

# Newsletter

## AUGUST 2021

Alzheimers  
Dementia  
Support  
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



ALL OF  
OUR  
SERVICES  
ARE NOW  
OPEN

PAGE 4

**SANTA FUN RUN REGISTRATIONS OPEN**  
SEE YOU ON 28TH NOVEMBER 2021!

**THE 'ADS' MOVES & GROOVES SERVICE**  
FIND OUT WHAT MAKES THIS FUN FOR ALL

PAGE 9

PAGES 10-11

**OUR SERVICES UPDATED CALENDAR**  
CHECK ALL THE UPDATES & PLAN TO JOIN US!

# Note from the CHAIRMAN

Dear Friends of 'ADS',

I hope that, like me, you are a little happier now that lockdown restrictions have been lifted and we are able to move around a little more freely. It is great that after such a very long time being hampered by those stay at home rules (albeit they have been necessary), we can meet up with family and friends again.

This easing of the rules means that we are again able to commence our face to face Services – thank goodness. As you will read later in the newsletter, our Services are restarting although we will be very careful to ensure that your safety remains uppermost in our minds. So there will be a few new features in place to protect you and the rest of the team but these will not detract in any way from your enjoyment. We know there is no substitute for participation and interaction through sharing regular sessions of fun, movement, music and conversation.

One very special event is specifically designed to recognise the many great works completed every day by our fantastic team of 'ADS' Volunteers. The arrangements for this Exclusive 'Volunteer Only' event are detailed in this newsletter and we are looking forward to seeing all of you Volunteers there!

The Team strives to Reach, Support, Guide, Inform, Comfort and assist you to make a positive difference in your lives. It is therefore very important to stress that our Services are solely for your pleasure and so if you want us to make any changes to improve these Services, please let us know and we will adapt them accordingly.

As always, all of our work is aimed at helping you, so please join in and enjoy. Have a safe month, take good 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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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

## A VIDEO-ON-DEMAND TV CHANNEL FOR PEOPLE LIVING WITH DEMENTIA

My Life TV is the first video-on-demand television channel for People living with Dementia. It's like Netflix with content specifically curated for their cognitive needs.



This Dementia-friendly TV platform is a fantastic resource to keep loved ones stimulated and connected to the world, improving their mental health and supporting their essential care. The high-quality programming can give periods of respite and the interactive content can help with communication.

The choice ranges from specially produced quizzes, singalongs, drawing and chair yoga as well as animal & nature programmes, feelgood content, archive news, popular shows from the 1960s & 1970s and more. The aim is to improve the mood and mental wellbeing of People living with Dementia and improve social interactions.

Source and full article: <https://bit.ly/3jq4TCY>



## HOW COMMUNITIES CAN FIGHT THE STIGMA THAT ISOLATES PEOPLE WITH DEMENTIA



Keeping people with Dementia separated and secured is a common practice, based on the reasonable idea of safety first for the vulnerable. During this pandemic, however, contact with those in care homes, many of whom have Dementia was cut off at a great cost to residents' mental and physical health.

Isolation and segregation create and reinforce another kind of barrier to those with Dementia: that of stigma, which can rob people of the quality of life, personal agency and the dignity of risk, the rest of the population expects as a birthright.

People with Dementia cannot help forgetting. So it is up to us to remember that they are important members of society who deserve lives as connected and meaningful as our own. Adopting attitudes of inclusion based on personal experiences could result in friendlier, more equitable communities.

Source and full article: <https://bit.ly/2Swsjpu>

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.

**WE ARE  
CELEBRATING  
WITH OUR AMAZING  
VOLUNTEERS**

## Our 10th anniversary



Alzheimers Dementia Support 'ADS' Charity wouldn't be an important support for our local community without its lovely Volunteers. They are an essential and much-valued part of the 'ADS' Team, providing the help that enables our Funding and Advisors to focus on our Members.



As you know, this year is our 10th Anniversary and the first celebration event is dedicated to our Volunteers. The 'ADS' Volunteers are worth their weight in gold. They share their time and talents without any compensation in order to help our Members cope with Dementia.

