

Note from the CHAIRMAN

Dear Friends of 'ADS',

I hope you, your Families and Friends are keeping well.

Springtime has returned, bringing back warmer days and lighter evenings - Simply, being able to see the trees and flowers resplendent in full bloom brings an air of joy and pleasure. This all adds to a feeling of improved positivity and offers the ability to enjoy the great outdoors - thank goodness! As always, we have lots of things organised for your enjoyment during the month, so please take every opportunity to join in with us during the lovely warm spring days ahead.

I couldn't let the opportunity pass without celebrating the life of our recently departed Duke of Edinburgh. HRH Prince Philip will be greatly missed not only by our Queen and the rest of the royal family, but also by many of us too. His humour and strength of character was an inspiration to us all. His good work and selfless devotion to his many charitable works and activities have helped so many people, young and old, across the country and for this, we hope he will be fondly remembered. He was the epitome of how to dedicate his life to serving Queen, Family and Country and he has left a mark on us all, he will be remembered with great fondness.

The 29th of June marks the date when 'ADS' was formed and we will soon be announcing several events to celebrate this. Please look out for more information in our Newsletters, Website and Social Media. Full details will be released soon and we are looking forward to us all being able to share this significant milestone of 'ADS'.

As always, the Team are working hard to reach, Support, Guide, Inform, Comfort and assist you to help make a positive difference in your life. Please ensure that you join in by taking part in as many of our services as you can.

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

Best wishes,



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee



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

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IMPORTANT CONTACTS

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



ENGAGING IN HOUSEHOLD CHORES IS BENEFICIAL FOR BRAIN HEALTH

In a recent Baycrest study, older adults who spent more time on household chores showed greater brain size, which is a strong predictor of cognitive health.

In this study, published in the journal *BMC Geriatrics*, the researchers looked at the links between household chores, brain volume and cognition in a group of 66 cognitively healthy older adults living in the community. The participants attended three assessment visits at Baycrest Hospital, including a health evaluation, structural brain imaging and cognitive assessment.

The researchers found that older adults who spent more time engaging in such activities had greater brain volume, regardless of how much exercise they did. This was observed in the hippocampus, which plays a major role in memory and learning, and the frontal lobe, which is involved in many aspects of cognition.

Source and full article: <https://bit.ly/3dmh2oU>



DEMENTIA RISK DOUBLES IF PEOPLE HAVE BOTH VISION AND HEARING LOSS

Older adults who start losing both vision and hearing may be at an increased risk of developing Dementia.

Gihwan Byeon at Kangwon National University Hospital in South Korea and his colleagues studied 6520 people, aged 58 to 101, over six years. At the start of the study, they asked each person to rate their ability to see and hear. The participants also underwent cognitive testing every two years.



Adjusting for other factors that influence dementia, such as sex, education and income, the researchers estimate that people with impairments of both vision and hearing are twice as likely to develop dementia as people with only one or neither impairment.

Source and full article: <https://bit.ly/3t7k0mR>

READ MORE
ABOUT OUR PAST
10 YEARS ON
WWW.ADSCHARITY.COM

Our 10th anniversary

Every year, the success of companies across the Royal Borough is celebrated at this special event – Maidenhead and Windsor Business Awards, launched by the Maidenhead and District Chamber of Commerce.



In 2019, 'ADS' was offered, along with many other local charities, the opportunity to enter a special competition in celebration of the 150th Anniversary of the Louis Baylis Trust.

Maidenhead Advertiser published the list of nominees in the paper and we asked everyone who knows of, and believes in the work we do in the local community to vote for us. Many of our wonderful Supporters, Volunteers and Friends of 'ADS' plus all our extended networks voted.



We were delighted when it was announced that we were one of three finalists. We then asked you all to vote again for us to win! And WE did!

As finalists, we were invited to participate at the special ceremony in the company of HRH Prince Edward and we couldn't be more honoured to have received this award for Best Charity.

During the event, we have also received a "live" donation after guests took part in a game of 'heads and tails' with cash raised at each table. We were once again very grateful to everyone there who decided to support our cause.



