

Newsletter

JULY 2021

Alheimers
Dementia
Support
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



SOME OF
OUR IN-PERSON
SERVICES
ARE NOW
OPEN
PAGES 10-11

PAGE 5



**SNEAK PEEK ABOUT OUR NEW SERVICE
WILL BE LAUNCHED IN SEPTEMBER!**

SINGING FOR PLEASURE FACILITATORS

FIND OUT A BIT MORE ABOUT THEM!



PAGE 9

PAGES 10-11



**OUR SERVICES UPDATED CALENDAR
CHECK ALL THE CHANGES & JOIN US!**

Note from the CHAIRMAN

Dear Friends of 'ADS',

I do hope you are well and are able to enjoy some welcome summer weather. The ability to move around a little more freely also helps us to feel a bit better, doesn't it?

In my area of the newsletter, I continually make reference to our range of Services in the hope that you will take full advantage. I make no apology for doing this as I am so proud of the hard work expended by our great team to deliver them for you. We are delighted to return to some sort of normality seeing you enjoying yourselves in the company of your many friends at 'ADS'. However, there is no substitute for participation and interaction through sharing regular sessions of fun, movement, music and conversation. So please take every opportunity to join us during those (hopefully) sunny days throughout July.

The Team strives to Reach, Support, Guide, Inform, Comfort and assist you to make a positive difference in your lives. However, I would like to stress one important point, our Services are designed solely for you and this month is no different to normal. So if you want us to make any changes to improve your enjoyment of these services, please let us know and we will do our utmost to adapt accordingly.

All of our work is aimed at helping you, so please join in and participate as much as you possibly 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

BLOOD OXYGEN LEVELS COULD EXPLAIN WHY MEMORY LOSS IS AN EARLY SYMPTOM

Scientists from the University of Sussex have recorded blood oxygen levels in the hippocampus and provided experimental proof for why the area, commonly referred to as 'the brain's memory centre', is vulnerable to damage and degeneration, a precursor to Alzheimer's disease.

Dr Kira Shaw, a psychology researcher at the University of Sussex undertook the main experiments and discovered that blood flow and oxygen levels in the hippocampus were lower than those in the visual cortex. Also, when neurons are active, there is a large increase in blood flow and oxygen levels in the visual cortex. But in the hippocampus, the responses were smaller.

It was also found that blood vessels in the hippocampus contained fewer mRNA transcripts (codes for making proteins) for proteins that shape blood vessel dilation. Additionally, the cells that dilate small blood vessels, called pericytes, were a different shape in the hippocampus than in the visual cortex.

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



CLINICAL STUDY OF DSP-0038 TO BE ASSESSED FOR TREATMENT OF ALZHEIMER'S



This is a drug initially being evaluated for the treatment of Alzheimer's disease psychosis by Japanese company Sumitomo Dainippon Pharmaceuticals in collaboration with Oxford, UK based Exscientia.

The hope is that it will show improvements in behavioural and psychological symptoms of dementia including agitation, aggression, anxiety and depression.

Developed using Exscientia's Artificial Intelligence (AI), it's a candidate drug entering Phase 1 human testing, investigating the safe dose range, potential side effects and how it is metabolised. It will be in development for many years yet but is another potential step forward in the treatment of Alzheimer's.

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

Our 10th anniversary

This is the year in which we are delighted to celebrate our 10th Anniversary, with events for our Members and our wonderful Volunteers.



We have asked two of our Trustees to share with you a little of the 'ADS' history and their motivation to start the Charity.



David D. Jannetta, Founder of the 'ADS' Charity, had been living abroad for several years and on returning to the UK, he became a volunteer for a national charity in order to utilise his skills to help others less fortunate.

"In June 2011, I decided to form 'ADS' together with a small group of 5 like-minded individuals and set about delivering those much-needed services to those in such desperate need of help. Over the years, the Charity has significantly evolved and the range of Services have grown in order to satisfy the needs of its Members".

