

# Newsletter

## JUNE 2021



Alzheimers  
Dementia  
Support  
Local support and guidance





WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



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

 AlzheimersDementiaSupport  
 alzheimers-dementia-support

 adscharity  
 ADSlocalsupport

*Join us*



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',

As the year progresses, we are fast approaching the time to celebrate the Dads in our lives. Sunday 20th June is Father's Day and so let's grasp this great opportunity to pamper our Dads, to make him feel 'extra special'. I'm sure all Dads would really appreciate being placed 'centre stage' for the day and having all of the family join in to show how very important he is. With this in mind, this is your opportunity to thank him for everything he has done over the past year(s).

In the last newsletter, we informed you that the 29th of June marks the date of our 'ADS' 10th Birthday and we are very much looking forward to being able to share this significant milestone for 'ADS' with all of you, so look out for news of our special Birthday celebration event!

Additionally don't forget that, as always, we have lots of things organised for your enjoyment during the month ahead, so please take every opportunity to join us as often as possible during June. The Team is working very hard and making all efforts to Reach, Support, Guide, Inform, Comfort and assist you in the hope of making a positive difference in your life. Therefore, please ensure you join us and take part in as many of our services as you possibly can.

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

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.

## Inside THIS ISSUE

**02**  
NOTE FROM THE CHAIRMAN

**03**  
WORLDWIDE NEWS

**04**  
OUR 10TH ANNIVERSARY

**05**  
'ADS' NEWS

**06**  
SPECIAL THANKS

**07**  
OUT & ABOUT

**08**  
INFORMATION, SUPPORT & ADVICE

**09**  
FUN PAGE

**10**  
GETTING TOGETHER SERVICES JUNE  
CALENDAR

**11**  
ONLINE SERVICES JUNE CALENDAR

**12**  
SIGNPOSTING

**13**  
A KID'S GUIDE TO DEMENTIA

**14 - 19**  
OUR SERVICES

**20**  
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



## DEVELOPMENTS IN THE PHARMACEUTICAL INDUSTRY: EFFICACY OF ADUCANUMAB

Karen Saunders, one of our Trustees, has been keeping an eye on developments in the pharmaceutical industry and this month reports on:

### ADUCANUMAB

There have been some interesting results coming through in Alzheimers drug development. Aducanumab is an anti-beta-amyloid for Alzheimers being developed by Biogen Inc & Eisai Co Ltd. The drug is in patient trials and is the first to show potential clinical benefit effect in early-onset. It will take time to get through the full regulatory process and approval from the National Institute of Clinical Excellence (NICE) for it to be prescribed in the UK.

There are two other drugs in development similar to Aducanumab – a real milestone, as there has been no regulatory approval of a new drug for Alzheimers in the last 15 years.

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



## RESEARCH PAVES THE WAY FOR EYE TEST TO DETECT ALZHEIMER'S BEFORE SYMPTOMS

World-first research led by Western Sydney University has found a connection between the accumulation of rogue proteins in the eye, and Alzheimer's disease. A finding that could pave the way for an eye test to detect Alzheimer's disease long before it damages the brain.



Research senior author, Associate Professor Mourad Tayebi from Western Sydney University's School of Medicine said the finding was significant and that, with adequate funding, clinical trials could be less than two years away.

"Scientists have previously known that these rogue proteins accumulate in the blood, but this is the first time they've been found in the eye, before disease manifestation", he said.

Source and full article: <https://bit.ly/3o5q10r>

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.

READ MORE  
ABOUT OUR PAST  
10 YEARS ON  
[WWW.ADSCHARITY.COM](http://WWW.ADSCHARITY.COM)

# Our 10th anniversary

Our 10 Years of Charitable Service at 'ADS' has been a series of highs and lows. We have brought much joy, help and support into the lives of those many People living with Dementia, their Carers and Families who continually depend on us for our Services.



We have been very fortunate to have shared in the lives, memories and journeys of so many members.

Sadly though, we have also experienced the great losses of so many deeply loved lifelong companions and family members, but they have enriched us so much with their love and companionship and will be warmly remembered. We are grateful to have been of some assistance to these families and to become clearly recognised by the local Authority as being the key suppliers of Dementia Support Services, within our local community.



We will continue to provide our Services for as long as they are needed and it is with great pride that we recognise the total dedication of our dedicated 'ADS' Team of Volunteers and Staff, without whom our work would not be possible - Thank you everyone!



