



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

JULY 2023



**SAVE
THE DATE**

'ADS' AGM on
10th July
6.30 pm

Last chance to book your place

WHO are we?

A local independent Charity that assists, guides and actively supports people living with Dementia and their Carers, in our local community.

WHAT do we do?

Provide a wide range of Services and interactive activities designed and delivered to improve the lives of the people we support.

WHERE do we do it?

Windsor, Ascot, Maidenhead, Slough, Langley & surroundings.

SUBSCRIBE

to get this by email

SCAN HERE



www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



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ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope you are taking full advantage of the lovely summer sunshine and you are managing to spend time outdoors with friends and family.

This month we are featuring details of our new Dementia HUB starting in September and the weekend away which, as always, was highly appreciated by everyone. A few words of praise now for our Shop Volunteers who do such a great job to support Cathy our shop manager. We are always looking for new volunteers to help bolster the numbers and make it easier to rotate the help.

Additionally, this is a late call to those who are interested in joining us at our 'ADS' AGM which takes place on the evening of Monday 10th July. Please don't miss the chance to meet the team, and my fellow Board members and hear about our plans first-hand, so book your place now.

Please read on for full details and information related to these and all of our other great services and activities – so get involved and enjoy them in the company of your friends.

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

With best wishes,



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

Inside THIS ISSUE

02

NOTE FROM THE CHAIRMAN

03

HIGHLIGHTS OF THE MONTH

04

INTRODUCING...

05

SPECIAL 'ADS' NEWS

06 – 07

OUT & ABOUT

07

FUNDRAISING FOR 'ADS'

08

SPECIAL THANK YOU

09

HERE TO HELP

10 – 11

GETTING TOGETHER SERVICES
JULY CALENDAR

12 – 18

OUR SERVICES

19

FUN PAGE

20

IMPORTANT CONTACTS

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



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

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

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

Headlines



THE 'ADS' - BCA ANNUAL PICNIC

Earlier this summer, the students of Berkshire College of Agriculture from the Health and Social Care Level 2 Department and from the Business Department invited the 'ADS' Members to celebrate together and enjoy a lovely picnic event, full of fun activities.



We had 73 Members enjoying the sun, entertainment and ice cream at the annual picnic at BCA. We would like to thank everyone involved in organising this event for all their hard work ensuring that our members had a memorable day.



WEEKEND AWAY WITH THE 'ADS' MEMBERS

At the beginning of June, 37 of our Members enjoyed a weekend away at Warners Sinah Warren Hotel. The sun shone all weekend and everyone enjoyed spending time in each other's company. There was swimming both indoors and at the outdoor pool.



Plenty of activities during the day and entertainment in the evening. Most of the men sat together to watch the FA cup final on the Saturday afternoon!



Our next trip to Hayling Island will be 31st May to 3rd June, 2024. To register your interest please contact Terrie at 07516 165647.

CORONATION STREET STAR, JULIE GOODYEAR IS SUFFERING FROM DEMENTIA

Last month, Scott Brand released a statement on his wife's behalf, sharing the "heartbreaking" diagnosis.

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

ALZHEIMER'S STAGES: MILD, MODERATE & SEVERE

Understand the different stages of Alzheimer's, with focus on the mild, moderate and severe phases.

Source and full article:
<https://bit.ly/43QbmeS>



Introducing...

THE 'ADS' SHOP VOLUNTEERS

Our 'ADS' Shop is open 6 days a week, 52 weeks of the year excluding Christmas Day, Boxing Day and a few bank holidays. For manager, Cathy and assistant manager, Rebecca, this would not be possible without the help of their Volunteers.

Our 'ADS' Shop staff are mainly Volunteers. Most of them have been helping in the shop for between 5 and 10 years!

Mary, with the help of Hilary, runs the shop on a Thursday and both often take items home to launder and repair. Others, Doreen, Sue Green, Sue Smith, Adesh, Anne, Liz and Ingrid (as well as Mary and Hilary), sort and price the many donations, steam items and serve customers in the shop.

All bring bags of donations with them each time they come to work and it is due to the commitment of the volunteers they get donations from far wide.

Sue Green brings several car loads in each week – washed soft toys wrapped in colourful paper for lucky dips. Children love those! Her husband also puts new batteries in all the watches donated.

Anne's friend Gwen in Liverpool, knits numerous baby blankets exclusively for the shop and several times a year Anne collects these. They are so popular there is a list of people wanting a call when they are in!

Recently, relatives from Reigate and Bognor have donated several van loads of items. All these people have charity shops closer, but the commitment of our staff and Volunteers means they donate to us.

Each one of the Shop Volunteers has a special skill which they put to good use. Every one of them does over and above what is required of them. Our regular customers come in most days for a chat with our staff, and always say how helpful our staff are. We love getting donations in, we never know what to expect!