Thank you to all of you who believed in our values and supported us on the journey to achieve this special award.



**DID YOU
KNOW?**

There are currently around 850,000 people with Dementia in the UK. This is projected to rise to 1.6 million by 2040. 209,600 will develop dementia this year, that's one every three minutes. 1 in 6 people over the age of 80 have dementia. There are over 42,000 people under 65 with dementia in the UK.

'ADS' news

**VOLUNTEER
DRIVER NEEDED!
MORE DETAILS
BELOW.**

We have reopened our lovely store on 12th of April and we have been overwhelmed by your support while shopping with us. Thank you for choosing 'ADS' Charity Shop right from the first day after lockdown finished.

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!

See you soon in our 'ADS' Charity Shop!



Volunteer Driver required to collect donations for our Charity Shop. Donations to be collected from residents within our local community and delivered to our Shop.

Please contact our Shop Manager Cathy on 07707 531689 or email her at catherine.rance@alzheimersdementiasupport.co.uk



**2021 ANNUAL
GENERAL
MEETING**

**WEDNESDAY, 26TH OF MAY 2021
11AM - 12:30PM ON ZOOM**

Would you like to know more about what we have achieved in the past year and what are our plans for the upcoming months? Join our annual AGM!



If you would like to join, please send us an email at info@alzheimersdementiasupport.co.uk or call 07516 165 647.

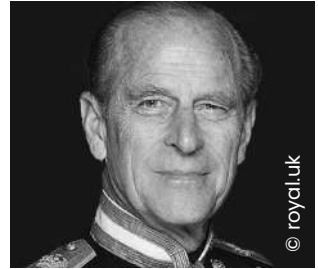


Curious as to how well you did on the last **QUIZ** ?



Special thanks to...

The recent passing of His Royal Highness The Prince Philip, Duke of Edinburgh has left many people sad or has perhaps, brought back memories of past decades. He was an inspirational man who made a real impact on the lives of so many.



Prince Philip was associated with 992 organisations, either as President, Patron, Honorary Member or in another capacity. He had a special interest in scientific and technological research and development, the welfare of young people, education, conservation, the environment, and the encouragement of sport.

One of the projects that he will be best remembered for is the DofE - the Duke of Edinburgh's Award. This charity has been found to inspire and encourage young people to see themselves and see the world around them. The DofE was formed to transform the lives of millions of young people in the United Kingdom and across the globe for more than 60 years in over 140 nations and is one of the country's best-known charities.




His Royal Highness The Prince Philip, Duke of Edinburgh, was a loving husband and a devoted father and grandfather. He served the Royal Navy and had a distinguished Naval Career. His death will leave a significant gap in the lives of the Royal Family and the many organisations that he supported.

Rest in peace, Your Royal Highness. Thank you for everything you have done for our country and for the rest of the world!

● ● ●

"Thank You" for your support & donations...

 Castle Royal LOK n STORE Storage	STEVE SCIRA PAUL KENNY SAM SNEDDON NICOLA DEEKS JEAN WALLIS	 MAGPIES 150 CHALLENGE	PAT DYMOND SALLY ARMSTRONG VIVIANNE DEIGHTON LORNNA ASHTON-PERRY	 MAIDENHEAD GOLF CLUB 125 th ANNIVERSARY
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Donations in memoriam

LUCY WENMAN
PAUL HEALTH

PAULINE DALTON
ANNIE AND PEGGIE LANGFORD-TAYLOR

Out & About

by Sandra Williams

Have you ever wondered what the meaning of “May” is? I looked it up! The month of May was named after the Roman Earth Goddess, Maia. I explored the meaning of the verb “may”. One meaning is “expressing possibility that may be true”. Yippee I thought. It all seems so appropriate that in this month of May we are taking faltering steps back into a world of possibilities, tasting freedom. May is beckoning us outdoors and this year, an escape from living in separate kingdoms, isolated from each other. Indeed May, is normally a time of year when the Out & About programme gathers pace, enabling us to be outdoors engaging with nature, which is not only therapeutic for people with dementia, but therapeutic for me!



