyable time in good company during the month ahead.

Stay safe and look after each other.



David

David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

Alzheimers Dementia Support ‘ADS’ exists solely to provide a wide range of high quality, varied and enjoyable Services whilst giving companionship, support, advice, information and sign-posting to as many people with Dementia, their Carers and Families as we possibly can within the local communities of Windsor, Ascot, Maidenhead, Slough & Langley.

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

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

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

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

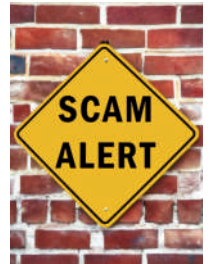
Headlines



BE SCAM AWARE

We've all had those suspicious calls and dodgy emails. Mark Feetham from lessannoying.it recently shared some important information at our Dementia Information Hub.

Scammers will pretend to be your bank, a Government Department, IT support, an online retailer or even a member of your family. They may pretend that you have unpaid bills, an issue with your computer, that you've ordered an item, won a prize or that they need you to send them money. They may use technology that makes telephone numbers look appropriate and the action that they want will always be urgent. Emails may be cleverly formatted to look like a organisation that you do know, asking you to urgently click on a link.



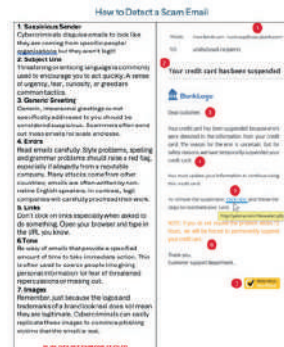
Remember that most legitimate organisations don't make outgoing calls. If you're unsure, contact the company on the number or email that you already have for them; not one given to you by the caller. Its ok to reject, refuse or ignore requests. Only a scammer will rush/panic you to act. If in doubt, hang up or delete.

ARTIFICIAL INTELLIGENCE

With 'AI' becoming more sophisticated, scammers can now capture and replicate the voice of your family member. They may call asking for the urgent transfer of funds and you may not be able to tell the difference.

Agree a family password that is something that no one else would know. If you're unsure about an interaction, ask for the password. No password, no funds.

Please visit our website for more information, including a chart from Mark on how to spot a scam email:



WRIST DEVICE THAT MONITORS ACTIVITY COULD HELP PROVIDE EARLY WARNING OF ALZHEIMER'S

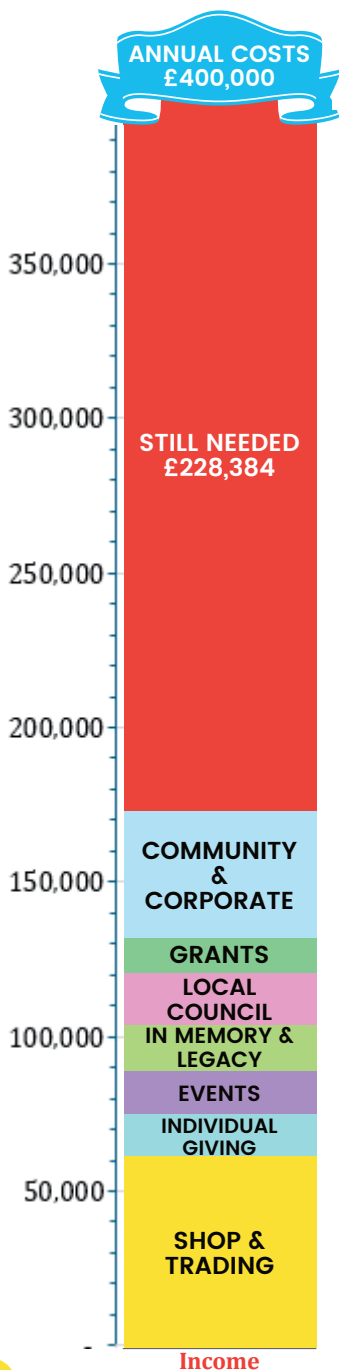
Source & full article:
<https://bit.ly/3IFVhzc>

FIVE ALZHEIMER'S PATIENTS DEVELOPED DISEASE FROM DECADES-OLD MEDICAL TREATMENT

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

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.