For May's coronation we dressed our window to celebrate and our customers loved it!

If you have some special items that you would like to donate to us or you would like to meet our Shop Staff and Volunteers, you can find them at 75 High St, Maidenhead SL6 1JX.

Special 'ADS' news



THE DEMENTIA INFORMATION HUB - A NEW 'ADS' SERVICE

We are thrilled to announce the launch of a new Service starting Monday, 19th of September. With great excitement and anticipation, we would like to introduce to you [The Dementia Information Hub](#).

We will be meeting on the 3rd Monday evening of each month from 7pm to 9pm at Dedworth Green Baptist Church, Smiths Lane, Windsor SL4 5PE. Each month there will be a guest speaker and our Advisors will be available for information and advice.

The Service is for anyone who is affected by any type of Dementia and who would also like to meet others who are in similar situations.

September's guest speaker will be Belinda Dixon, Senior Dementia Advisor at Optalis who provide adult social care on behalf of the Royal Borough of Windsor & Maidenhead and Rumana Azeem, Dementia Advisor from Slough Memory Clinic.

No need to book - just turn up. Refreshments served throughout the evening. For further information please call Terrie on 07516 165647.



SAVE THE DATE

We are delighted to welcome back Berkshire Birds of Prey who will be joining us on [Wednesday 6th September from 10am to 12 noon](#) at Methodist Church, High Street, Maidenhead SL6 1EF.

This is an experience you won't want to miss, so be sure to secure your spot by booking in advance. With limited places available, please contact Terrie on 07516 165647 or Rachel on 07706 324372 to confirm your presence.



WE ARE LOOKING FOR A NEW TEAM MEMBER



Santok Modhvadia will sadly be retiring at the end of August and we are looking for a new Multi-Lingual Service Advisor to manage and deliver our Services within Slough & Langley, 15-20 hours per week.

If you're ready to make a difference and be part of a team that is dedicated to creating a better life for People with Dementia and their Carers, please send us your resume at terrie.hall@adscharity.com.

Out & About

by Sandra Williams
Out & About Service Coordinator

Over the last month we have visited some fabulous venues all within our local community. Three of these visits have been sponsored by local venues, who have each supported O&A for over a decade.



Our visit to Sadie at Feather & Fur followed the ADS holiday. Terrie warned me that those who had been out “on the tiles” might be tired. Armed with gauntlets and lots of fluffy bits of fresh chicken, we met “Bailey” a Barn Owl, “Bourneville” a Kestrel, “Mouse” a Common Buzzard and “Charlie” an Indian Eagle Owl, flying each of them from gauntlet to gauntlet. Everyone was so enthused that requests were being made to capture every moment on camera. Not one sign of anyone having “40 winks” was seen.

Bourneville recently went missing, spooked by the wind. Sadie walked miles every day looking for him. After 4 days missing, thanks to social media, he was located in a garden further afield than expected. Another day out in the wild, Bourneville would have died of hunger unused to fending for himself. We were delighted to see him returned to full health.

Nicky at Braywick Heath Nurseries led our visit, enabling everyone to make up a summer hanging basket to take home. A wonderful selection of plants was on offer to choose from. After making up our hanging baskets we were served tea and coffee, sitting in the sunshine. Nicky’s bubbly character and passion for her work rubbed off on us all. I know the baskets will bring a lot of pleasure over the summer months.



Our third sponsored visit was to Windsor & Eton Brewery where Paddy led a tour. At this stage, we didn’t fully appreciate that he was delivering this tour, whilst dealing with the aftermath of a fire the night before. Paddy never lets us down!

We climbed the stairs, peered into brewing vessels, smelt the beer fermenting, and heard the beer being sealed into the kegs. Indeed, we leapt ten foot in the air when we heard the first keg being sealed with a mallet! Paddy told us about their latest beer, brewed to celebrate The Coronation, aptly named “Return of the King”.



Onto the most important bit: the tastings in The Tap Room! Glasses were raised accompanied by enthusiastic cheers as small tastings were served. Dementia robs people of their independence and opportunities that others take for granted. It was wonderful to witness our Out & Abouters, just being "lads together sharing a beer".

Afterwards we took a short stroll to the river, which took us behind the brewery, where we saw the charred embers from the night before. We realised how lucky the brewery had been and how fortunate we were, to still be able to visit.

Our minibus developed an unusual noise on route home, but there was nothing to be concerned about. It was the clinking of beer bottles, purchased to enjoy at home!



Fundraising for 'ADS'



Your support through the Amazon Wishlist allows us to maximize our impact and reach even more individuals in need. Every donation, no matter the size, is deeply appreciated and directly contributes to our ongoing efforts.