After being a Carer for his Mother for many years, John MacFarlane, commenced volunteering in the Maidenhead area for a national charity. Soon after, he heard about 'ADS' and its Services.



Some may say that it was love at first sight, and we think that John confirms it: "I had heard about the new Out & About Service that 'ADS' were introducing, made contact, met David and Terrie and learnt a lot about the ethos and focus of 'ADS' which ticked all my boxes and I immediately volunteered to join Sandra on the Out & About Service."

It's been 10 years since everything started and we plan to continue to help People with Dementia and their Families and Carers for as long as they need us. Thank you for being with us all the way!



We've received a letter from Santa saying that he is enjoying his last month of holiday before starting the preparations for the next **SANTA FUN RUN** which is in his diary for **28th November 2021!**

He is relaxing on a sandy beach somewhere in the UK, enjoying the sunshine. How lucky...

'ADS' news

WE HAVE RESTARTED
SOME OF OUR SERVICES!
SEE PAGES 10-11 FOR THE FULL
JULY CALENDAR!

NEW 'ADS' SERVICE

We have some great news for our Members! Starting with September, we will be adding to our Calendar, a FABulous Service especially created for People with Dementia and their Carers.

This service will enable the customisation of activities, with individuals being able to join in crafts, cooking, games and a magic table, amongst other supported activities. Carers will be able to join in or take some time to chat in an on-site Cafe or walk in some beautiful grounds.

There will be further details as we get closer to launch, so do check this area or chat to one of our Advisors



We have refreshed our website and made everything easier for you to find and read, so if you would like to have a look, please visit www.adscharity.com!



Our 'ADS' Charity Shop needs your support!

Would you like to brighten someone's day? Do you have any specific items that you are not using anymore and would be happy to donate them to our Charity Shop?

We are particularly looking for bric-brac pieces such as ornaments, crockery, vases and jewellery.

You can either bring them yourself to our shop at 75, High Street in Maidenhead SL6 1JX or call Cathy, our Shop Manager, at 07707 531689 to check if one of our Volunteers can pick them up.



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

Special thanks to...



Last month, Maidenhead Golf Club organised their Captain Pro Challenge Day. There were 15 Ladies' teams, led by Eileen Clarke, the Ladies' Captain and 35 Men's teams led by Les Andrew the Men's Captain, challenging and raising funds for our Charity.

What a brilliant day it turned out to be – not only did the weather perk up to be sunny and warm all day, they also had 100 golfers eager to take them on.

On a very wet 21st June, Club Members gathered to cheer Les, back from completing 125 holes in one day, in celebration of their 125th Anniversary. He arrived at the Club at 4 a.m. and was accompanied on each round by a different Member of the Club. He finished at 6p.m. having won six of the seven rounds!

We had the opportunity to be present at both events and to meet many of the MGC Members. Our team Members were there, offering information about our Charity to anyone wishing to understand more about the work we do in the local community.



Thank You to everyone involved in putting together these two lovely events, Thank You to all of the players, but also to those who were unable to attend, but who sponsored the challengers.

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

We would like to thank Ascot Racecourse for choosing us as a "Charity of the Year" and offering us a 2-page spread on their digital racecard.



We had the chance to present our Charity, Services and Dementia Book so that their members would find out more about 'ADS'.



Thank You Waitrose Twyford Partners for choosing 'ADS' as one of the charities which they support by collecting money while reducing food waste.

Donations in memoriam

JENNIFER NEWPORT
MICHAEL SARGENT

JOYCE CLARK
JANE LAWRENCE

KEN BLAKE
ROY HEATH

Out & About

by Sandra Williams



Together with loved ones and our team of Volunteers, 18 of us met at Oaken Grove Park in Maidenhead, on Tuesday 15th June. What a momentous occasion, after such a long time! Elbows were bumped and long-distance hugs were enacted.

We took a short stroll around Sir Nicholas Winton's Memorial Garden which was opened in 2017.

Sir Winton is dubbed the "British Schindler". He rescued 669 children from Czechoslovakia who were destined for Nazi concentration camps as the outbreak of World War II loomed. The world only found out about his selfless actions 50 years afterwards.