Fundraising for 'ADS'



FUNDING OUR WORK

We are a local Charity that operates independently, focusing all our efforts on helping our community. From support groups like Connection Café to educational programs like Dementia Information Hub, everything we do is designed to assist those living with Dementia and their Carers right here in our area. By staying independent, we make sure that every resource and effort goes towards supporting our community.

In the heart of our fundraising efforts lies a crucial reality: the annual costs of sustaining our Charity's impactful work total £400,000.

We are not a part of, nor do we receive funding from, any national charities. We have had one small Council grant in two years.

Could you, a member of your family or friends help us to raise the funds that will ensure our continued delivery of support to local people?

Thank You FOR SUPPORT & DONATIONS

We can't thank you enough for all your support and for your trust in our Services and Guidance in the local community!

- Wargrave Theatre – Linda Daman
- Mary Mulhall
- Penny Harris & Sue for selling their delicious marmalade and donate us all their proceedings
- Janet Jeffery for selling her amazing cards and donate us all her proceedings
- Molly, one of the Cox Green school pupils for volunteering on Wednesdays with our Members

Thank You FOR DONATIONS IN MEMORIAM

Maureen Webb
Maureen Dunn
Michael Bicknell

Fundraising for 'ADS'

THANK YOU FOR COMPLETING



Remember to pay in your sponsorship money.

We hope you had fun stepping through March to fundraise for 'ADS'. It was lovely to see all the runners at the Maidenhead 10k Easter Run on Good Friday and to hear what people got up to when completing their challenge. Well done to everyone who took part, we are truly grateful.

Please remember to return any completed sponsorship forms to a staff member or to our shop and to pay in your sponsorship money by:

Bank transfer to: Alzheimers Dementia Support, A/C# 49303589, Sort Code: 60-13-35 (NatWest Bank) and referencing 'MFM24'.



Cheque, referencing 'March for March 24' to: Alzheimers Dementia Support 'ADS', 38 Queen Street, Maidenhead SL6 1HZ.

Debit or credit card via PayPal using the QR Code, referencing 'MFM24'.

SUPPORT 'ADS' AND PLAY THE WINDSOR & MAIDENHEAD COMMUNITY LOTTERY

Windsor & Maidenhead Community Lottery is an exciting weekly lottery that raises money for good causes in the Royal Borough, including us. Raise money for 'ADS' and be in with a chance to win £25,000. Get your tickets today at <https://bit.ly/3KA9yIV>.

COULD YOU VOLUNTEER A FEW HOURS A WEEK TO HELP US FUNDRAISE IN THE COMMUNITY?

As we approach the summer season, we need help to attend, raise awareness and fundraise at the community events taking place in the local area. Could you volunteer some time to help run a stall, set up a tombola or ask around for raffle prizes? Why not get in touch and see how you can help this summer by emailing fundraising@adscharity.com or by calling Dee on 07887 993313.

REMEMBER A LOVED ONE THIS SPRING

Remember a loved one this spring by sharing their story and leaving a gift in their memory by visiting:
<https://adscharity.memorypage.org/spring>.

Alternatively you can send a gift via cheque referencing 'in memory of ...' to: Alzheimers Dementia Support 'ADS', 38 Queen Street, Maidenhead, Berkshire, SL6 1HZ.



Out & About

by Sandra Williams
Out & About Service Leader

Our Out & About group is currently dominated by gentlemen except for one feisty lady, Maz, who thankfully isn't fazed by them!