You can see our full Amazon Wishlist here: <https://amzn.to/3Kxv9ae>.

We don't automatically get told of your kind gift, so please include a message for us on your order so that we can thank you.

Did you know, when you sign up to [Give as You Live](#) the retailers you shop with will make a donation to us for every purchase you make? It's completely FREE, and the funds help us to keep providing our vital Service.



Generate FREE donations for us when you shop your favourite retailers online

1

Sign up for FREE and select us as your chosen charity

2

When you shop, use Give as you Live Online to visit your chosen retailer

3

Your purchases will generate FREE donations for us!

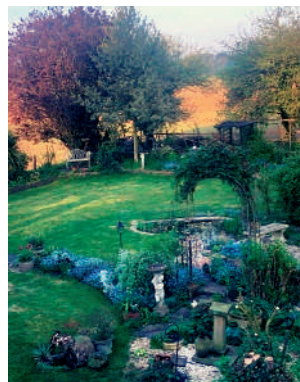
Whether you're shopping for a new summer outfit, an exciting holiday or just your regular groceries, please consider to sign up for us: <https://bit.ly/45ETGEa>

Special Thanks to...

MAIDENHEAD ROTARY CLUB

We would like to thank Maidenhead Rotary Club for choosing 'ADS' as one of the Charities that received some of the raised funds at the Open Gardens event.

There were over 20 gardens registered and visitors could enjoy some special places such as cottage gardens, Mediterranean gardens, formal gardens, riverside gardens, courtyard gardens plus gardens aiming to be low maintenance, wildlife friendly and using recycled materials.



MAIDENHEAD ROTARACT CLUB



We would also like to thank Maidenhead Rotaract Club for organising a lovely Cheese & Wine event raising funds for our Charity.

It was an amazing evening full of laughter with everyone enjoying the fun quiz!

We really appreciate your support and dedication.



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

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

FRANK & ANN MCLAUGHLIN

CLARE SETCHELL

NORMA JEFFRIES

MR & MRS FLUDE

LINDSAY KIRKLAND

BERKSHIRE BIRDS OF PREY

IMPERIAL POLYTHENE

COOKHAM BRIDGE ROTARY

MAIDENHEAD GOLF CLUB

Also, thank you to everyone setting up JustGiving fundraising pages for 'ADS'.

Donations in memoriam

JEAN BELLINGHAM

PAT DRINAN

Here to help



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

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



BLUE BADGES

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, or on behalf of somebody else.

COUNCIL TAX REDUCTION/EXEMPTIONS

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

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

ATTENDANCE ALLOWANCE INFORMATION

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



There are 2 different rates of allowance:

- £61.85 per week if you need frequent help or constant supervision during the day or supervision at night
- £92.40 per week if you need help or supervision throughout both day and night, or a medical professional had said you may have 6 months or less to live.

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

COUNCIL CONTACTS

RBWM Optalis

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

Slough Borough Council Adult Social Care

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

Slough Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Our Getting Together Services

JULY CALENDAR




MON	3rd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	3rd	13:30	ZOOM	SINGING FOR PLEASURE
TUE	4th	10:30	LANGLEY	SEATED EXERCISES
TUE	4th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	5th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	5th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	6th	13:30	ASCOT	SEATED EXERCISES
FRI	7th	10:30	ASCOT	SINGING FOR PLEASURE
MON	10th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	10th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	11th	10:30	LANGLEY	SEATED EXERCISES
TUE	11th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	12th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	12th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	12th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	12th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	13th	13:30	ASCOT	SEATED EXERCISES
FRI	14th	10:30	ASCOT	SINGING FOR PLEASURE
MON	17th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	17th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	18th	10:30	LANGLEY	SEATED EXERCISES
TUE	18th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	19th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	19th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	19th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	19th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	20th	13:30	ASCOT	SEATED EXERCISES
FRI	21st	13:30	ASCOT	SINGING FOR PLEASURE

Our Getting Together Services

JULY CALENDAR



MON	24th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	24th	13:30	ZOOM 	SINGING FOR PLEASURE
TUE	25th	10:30	LANGLEY	SEATED EXERCISES
TUE	25th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	26th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	26th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	26th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	27th	13:30	ASCOT	SEATED EXERCISES
THU	27th	14:00	WINDSOR	MOVES & GROOVES
FRI	28th	10:30	ASCOT	SINGING FOR PLEASURE
MON	31st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES

Information, support & advice

This calendar lists our regular Services and special events and the details of where and when they take place can be found on the following pages.

This is just a part of how our team of Advisors can offer advice and support to those living with Dementia, their Carers, families and friends.