We followed the winding path which represents the journey Sir Nicholas took, with twists and turns representing the challenges he faced. Railway sleepers have been laid like a railway track to symbolise the trains that took the children out of Prague to safety. Sir Winton's death on 1st July 2015, at the age of 106, came on the same day, 76 years after a train carried the largest number of children - 241 - departed from Prague.



Much of the planting has symbolism. The yellow and black bamboo represents the children he saved. Bamboo protects from evil spirits, just as Sir Winton protected the children from death. Local school children planted wild strawberries, representing peace and spiritual purity.

Sadly they were not ripe, but when they are, I know from experience, that they will be absolutely delicious.

Armed with deckchairs, we set up in the shade to enjoy refreshments purchased from the The Tuck Shop, before presenting Dave with a Birthday Cake to celebrate his day. How wonderful to be able to enjoy such simple pleasures and celebrate together after such a long time.



Whilst we patiently wait for restrictions to be lifted, we all vowed to meet again, socially distanced, in the park.

Information, support & advice

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.



This wouldn't be possible without our amazing 'ADS' Advisors!



TERRIE HALL

Senior Dementia Advisor

Terrie is committed to guiding and supporting People with Dementia and their families.



SANDRA WILLIAMS

Out & About Service Coordinator

Sandra is specialised in delivering meaningful activities for People with all stages of Dementia.



SANTOK MODHVADIA

Multi Lingual Service Delivery Advisor

Santok is passionate and dedicated to helping Carers and their loved ones.



HAYLING ISLAND WEEKEND BREAK

HERE ARE A FEW DETAILS ABOUT THE TRIP!

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.

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.



'ADS' Services news

SINGING FOR PLEASURE FACILITATORS



Izzy Swinhoe - Standen - MONDAY sessions in Langley



"I am primarily a music therapist with a specific focus on Dementia. I have been qualified for 6 years and have worked in a number of settings including care homes and schools. I recently completed my second Master's Degree in mental health science, also with a focus on Dementia. Outside of music therapy, I have a passion for singing! I run two community choirs as well as a singing group for long covid.

Singing makes us feel good, improves energy levels and promotes memory and focus. Through singing together we feel a sense of community cohesion and, of course, it's fun! I'm really looking forward to starting sessions in July!"



Sue Beach - TUESDAY sessions in Windsor

Having learned to play the piano and various other instruments, Sue went to music college in London. She then worked in secondary schools, teaching music for 11-18 years olds until 4 years ago.

Sue is enjoying early retirement very much, walking her dog and playing the piano more.



Karen McCabe - FRIDAY sessions in Ascot

Karen is a Music teacher from Windsor offering tuition in piano, singing and song writing. She is also a keen singer-pianist and songwriter. Karen has been running interactive singing sessions in care homes and therapy centres where participating in group singing has proven to be very healing.

In her spare time, she is training to be a counsellor and one day hopes to integrate music teaching with therapy.



June Thomas - ONLINE sessions on Zoom

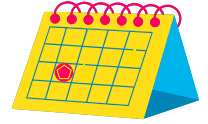


"My name is June Thomas. I am a retired music teacher and I live in the North East of England. I love to walk on the beautiful beaches here. I also enjoy playing my keyboard and singing.

I am delighted to be given the opportunity to share some of my favourite music with you all."

Our Online Services

JULY CALENDAR



Fri	2nd	11:00	ONLINE	Singing for Pleasure
Mon	5th	13:30	ONLINE	Singing for Pleasure
Tue	6th	13:30	ONLINE	Singing for Pleasure
Fri	9th	11:00	ONLINE	Singing for Pleasure
Mon	12th	13:30	ONLINE	Singing for Pleasure
Tue	13th	13:30	ONLINE	Singing for Pleasure
Fri	16th	11:00	ONLINE	Singing for Pleasure
Mon	19th	13:30	ONLINE	Singing for Pleasure
Mon	26th	13:30	ONLINE	Singing for Pleasure

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

This Service is available for People with Dementia and their Carers who live in Windsor, Ascot, Maidenhead, Slough, and Langley.