The service wasn't designed to be a gentleman's club. It is a service providing stimulating activities for people with dementia, male and female, whilst providing their carer with a well-earned break. Demographically, more women are diagnosed with dementia and women outlive men. So why is Out & About dominated by men? I believe there

is a reason for this phenomenon, but I may be biased. [Behind every good man is an even greater woman!](#)

Sadly, it is more likely that a female with dementia has been widowed, so they are alone without a spouse to care for them. It is the female spouses/carers who motivate their husbands and enable them to access Out & About. In return, I know they enjoy some time out.

Shahida our new and enthusiastic colleague, who mainly supports our Asian Community, joined us for a game of Ten Pin Bowling, to get a taste of Out & About. The tables were turned. Alan, an excellent bowler and Out & Abouter, trained Shahida in bowling techniques. Alan scored the highest score of 146.



Shahida's observations of the day were interesting. She was thrilled to witness our Out & Abouters attending a service without their primary carer.

In this supportive environment she recognised that they are no longer defined by their diagnosis. Independently they can form friendships, enjoy new experiences and share skills. At lunchtime she heard their personal stories and learnt about their pasts.

We introduced Shahida to a Full English Breakfast, ironically eaten at lunch time or in Tim's case, vacuumed at lunchtime, in the vain hope of another being served prior to pudding.

Camaraderie was in abundance when we played New Age Kurling. Table Tennis brought competitiveness. Polybat enabled those who prefer to sit, to play a paralympic game similar to table tennis. John G amazed us with his keen eye for the ball and impressive reactions. Our parachute game has been popular; sat around a colourful parachute, we bashed the hell out of two beach balls whilst singing to music with gusto. Rules have been turfed out and laughter has ensued. As Kathryn Hepburn said "If you obey all the rules you have no fun".



The Therapeutic Touch of Gardening for Dementia: Cultivating Joy and Connection

Gardening isn't just about planting seeds and watching them grow; it's about nurturing life and fostering wellbeing, especially for those living with Dementia. The simple act of tending to a garden can have profound effects on their physical, mental, and emotional health.



For People with Dementia, gardening offers a sensory-rich experience that engages their senses in a meaningful way. The sight of vibrant blooms, the texture of soil between their fingers, the sound of birds chirping, and the scent of freshly cut herbs can evoke memories and stimulate cognitive function.

Beyond sensory stimulation, gardening provides a sense of purpose and accomplishment. It offers an opportunity to connect with nature, to feel a sense of control and mastery over the environment and to experience a tangible outcome of their efforts. Planting seeds, watering plants or harvesting vegetables – each task fosters a sense of autonomy and pride.

Moreover, gardening promotes physical activity and mobility, which are crucial for maintaining overall health and wellbeing. Whether it's bending, stretching or walking around the garden, these gentle movements help improve flexibility, strength, and balance.

Additionally, spending time outdoors exposes People with Dementia to natural light, which can help regulate sleep patterns and elevate mood. Perhaps most importantly, gardening fosters social connections and a sense of community. It provides an opportunity for People with Dementia to engage in meaningful activities with their loved ones.





Services highlights

DEMENTIA INFORMATION HUB – TUESDAY 16TH APRIL 2024

At our March Hub, Jade Gani of Circe Law gave an excellent presentation on the importance of making a will and some of the points that need to be taken into consideration, including selecting an advisor, personal situations and tax implications.

Circe is a local law firm that specialises in supporting the older generations and vulnerable people. They are highly qualified and very personable which makes a visit to them comfortable and open.

Do ask them about their one hour free consultation if you need advice on Wills, Estate Admin, LPAs, Tax, Trusts or Probate.

To find out more about their services or to get in contact with them, please visit their website at www.circelaw.co.uk.



On Tuesday 16th of April we'll welcome our guest speaker Faye Pearce from Right at Home, Maidenhead. During this session, she will talk about the Falls Prevention and give advice for preventing falls, what to do when a person falls and common causes of falls.



Right at Home is a local homecare provider delivering personal care and support for you or your loved one. [More information about the Hub can be found on page 13.](#)

THE 'ADS' MONTHLY LUNCH CLUBS

Attending our monthly Lunch Clubs provides a supportive environment for People with Dementia to socialise, find comfort, camaraderie and a sense of community. For their Carers, these clubs offer a vital respite, a chance to connect with others facing similar challenges and access to valuable support from our Advisors.