## Special memories from our Members

"Remembering my Dad Dennis Bagshaw on Father's Day... My Dad was a very talented musician with a lovely singing voice. He would have so enjoyed Singing for Pleasure and playing his accordion to entertain everyone. Unfortunately, I didn't inherit his musical talent. Instead, I got his dimples and my name! Miss you dad, Denise"



"Our Dad Hiralal is greatly missed at a grand old age of 95. His memories & laughter are treasured. Loved beyond words & missed beyond measure.

He loved singing with you all. Miss him."



# 'ADS' news

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

Have you heard about our concept called 'The Shop Zone'? This is an amazing opportunity to promote your Company to our local community, as we are right on High Street, the busiest place in town!

Take over a window and an area in our shop to display your donations and let Maidenhead know about you and how you are supporting us.



If you would like to know more, send an email to Andreea, our Marketing & Events Specialist at [marketing@alzheimersdementiasupport.co.uk](mailto:marketing@alzheimersdementiasupport.co.uk).



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](mailto:catherine.rance@alzheimersdementiasupport.co.uk)



**2021 ANNUAL  
GENERAL  
MEETING**

**THANK YOU EVERYONE WHO LOGGED INTO OUR ANNUAL GENERAL MEETING LON 26TH MAY!**

On 26th of May we had our AGM where we shared with everyone our achievement from the past year, but also our plans for the future.



If you weren't able to attend our virtual meeting, you can still read all about it here: <https://bit.ly/3oLEhmM>.

## Save the date!



We are happy to announce that we have started the planning for our next Santa Fun Run event and we're looking forward to seeing how far you can go!

Santa Fun Run 2021 will take place at Eton Dorney Lake on Sunday, 28th of November from 11:00 AM. If you cannot make it, you can still Run It Your Way! Make sure you save the date in your calendar and regularly check our website to stay up to date: <https://bit.ly/3eZc56b>.

# Special thanks to...

The Windsor Community Orchestra is a local orchestra for all musical abilities, including children above 9 years old, young people and adults. Starting up in 2004, it has been performing three free-to-watch Community Concerts a year involving a wide range of music.



Each term, the WCO Members select a local charity for any concert donations to go to and 'ADS' was delighted to be selected this time.



Lock-down prevented the in-person meetings and wanting to continue with the fun-filled rehearsals and concerts that have been faithfully supported by family and friends, the group moved to Zoom and home recording. This culminated in the 25th March Spring

Concert which reached around 50 screens, including some of the 'ADS' Singing for Pleasure Group.

We would like to thank the entire Windsor Orchestra for organising the virtual concert and supporting our cause!

*many thanks*

● ● ●

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



Thank you Scott's Van for mentioning 'ADS' Charity when referring a friend to use Lok'n Store!

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

MARIAN SMITH  
ROY HEATH

IRIS SWAIN  
PETER MCDONALD



# Out & About

by Sandra Williams

Rarely do we hear “Out & Abouters” talk about their fathers, which is a shame. We are more likely to hear “Out & Abouters” talk about their own children and their grandchildren. On reflection, I realise that there are other ways to see the influence of a father or grandfather.



**Dave and his pals**

One of our 'Out & Abouters' treasures his grandfather's tools. His grandfather was a cobbler. Dave knows exactly what each tool is used for. Indeed, my team observed, as he sat with his pals explaining what each tool was for, giving demonstrations on how they were used.

Our gentlemen were totally absorbed with all thoughts of lunch forgotten: an unusual phenomenon at O&A! Clearly, Dave's grandfather had a big impact on his life. Dave went onto to be a Master Craftsman, tools also playing an enormous part of his life, enabling lifetime achievements.

Valerie has spoken about her father. She was brought up in Furze Platt, where her father was a Coal Merchant. She is very fond of wearing black. It has just struck me that black is a sensible colour to wear if your father returns home covered in coal dust!



**Valerie beside a black sculpture**

Men wearing caps or indeed a trilby or panama, has waned over the years and indeed the courtesy of men taking a hat off, when you go indoors, also seems to have diminished. My father continues to wear a hat when outdoors, always removing it before going indoors, as did my grandfather and most of our gents on O&A. If I had recalled this courtesy, I might have worked out where to find a missing cap on an Out & About!