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.

IMPORTANT!

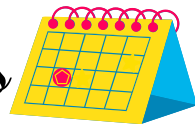
We are slowly restarting our Services keeping in mind the safety of everybody in terms of COVID-19.

We are able to open some Services under the regulations set out for Charities.

This calendar is subject to change in case of changes to the Covid Roadmap.

Our Getting Together Services

JULY CALENDAR



Thu	1st	10:30	ASCOT	Seated Exercises
Mon	5th	10:00	MAIDENHEAD	Connection Café
Thu	8th	10:30	ASCOT	Seated Exercises
Mon	12th	10:00	MAIDENHEAD	Connection Café
Thu	15th	10:30	ASCOT	Seated Exercises
Mon	19th	10:00	MAIDENHEAD	Connection Café
Mon	19th	13:30	LANGLEY	Singing for Pleasure
Tue	20th	13:30	WINDSOR	Singing for Pleasure
Wed	21st	12:30	MAIDENHEAD	Mates with Plates & Ladies that Lunch
Wed	21st	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
Thu	22nd	10:30	ASCOT	Seated Exercises
Thu	22nd	14:00	WINDSOR	Moves & Grooves
Fri	23rd	11:00	ASCOT	Singing for Pleasure
Mon	26th	10:00	MAIDENHEAD	Connection Café
Mon	26th	13:30	LANGLEY	Singing for Pleasure
Tue	27th	13:30	WINDSOR	Singing for Pleasure
Wed	28th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	29th	10:30	ASCOT	Seated Exercises

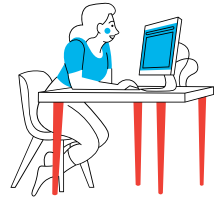


Our Services are available for our Members only: People with Dementia and their Carers who live in Windsor, Ascot, Maidenhead, Slough, and Langley. If you would like to become a Member, please contact Terrie.

For the Asian Services please contact Santok at 07543 243613 and for the other Services, please contact Terrie at 07516 165647.

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 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.



JULY calendar for our ONLINE Singing for Pleasure sessions:

● **July 2nd, 5th, 6th, 9th, 12th, 13th, 19th, 26th from 13.30- 14.30**

If you would like to join in please contact Terrie Hall on 07516 165647 or via e-mail at terrie.hall@alzheimersdementiasupport.co.uk.

Getting together

DETAILED INFORMATION



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



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.



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

Connection Café Seated exercise

We often combine these two services. Make sure you check the Services Calendar from pages 10-11 to see when is the next session!

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

Check page 10 if you would like to
join this Service online!



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

WINDSOR

4th Thursday of the month

14:00 – 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

Opening in August!

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.



WARZISH TAAL KE SAATH *Moves to melody*

A monthly activity with music which 'ADS' provides to support local Asian people with Dementia and their Carers.

Music and dance is recognised as helping People with Dementia.

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

We look forward to welcoming you.

Sessions are held every Wednesday from 12:30 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN. For more details, please contact Santok on 07543243613.

Getting together

DETAILED INFORMATION



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.



We meet on the 3rd Wednesday of each month and booking is essential - please call Terrie on 07516 165647.



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.

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.

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!

Signposting



Green Doctors are a team of expert energy advisers offering FREE support to vulnerable residents to get on top of energy debt and manage their energy use in the home. They can help families and individuals switch provider, access grants (e.g. Charis debt relief grants) and signpost to other support networks.

They are now offering pre-booked phone consultations. For more information about the Green Doctor service visit: <https://greendoctors-london.org>

Carers UK is running a series of fun and relaxed online sessions where visiting speakers share tips and skills on a range of topics.



From yoga to singing, and first aid to photography, there's something for everyone. They will add new sessions every week so keep an eye on their page for more: <https://bit.ly/2SDmKLF>.