Socialising at our monthly Lunch Clubs also contributes to cognitive stimulation and emotional wellbeing.

Every 2nd Wednesday of the Month, we meet for the Members' Lunch and every 3rd Wednesday of the month, we get together for the Mates with Plates & Ladies that Lunch. [More about this Service at page 15.](#)

Special 'ADS' News

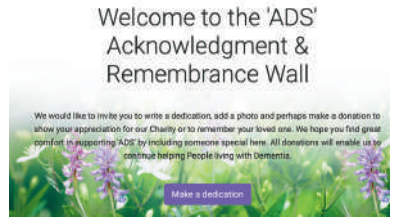


WHEN A LOVED ON PASSES

We're excited to introduce our latest addition to our website – the "Support Beyond" pages.

Here, you'll find valuable information on wills and the opportunity to create a personalised page dedicated to your loved one.

Whether it's a birthday, anniversary, or simply a special someone you want to honor, we invite you to share your sentiments on our wall. Our Team is ready to assist you every step of the way.



THE ANNUAL MEMBERS' PICNIC AT BCA



Our Members are invited to mark their calendars for the upcoming annual picnic at BCA, scheduled for the 15th of May. We're excited to have you join us for a fun day together in the beautiful outdoors. For more information, please contact Terrie Hall on 07516 165647 or send an email at info@adscharity.com.

SANTA FUN RUN 2024 – SAVE THE DATE

It's that time of the year again when you have to mark your calendars for the next 'ADS' Santa Fun Run! We challenge you to a charitable 5k Run or Walk / Wheel / Jog / Push (approx 3.1 miles) once around Dorney Lake along hundreds of Santas.

The next 'ADS' Santa Fun Run will take place on 24th November 2024 at Eton Dorney Lake!

More details to come in the following newsletters!



THE 'ADS' CHARITY SHOP

Come and explore our charity shop – we've got a fantastic selection of items waiting for you! From unique finds to everyday essentials, there's something for everyone and your purchases support a worthy cause. So next time you're in town, do pop in and check for yourself.

You can find us at 75 High St, Maidenhead SL6 1JX and we are open Monday – Saturday, 09:00 – 17:00.

The 'ADS' Services Calendar

APRIL

MONDAY	TUESDAY	WEDNESDAY
<p>1st</p> <p>Bank Holiday NO Services</p>	<p>2nd</p> <p>10:30 - Langley Seated Exercises</p> <p>13:00 - Windsor Singing for Pleasure</p>	<p>3rd</p> <p>13:00 - Maidenhead Singing for Pleasure</p> <p>13:00 - Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music</p>
<p>8th</p> <p>10:00 - Maidenhead Connection Café with Seated Exercises</p> <p>13:30 - Online on ZOOM Singing for Pleasure</p>	<p>9th</p> <p>10:30 - Langley Seated Exercises</p> <p>13:00 - Windsor Singing for Pleasure</p>	<p>10th</p> <p>12:30 - Maidenhead Members' Lunch</p> <p>13:00 - Maidenhead Singing for Pleasure</p>
<p>15th</p> <p>10:00 - Maidenhead Connection Café with Seated Exercises</p> <p>13:30 - Online on ZOOM Singing for Pleasure</p>	<p>16th</p> <p>10:30 - Langley Seated Exercises</p> <p>13:00 - Windsor Singing for Pleasure</p> <p>19:00 - Windsor Dementia Information Hub</p>	<p>17th</p> <p>10:00 - Maidenhead Fun & Activities at BCA</p> <p>12:30 - Maidenhead Mates with Plates & Ladies that Lunch</p> <p>13:00 - Maidenhead Singing for Pleasure</p> <p>13:00 - Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music</p>
<p>22nd</p> <p>10:00 - Maidenhead Connection Café with Seated Exercises</p> <p>13:30 - Online on ZOOM Singing for Pleasure</p>	<p>23rd</p> <p>10:30 - Langley Seated Exercises</p> <p>13:00 - Windsor Singing for Pleasure</p>	<p>24th</p> <p>10:00 - Maidenhead Fun & Activities at BCA</p> <p>13:00 - Maidenhead Singing for Pleasure</p> <p>13:00 - Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music</p>
<p>29th</p> <p>10:00 - Maidenhead Connection Café with Seated Exercises</p> <p>13:30 - Online on ZOOM Singing for Pleasure</p>	<p>30th</p> <p>10:30 - Langley Seated Exercises</p> <p>13:00 - Windsor Singing for Pleasure</p>	