**Note where the cap is!**

After lunch at a garden centre, we boarded our minibus. Roy took his seat. Seated comfortably, he announced he had lost his cap. Dennis, one of my trusty volunteers, with special “hoofing” talents, leapt to his feet and tore around the garden centre. There was no cap. On our return to base, Roy stood up, removed the aforesaid cap from the seat he had sat on, and placed it firmly on his head. Everyone on the minibus roared with laughter, as did Roy! The look of mischief and laughter which swept across Roy's face was memorable.

Dementia often causes the role of father and son to be reversed; the son now caring for the father. All that the father gave, is now being returned. Perhaps we should be acknowledging and celebrating “all types of fathers” this Father's Day.

# 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. For more information, contact Terrie on 07516 165647.



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



# Father's Day FUN PAGE



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

- |          |          |       |          |
|----------|----------|-------|----------|
| GARAGE   | MAN      | TOOLS | TEACHER  |
| BASEBALL | WORKER   | HUGS  | TV       |
| DADDY    | FRIEND   | JUNE  | GENEROUS |
| CARE     | FUNNY    | GIFTS | HELPER   |
| FISHING  | FOOTBALL | TIE   | PAPA     |

The words may be hidden vertically, horizontally or diagonally.

Son: Daddy, are caterpillars good to eat?



Dad: Have I not told you never to mention such things during meals!

Mum: Why do you ask that, son?

Son: It's because I saw one on daddy's lettuce, but now it's gone.



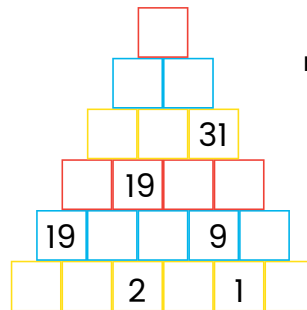
- You say Michael has a cold and can't come to school today? To whom am I speaking? - This is my father.



**Did you know...** the necktie is the most popular gift offered on Father's Day? It is also voted as being the most boring gift too.

Unscramble the letters and find the hidden word.

- A R Q B E E U B \_\_\_\_\_  
 B E L L S A A B \_\_\_\_\_  
 R I N G A C \_\_\_\_\_  
 H I G S I N F \_\_\_\_\_  
 O G F L \_\_\_\_\_  
 S E J K O \_\_\_\_\_  
 S T O P S R \_\_\_\_\_



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!

# Our Getting Together Services

## JUNE CALENDAR



Now that the restrictions have eased, we are able to restart some of our Getting Together Services from 2nd of June. Please see the below calendar for the complete schedule of this month.

Wed	2nd	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	3rd	10:30	ASCOT	Seated Exercises
Wed	9th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	10th	10:30	ASCOT	Seated Exercises
Wed	16th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	17th	10:30	ASCOT	Seated Exercises
Mon	21st	10:00	MAIDENHEAD	Connection Café
Wed	23rd	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	24th	10:30	ASCOT	Seated Exercises
Mon	28th	10:00	MAIDENHEAD	Connection Café - Seated Exercises from 11:00
Wed	30th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody

We strongly advise that you book your place in advance as the number of participants is limited.

For Seated Exercises and Connection Café Services, please contact Terrie at 07516 16564 and for Moves to Melody please contact Santok at 07543243613.

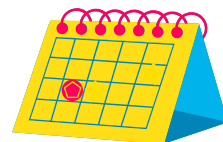


### DID YOU KNOW?

There are 6.5 million people in the UK who are Carers. They are looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring for someone has a significant impact on all aspects of life from relationships and health to finances and work, and Carers are facing even more difficult circumstances this year.

# Our Online Services

## JUNE CALENDAR



<b>Tues</b>	<b>1st</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Fri</b>	<b>4th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>7th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>8th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Fri</b>	<b>11th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>14th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>15th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Fri</b>	<b>18th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>21st</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tues</b>	<b>22nd</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Fri</b>	<b>25th</b>	<b>11:00</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Mon</b>	<b>28th</b>	<b>13:30</b>	<b>ONLINE</b>	<b>Singing For Pleasure</b>
<b>Tue</b>	<b>29th</b>	<b>13:30</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.



### **IMPORTANT!**

We are slowly restarting our Services keeping in mind the safety of everybody in terms of COVID-19.

Please check the detailed information pages about each Service as we have included July's schedule. This is subject to change in case of a new lockdown or other Government regulations.

# Signposting

## IS YOUR SMOKE ALARM WORKING?

Royal Berkshire Fire and Rescue Service (RBFRS) is encouraging people to test their smoke alarms more regularly with their 'Test It Tuesday' campaign. Smoke alarms are a crucial part of protecting you and your family from the dangers of house fires, but only if they are working properly.