Here are their July sessions that you may be interested in:

- Weekly Yoga for physical and mental wellbeing with Sangeeta Bhandari, 5-6:00pm on Thursdays;
- Pilates for Beginners (with Emma Marks, Pilates Evolved), 4-5:00pm on Tuesdays;
- Friday Music Live with Orchestra Vitae ensemble, Friday 16 July, 5-6:00pm;
- Tips and Guidance for new Carers, Wednesday 21 July, 3-4:00pm;
- Peace of Mind Wellbeing, Thursday 22 July, 3-4:30pm;
- Beginners Latin Dance session, Friday 23 July, 4-5:00pm.

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:

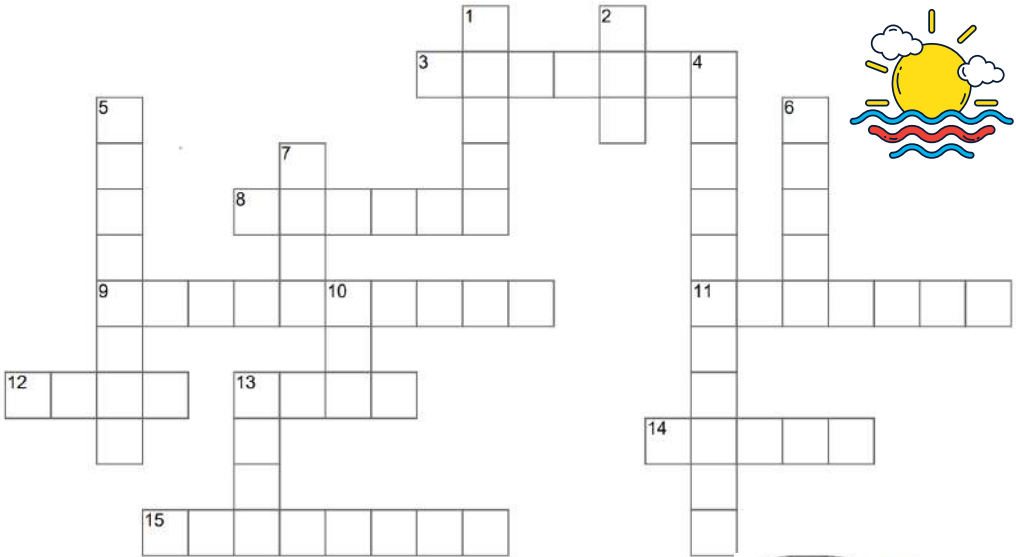
- £59.70 per week if you need frequent help or supervision throughout the day
- £89.15 per week if you need help or supervision during day and night or if you are terminally ill

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.



Hello summer

FUN PAGE



ACROSS

3. Sleep in a tent.
8. Day of the week that Father's Day is celebrated.
9. Outdoor Cooking.
11. Outdoor activity that involves sitting in a boat.
12. Opposite of female.
13. My father is my _____.
14. Singular form of children.
15. My father loves to watch _____ on the TV.

DOWN

1. Another name for father.
2. Narrow cloth worn around the neck.
4. Dad's Father.
5. A favorite Sunday sport.
6. To fix things Dad needs his...
7. Month of the year that we celebrate Father's day.
10. Mode of transportation.
13. Give Dad _____ and Kisses on Father's Day.



© Food Jokes - Rodney Ohebsion

Q: Why did the robot go on summer vacation?
 A: To recharge his batteries!

Important 'ADS' contacts

TERRIE HALL

Senior Dementia Advisor

07516 165 647

terrie.hall@alzheimersdementiasupport.co.uk

SANTOK MODHVADIA

Multi Lingual Service
Delivery Advisor

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santok.modhvardia@alzheimersdementiasupport.co.uk

SANDRA WILLIAMS

Out & About Service
Co-ordinator

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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

www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSLocalsupport

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)

All Out of Hours Access Team

01344 786 543



Would you like to receive our 'ADS' monthly Newsletter by email?

REGISTER ON OUR WEBSITE:

WWW.ADSCHARITY.COM/REGISTRATION/

'ADS' 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.