The 'ADS' Services Calendar

APRIL

THURSDAY	FRIDAY
13:30 - Ascot Seated Exercises	4th 10:30 - Ascot Singing for Pleasure
13:30 - Ascot Seated Exercises	11th 10:30 - Ascot Singing for Pleasure
10:00 - Maidenhead Fun & Activities at BCA	18th 10:30 - Ascot Singing for Pleasure
13:30 - Ascot Seated Exercises	19th
10:00 - Maidenhead Fun & Activities at BCA	25th 10:30 - Ascot Singing for Pleasure
13:30 - Ascot Seated Exercises	26th
14:00 - Windsor Moves & Grooves	

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



Please contact us should you need:

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

The 'ADS' Services

CONNECTION CAFÉ

Connection Cafés are an opportunity for People with Dementia, their Carers and Families to connect with, someone ready to listen and others to share experiences with.

MAIDENHEAD

Mondays 10:00 - 12:00
Methodist Church, High Street
Maidenhead, SL6 1EF

Sometimes our Cafés just serve tea, coffee and a friendly chat, but we often have activities taking place throughout the sessions including the very popular Seated Exercises.



SEATED EXERCISES

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

There is no dress code, just come as you are, the exercises are simple to do, fun and will give your muscles a gentle but firm workout.

MAIDENHEAD

every Monday from 11:15 - 12:00
Methodist Church, High Street
Maidenhead, SL6 1EF

ASCOT

every Thursday from 13:30 - 14:45
King Edwards Hall,
Chapel of St Mary & St John
King Edwards Road,
Ascot, SL5 8PD

LANGLEY

every Tuesday from 10:30 - 11:45
St Francis Church, London Road
Langley, SL3 7LN



Seated exercises offer a gentle yet effective way for People with Dementia and their Carers to stay physically active and maintain mobility, promoting overall health and wellbeing.

For further information about any of these Services, please contact Terrie on 07516 165647 or at terrie.hall@adscharity.com.

The 'ADS' Services

DEMENTIA INFORMATION HUB

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

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

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

WINDSOR

3rd Tuesday of the month

19:00 – 21:00

Dedworth Green Baptist Church,
Smiths Lane, Windsor SL4 5PE



Next session is on Tuesday, 16th April.

Pre-booking is not necessary, so please just join us when you can.

If you would like to find out more information or perhaps to be a speaker at one of our Dementia Information Hub sessions, please contact Terrie on 07516 165647 or via e-mail at terrie.hall@adscharity.com.



SINGING FOR PLEASURE ONLINE

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

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

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

ONLINE on ZOOM

Mondays 13:30 – 14:30

The link is sent every Monday morning via email.



The 'ADS' Services

**SINGING
FOR PLEASURE**
ALSO ONLINE
EVERY MONDAY

Singing is for pleasure, so you don't need a good singing voice to come and join in our sessions. You don't even have to sing if you don't want to! Just come and join in and experience the joy singing brings to People with Dementia.



Music and social interaction can have a positive impact on anyone's mood, and for People with Dementia, it is known that it can help to reduce the most common symptoms such as agitation, apathy and anxiety.