Each May, Rivertime Boat Trust have their boat moored at Eynsham in Oxfordshire. This has always been such a fabulous day out, pottering along a part of the River Thames which is so tranquil. We rarely see another boat.

There is always so much else to see, whether it be a field of buttercups, lambs, cows, ducklings paddling hectically after their mother, or the sight of a heron skimming the river. On one trip we watched a man fishing for crayfish, which he then sells to local restaurants.



Another May highlight, is a visit to the bi-annual Cookham Festival Sculpture Exhibition, held in the grounds of The Odney Club. Here we have wandered through the beautiful gardens with far reaching views towards Cliveden. We have admired and critiqued the exhibits, taking a guess at the cost. Sometimes we would like access to that pot of gold at the end of a rainbow. Sometimes we remember that “art is in the eye of the beholder”.



This festival has been rescheduled for 2022, which provides something for O&A to look forward to next year. Here is another photograph, taken under a display of umbrellas – no we weren’t holding them! Look carefully and you will see they formed a piece of art, hung in the tree.

Looking back to last May, I saw the irony, when I read the meaning of the word “mayhem” – a time of extreme disorder and chaos. Undeniably, a time we all hope we have said goodbye to, as we look forward to new possibilities.

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 homemade sign. **This is a personal choice and is not necessary by law.**

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



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



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



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.



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

Happy spring!

FUN PAGE



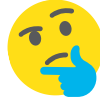
B I B I R D S V U Z E P T O G C C F O Q
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 R C E I E U T E F E W C W T P S X A O K
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 U Q Z E E G A R D E N X C I N S J R F T
 S M P E B J K M Z X X V P L K L V U Q E
 P I C N I C Z Q M M C S E A S O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

NEST	SEASON	BUNNY	KITES
MAY	SUNSHINE	BLOSSOM	BUTTERFLY
BEEES	GREEN	RAINBOW	EGGS
MARCH	PICNIC	SEEDS	EASTER
CHICKS	WARM	GARDEN	BIRDS
FLOWERS	TULIP	APRIL	SPRING

The words may be hidden vertically, horizontally or diagonally.

What goes up when the rain goes down?

Umbrellas!



Which month can't make a decision?

May-be!

Why did the bird go to the hospital?

It needed tweet-ment!



GARDENING EXPRESSIONS

Busy as a ____.

Cool as a _____.

Life is a bowl of _____.



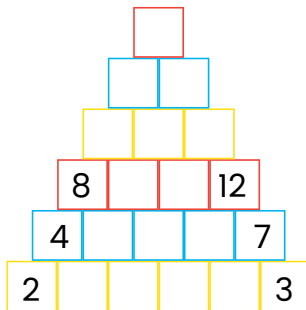
Fresh as a _____.

Take time to smell the _____.

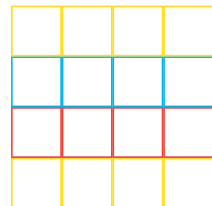
The object of this brain teaser is to figure out what would be the top number in the pyramid.

Each pair of blocks adds up to the block directly above them.

This puzzle is pretty easy especially if you are good at math!



Put 10 crosses on the grid below so that each row, each column and each diagonal has an even number of crosses.



Our Getting Together Services

MAY CALENDAR



We are resuming our weekly Seated Exercises starting on 20th May 2021

Booking by prior arrangement. Please call Terrie Hall on 07516 165647 or email terrie.hall@alzheimersdementiasupport.co.uk

Thu	20th	10:30 – 11:45	ASCOT	Seated Exercises
Thu	27th	10:30 – 11:45	ASCOT	Seated Exercises



Starting with 2nd of June 2021 we are commencing our Warzish Taal Ke Saath sessions every Wednesday from 12.30 – 2.30pm at St Francis Church, London Road, Langley, SL3 7LN.

Please contact Santok on 07543243613 to book your place as numbers are restricted at present.