You can find out more about their campaign and how to ensure your alarms are working correctly on the RBFRS website <https://bit.ly/3uPdJGN>.



## 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 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.



# A Kid's Guide to Dementia

Last year in August, we launched our special book – 'A Kid's Guide to Dementia', written by 18-year-old author Tegan Harris who has kindly donated all proceeds of sale to 'ADS'.



Available as a paperback from our Charity Shop in the High Street, to purchase online from our new website, or as an e-book downloadable from Amazon, 'A Kid's Guide to Dementia' is the culmination of 2 years of work for Tegan.

'A Kid's Guide to Dementia' is primarily for 8-11-year-olds to help them understand what to expect when someone they are close to develops Dementia. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.



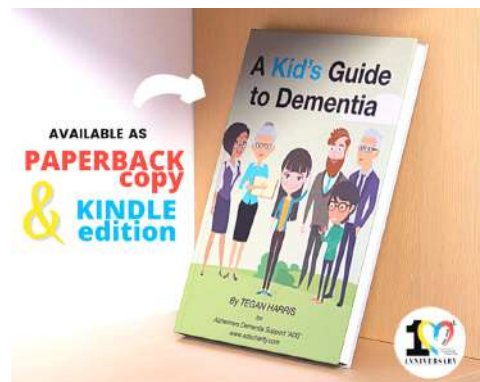
Whilst developing the book, which formed part of the EPQ she was studying alongside her A-levels at Hurtwood House college, Tegan worked closely with 'ADS' and other experts outside of the Charity to ensure the accuracy and efficacy of her work.

The book will also form part of the new Youth Initiative 'ADS' is developing to educate young people about Dementia.

This exciting new initiative is aimed at identifying and extending our current support network to an ever-growing number of young Carers in our community. We will keep you updated through our newsletter and social media.

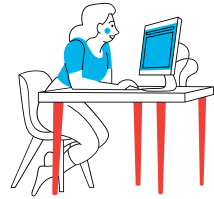
If you would like to learn more about Dementia, you can buy our book as a Paperback copy or as a Kindle edition directly from our website: [www.adscharity.com/kids-guide/](http://www.adscharity.com/kids-guide/) and choose which version you would like to have.

Or if you are visiting our High Street Maidenhead Charity Shop, you can buy it from there.



# 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



### Connection Café

#### 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. For further information please contact Terrie on 07516 165647.

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.



#### JUNE SCHEDULE

**Mondays: 21, 28**

#### JULY SCHEDULE

**Mondays: 5, 12, 19, 26**



### 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. For further information please contact Terrie on 07516 165647.

This Service takes place every Thursday from 10:30AM to 11:45AM.

#### ASCOT

**By prior arrangement**  
King Edwards Hall, King Edwards Road  
Ascot, SL5 8PD

#### JUNE SCHEDULE

**Thursdays: 3, 10, 17, 24**

#### JULY SCHEDULE

**Thursdays: 1, 8, 15, 22, 29**

### Connection Café Seated exercise

We often combine these two services.

JUNE'S SESSION WILL TAKE PLACE 11AM ON 28TH JUNE.

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

# Getting together

## DETAILED INFORMATION



### 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.

For further information please contact Terrie on 07516 165647.

#### ASCOT

**Fridays 10:30 – 12:00**

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

#### WINDSOR

**Tuesdays 13:00 – 14:30**

All Saints Church, Dedworth Road  
Windsor, SL4 4JW

#### LANGLEY

**Mondays 13:00 – 14:30**

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

#### JULY SCHEDULE

**Fridays: 2, 9, 16, 23, 30**

**Mondays: 5, 12, 19, 26**

**Tuesdays: 6, 13, 20, 27**



### 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!

For further information please contact Terrie on 07516 165647.

#### ASCOT

**3rd Thursday of the month**

**14:00 – 16:00**

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

**Next session is on 21st July.**

#### WINDSOR

**4th Thursday of the month**

**14:00 – 16:00**

Gardeners Hall 213 St. Leonards Rd  
Windsor SL4 3DR

**Next session is on 28th July.**

# Getting together

## DETAILED INFORMATION



### AAP KE 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.

#### JULY SCHEDULE

Wednesdays: 7, 14, 21



### 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.

#### JUNE SCHEDULE

Wednesday: 2, 9, 16, 23, 30

#### JULY SCHEDULE

Wednesday: 28

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 minibuss
- 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 specific 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.