Every Tuesday, Wednesday and Friday we offer our Members the opportunity to join an hour of fun and joy, singing along with our professional singers.

Each session starts with a 30-minutes chat while enjoying a warm cup of tea or coffee and some delicious biscuits.

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW

MAIDENHEAD

Wednesdays 13:00 - 14:30

Cox Green Community
Centre, 51 Highfield Lane, Cox Green,
Maidenhead SL6 3AX

ASCOT

Fridays 10:30 - 12:00

King Edwards Hall
Chapel of St Mary & St John
King Edwards Road, Ascot, SL5 8PD

We also run this Service ONLINE on Mondays from 13:30.

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

Singing together online gives People with Dementia a happy way to express themselves and feel connected. It helps reduce stress and makes them feel better emotionally, all from the comfort of home.

Pre-booking is not required, so please just turn up.
For more information, please get in touch with Terrie on 07516 165647.

The 'ADS' Services

LUNCH CLUBS

Social interaction is healthy, like exercise for the brain. Staying socially engaged with friends is important for both People with Dementia and their Carers.

Our **Members' Lunch** is a friendly social lunch for Carers, past Carers, People with Dementia to meet up with old friends and make new ones. We meet every 2nd Wednesday of the month.

Next Members' Lunch takes place on 10th April.



The **Mates with Plates, Ladies that Lunch** are enjoyable, informal events in a relaxed, safe environment, that give Carers an opportunity to chat with other Carers while gentlemen with Dementia socialise in a separate group, supported by our Volunteers. We meet on the 3rd Wednesday of the month.

Next Mates with Plates, Ladies that Lunch takes place on 17th April.

All lunches are supported by members of the 'ADS' team and take place once a month 12:30 to 14:15 at Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

A donation of £16 per person is requested which includes the carvery meal, ice cream dessert and a soft drink. All our lunches must be booked in advance by calling Terrie on 07516 165647.



MOVES & GROOVES

This Service is designed for People with Dementia and their Carers to get together for a fun social event where people can engage as much (or as little) as they like.

WINDSOR

4th Thursday of the month

14:00 - 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

Whilst we encourage people to join in this gentle exercise, we do understand that you may just like to come along to watch and chat.

Next Moves & Grooves takes place on 25th April.

The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to.



The 'ADS' Services

ASIAN LANGUAGE & CULTURAL SERVICES

The Asian community holds great significance for our Charity and we are delighted to offer support to People with Dementia within this group.

With this in mind, we have designed specific Services for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through music and gentle exercise.

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This Service is really helpful for both People with Dementia and their Carers. It uses music to bring back memories, ease worries and make them feel happier.

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.

LANGLEY
Every Wednesday of the month
13:00 – 14:30
St Francis Church, London Road
Langley SL3 7LN



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia. It helps them stay active, improves mood and can even trigger memories through familiar tunes and movements.

For carers, it provides a fun and enjoyable activity to share with their loved ones.

A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.

LANGLEY
Last Wednesday of the month
13:00 – 14:30
St Francis Church, London Road
Langley SL3 7LN

Pre-booking is not needed, so please just pop along.
For more details about the Asian Services contact Shahida on 07543 243613.

The 'ADS' Services

**FUN AT
BERKSHIRE
COLLEGE OF
AGRICULTURE**

This FABulous 'ADS' Service was created especially for People with Dementia and their Carers, with a unique partnership with Berkshire College of Agriculture.

Together, we joined forces to promote awareness and support for People affected by Dementia.

The session is delivered by the Students, with the activities customised to each person, including the supported use of crafts, cooking, games and a magic table. The sessions end with a short sing-along.

The FABulous Service - Fun & Activities at BCA is a part of the students' curriculum, giving them the opportunity to build up their practical experience. With their teachers' support, but also with the help of the 'ADS' Team, they work with the People with Dementia and their Carers throughout the entire session.

This Service takes place at the Berkshire College of Agriculture new Health Science Building.