Special messages from our Members

"Please pass on our thanks to the rest of the team. We really appreciate all the effort that has been put into bringing joy to people with Alzheimers & Dementia. We both very much enjoyed the singing and dancing and it was really helpful to be amongst people who understand the condition.

It must be tough for all charity organisations to keep going through the pandemic and it was great that we could join in via the video link, although not quite the same as being together in person. Having the support of 'ADS', I feel really helped with the transition into the Care Home and so thank you so much for all that you do! I hope the rest of the singing group are all OK.

Hopefully we will be able to meet again in person before too long.

Kind Regards,
Debbie"



Our Online Services

MAY CALENDAR



Mon	3rd	MAY BANK HOLIDAY - NO SERVICES		
Tues	4th	13:30	ONLINE	Singing For Pleasure
Wed	5th	15:00	ONLINE	In & At Home Chat & Laugh
Fri	7th	11:00	ONLINE	Singing For Pleasure
Mon	10th	13:30	ONLINE	Singing For Pleasure
Tues	11th	13:30	ONLINE	Singing For Pleasure
Wed	12th	15:00	ONLINE	In & At Home Chat & Laugh
Fri	14th	11:00	ONLINE	Singing For Pleasure
Mon	17th	13:30	ONLINE	Singing For Pleasure
Tues	18th	13:30	ONLINE	Singing For Pleasure
Wed	19th	15:00	ONLINE	In & At Home Chat & Laugh
Fri	21st	11:00	ONLINE	Singing For Pleasure
Mon	24th	13:30	ONLINE	Singing For Pleasure
Tues	25th	13:30	ONLINE	Singing For Pleasure
Wed	26th	15:00	ONLINE	In & At Home Chat & Laugh
Fri	28th	11:00	ONLINE	Singing For Pleasure
Mon	31st	SPRING BANK HOLIDAY - NO SERVICES		

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 or 07516 165647.

Signposting



CALL BLOCKERS

The Royal Borough of Windsor and Maidenhead have a supply of free call blockers for people who receive a high level of scam and nuisance calls and reside within this local authority. Research from a previous call blocker project shows that 99% of scam and nuisance calls were blocked.

For further information please contact Terrie on 07516 165665 or via email at terrie.hall@alzheimersdementiasupport.co.uk.

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.

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:

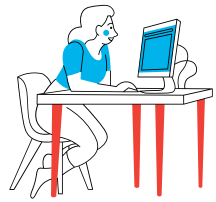
- £59.70 per week if you need frequent help or supervision throughout the day
- £89.15 per week if you need help or supervision during day and night or if you are terminally ill

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.

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.

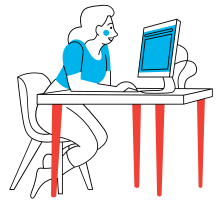
In order to be able to join us, you need access to Zoom on a phone, iPad or laptop.

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

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.

Getting together

DETAILED INFORMATION



Currently, we are NOT able to hold all of our services due to COVID-19. Please check the services calendar from pages 10-11 for more details.

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 Exercises

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 from 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, we are NOT able to hold all of our services due to COVID-19. Please check the services calendar from pages 10-11 for more details.

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



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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 TAAAL 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 every Wednesday from 12:30 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN. Please contact Santok on 07543243613 to book your place as numbers are restricted at present.

Getting together

DETAILED INFORMATION



Currently, we are **NOT** able to hold all of our services due to COVID-19. Please check the services calendar from pages 10-11 for more details.

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, we are NOT able to hold all of our services due to COVID-19. Please check the services calendar from pages 10-11 for more details.

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.

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

SANTOK MODHVADIA

Multi Lingual Service
Delivery Advisor

07543 243 613

santok.modhvardia@alzheimersdementiasupport.co.uk

SANDRA WILLIAMS

Out & About Service
Co-ordinator

07593 661 848

sandra.williams@alzheimersdementiasupport.co.uk

DEE ALLGOOD

Membership &
Funding Specialist

07884 055 419

funding@alzheimersdementiasupport.co.uk

ANDREEA MOISĂ

Marketing & Events
Specialist

07513 762 900

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.