Please contact us should you need:

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



Our Contact details are on the back of the newsletter.

Getting Together

DETAILED INFORMATION

CONNECTION CAFÉ

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

MAIDENHEAD

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

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



SEATED EXERCISES

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

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

MAIDENHEAD

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

LANGLEY

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

ASCOT

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



For further information about any of these Services, please contact Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

**SINGING
FOR PLEASURE**
ALSO ONLINE
EVERY MONDAY

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

Music and social interaction can have a positive impact on anyone's mood, and for People with Dementia, it is known that it can help to reduce the most



common symptoms such as agitation, apathy and anxiety.

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

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

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW



MAIDENHEAD

Wednesdays 13:00 - 14:30

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

ASCOT

Fridays 10:30 - 12:00

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

We also run this Service ONLINE on Mondays from 13:30. Every Monday morning we email our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

Pre-booking is not required, so please just turn up.

For more information, please get in touch with Terrie at 07516 165647.

Getting Together

DETAILED INFORMATION

LUNCH CLUBS

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

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



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

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

A donation of £15 per person is requested which includes the carvery meal, ice cream dessert and a soft drink.



Next Members' Lunch:
Wednesday, 12th July

Next Mates with Plates, Ladies that Lunch:
Wednesday, 19th July



All our lunches must be booked in advance by calling Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

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 this gentle exercise, we do understand that you may just like to come along to watch and chat.

WINDSOR

4th Thursday of the month

14:00 - 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR



Dancing in particular helps everyone engage their senses. It helps stimulate social interaction, improve depression and anxiety symptoms, and has been shown to improve memory and cognitive functioning.

Every 4th Thursday of the month, we offer a 'Moves & Grooves' Service. The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to. There is no pressure to join in, but we are sure once you hear the music, you'll be eager to get toe tapping.

Come along and see for yourself what music and dance can do to your mood! We're sure you'll leave with a smile on your face and a spring in your step.

! *Next session is on Thursday, 27th July.*



Getting Together

DETAILED INFORMATION

ASIAN LANGUAGE & CULTURAL SERVICES

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

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This 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.



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia. A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.



Well Being Through Music sessions are held every Wednesday and **Moves to Melody** is every last Wednesday of the month, from 13:00 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN.

Please check the Services Calendar from pages 10-11 for more details.

Pre-booking is not needed, so please just pop along. For more details about the Asian Services contact Santok on 07543243613.

Getting Together

DETAILED INFORMATION

STILL
RUNNING IN
JULY!
SEE P. 10 - 11 FOR
MORE INFO.

FUN AT BERKSHIRE COLLEGE OF AGRICULTURE

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

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



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

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

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

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



! *This Service is still running in July. Please see p. 10-11 for more details.*



MAIDENHEAD

Wednesdays 10:00 – 12:00

Thursdays 10:00 – 12:00

Hall Place, Burchetts Green Rd
Maidenhead SL6 6QR

Pre-booking is essential as the number of participants is limited. If you would like to join please contact Terrie Hall on 07516 165647 or via e-mail at terrie.hall@adscharity.com.

Getting Together

DETAILED INFORMATION

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 very much needed break.

There are 8 places on each Service which are assigned after a successful assessment. In Maidenhead, we meet every Tuesday and in Windsor, 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, whom all have enhanced Disclosure and Barring Certificates.

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



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

We request a donation of £25, which will contribute towards the cost of 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!

Happy July

PUZZLE PAGE



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

BARBECUE
 BASEBALL
 BEACH
 CAMP
 COOKOUT
 HEATWAVE
 HIKING
 HOT
 HUMID
 KITE
 LEMONADE
 OCEAN
 PICNIC
 POOL
 SAILING
 SAND
 SUMMER
 TENNIS
 TRAVEL
 WARM

What did the pig say on a hot summer day?

What's black and white and red all over?

A zebra with a sunburn.



I'm bacon.

Why do fish swim in salt water?

Because pepper water would make them sneeze.



WHICH NUMBER IS MISSING FROM EACH OF THE SEQUENCES BELOW?



Important 'ADS' Contacts



Terrie Hall
Senior Dementia Advisor

07516 165647
terrie.hall@adscharity.com



Rachel Spencer
Service Advisor

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'ADS' SANTA FUN RUN

AN EVENT ORGANISED BY ALZHEIMERS DEMENTIA SUPPORT

WALK, RUN OR PUSH AROUND DORNEY LAKE ON

26th NOVEMBER 2023

COME MEET SANTA & HIS HELPERS
THE JOLLY ELF, ELSA & SECRET SUPERHERO!

FOR MORE INFORMATION, VISIT
[ADSCHARITY.COM/SANTA-FUN-RUN](https://www.adscharity.com/santa-fun-run)