The entire venue is Dementia friendly and includes easy access & parking, lift, activity rooms, café, adapted kitchen & life-skills room and private conversation room.

Carers are able to join in the Service or take time to chat with the other Carers or with the students in an on-site Café. They can also have private discussions with the 'ADS' Advisors or even take a walk in the surrounding beautiful grounds.



MAIDENHEAD

Wednesdays 10:00 - 12:00
Thursdays 10:00 - 12:00

Hall Place, Burchetts Green Rd
Maidenhead SL6 6QR

The FABulous Service at BCA is helpful for People with Dementia and their Carers because it provides fun activities in a friendly environment. The students and the 'ADS' Team offer their constant support which can make participants feel comfortable and more connected.

Pre-booking is essential as the number of participants is limited. If you would like to join please contact Rachel on 07706 324372 or via e-mail at rachel.spencer@adscharity.com.

The 'ADS' Services

OUT & ABOUT

This Service offers a wonderful opportunity for People with early-stage Dementia who are still active and their Carers to enjoy new experiences and create cherished memories together in a supportive and inclusive environment.

By participating in outings tailored to their interests and needs, the People with Dementia get to boost their mood while their Carers can enjoy a welcome and very much needed break from daily routines.

There are 8 places on each Service which are assigned after a successful assessment. There are two Services meeting on alternate Tuesdays in Maidenhead.

Our programme is very varied, providing the opportunity to do things you have done in the past, or perhaps have a go at something new. Lunch is included, whether it be a picnic or a meal at a pub or restaurant.

To be eligible to take part in this respite Service, you must:

- Have been diagnosed with early-stage Dementia
- Be mobile. We don't do hikes, but you must be able to participate in a general stroll
- Commit to using the allocated space on a regular basis
- Be able to manage the steps of a minibus
- Be able to manage your own personal care
- Have transport to and from the service.

The Service is led by Sandra Williams, our Out & About Service Leader.

She is supported by an amazing team of dedicated and experienced Volunteers, whom all have enhanced Disclosure and Barring Certificates.

The many venues we visit, are all risk assessed, mindful of the individual needs of each attendee.



For further information please contact Sandra on 07593 661848 or via email at sandra.williams@adscharity.com.

There is a waiting list for this popular Service, so please put your name down as soon as possible!

We request a donation of £60 per day towards the costs of delivering this respite service. The Charity continues to subsidise the delivery of the Service.

Here to help



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

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

BLUE BADGES

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



COUNCIL TAX REDUCTION/EXEMPTIONS

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

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

ATTENDANCE ALLOWANCE INFORMATION

Attendance Allowance is a non means tested benefit for a person who is state pension age or older and has a long-term illness or disability.

There are 2 different rates of allowance:

- £68.10 per week if you need frequent help or constant supervision during the day or supervision at night
- £101.75 per week if you need help or supervision throughout both day and night, or a medical professional had said you may have 6 months or less to live.

You can download a form on the GOV.UK website or obtain a claim form by calling 0800 7310122. Lines are open 08:00 - 18:00 Monday to Friday.

COUNCIL CONTACTS

RBWM Optalis

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

Slough Borough Council Adult Social Care

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

Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Important 'ADS' Contacts



Terrie Hall
Senior Dementia Advisor

07516 165647
terrie.hall@adscharity.com



Rachel Spencer
Service Advisor

07706 324372
rachel.spencer@adscharity.com



Shahida Khan
Multi-Lingual Service Advisor

07543 243613
shahida.khan@adscharity.com



Sandra Williams
Out & About Service Leader

07593 661848
sandra.williams@adscharity.com



Dee Allgood
Membership & Funding Specialist

07887 993313
fundraising@adscharity.com



Andreea Moisă
Marketing & Events Specialist

07513 762900
marketing@adscharity.com



Postal address

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



Shop address

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

MAKE 'ADS' YOUR CHARITY OF THE YEAR

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

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

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

For more details, please contact Dee at fundraising@adscharity.com.