We would like to acknowledge their contributions and let them know they are valued, so as a huge 'Thank You' we have invited them for a Cream Tea afternoon party at the beginning of this month. It will be a lovely time to get together after so long and catch up with what everyone's been doing for the past year and a half.

If you are one of the 'ADS' Volunteers, you should have received your invitation by now and we want you to know that we look forward to meeting you soon! If you can't make it, please know that we very much appreciate your support and hope to see you at our next celebration.

**We plan a big celebration with our Members, in September. Make sure to check this page when you'll read our next newsletter!**



## Santa Fun Run 2021



Have you heard that Santa is back in town? His well-deserved holiday came to an end so now he has returned and started to train for the 'ADS' SANTA FUN RUN on 28th November 2021.

He had a bit of too much cake and too many smoothies during the summer, so now he needs to get fit, and be able to race each of you at Eton Dorney Lake, in November!



Registrations are now open:  
[www.2021santafunrun.eventbrite.com](http://www.2021santafunrun.eventbrite.com)



# 'ADS' news

WE HAVE RESTARTED  
OUR SERVICES!  
SEE PAGES 10-11 FOR THE FULL  
AUGUST CALENDAR!

LIKE TO  
VOLUNTEER  
WITH 'ADS'?



Would you like to help us to make a positive impact to someone's life? Do you have some spare time you would like to Volunteer? Join the 'ADS' Befrienders Volunteers team!

Being a Volunteer Befriender for 'ADS' can make a real difference to our Members' life, and bring you so much joy and fulfilment while doing so.



All our Befrienders work in pairs - our team and our existing Befrienders will offer you full support to pair you and assign you the person you will befriending. We estimate that visits would be twice a month. Don't worry, the 'ADS' Advisors are offering the proper training and useful tips & tricks. They are also always available to help.

Please keep in mind that a DBS check will be necessary before starting to volunteer for 'ADS'.



We are always looking for Befriender Drivers who can help and take our Members to our Services.

If you would like to help, please contact Terrie Hall on 07516 165647 or via e-mail at [terrie.hall@alzheimersdementiasupport.co.uk](mailto:terrie.hall@alzheimersdementiasupport.co.uk).



## 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.



# Special thanks to...



Castle Royle is one of the Golf Clubs has chosen us as their Charity of the Year and over the last two months, they have organised several events for their Members promoting the 'ADS' Charity whenever possible.

Our Team Members were there ready to share our story and offering information about our Charity to anyone wishing to understand more about the work we do in the local community.

On 25th June, after serious physical training, Tim & Aston took part in the Captain's Charity Golf Marathon of 100 holes in ONE day. The Club Members joined them for moral support, and after 17 hours of playing, everyone celebrated their accomplishment with a well-deserved cold refreshment.

On the 4th of July, Liz Watt, their Ladies' Captain organised the Lady Captain's Day and drive-in. After a full day of fun and playing golf, all the ladies were invited for a BBQ and award presentations.



We would like to take this opportunity to thank Castle Royle and its Members for supporting our Charity with these fundraising activities!

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

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

AGGIE NORRIS  
CAROL HAMPTON  
CAROLINE CARPENTER  
DAISY FITZGIBBON  
EDWINA BRUGGE  
GABRIELLA SOLOMOU  
GILLIAN FORD

JOAN BAYLEY  
JOHN BEALE  
JULIA DURHAM  
KEVIN DOWNIE  
LOCHLAN DOIDGE  
LORNA ASHTON - PERRY  
MAUREEN BURNETT

PAUL MCCAFFREY  
SCOTTS VANS  
SILVESTER KING  
TANITA NACHOLAS  
WAI LEE NG

### Donations in memoriam

TERENCE JOHNSON  
JOAN BAYLEY

CAROLINE CARPENTER

# Out & About



These weekly, days out with lunch, are for mobile People with early-stage Dementia. We aim to not only provide some fun and a stimulating experience for People with Dementia, but also to offer some welcome respite for their Carers.

There are two Services in Maidenhead meeting on alternate Tuesdays. Our Windsor Service meets every other Thursday. There are 8 allocated spaces on each session.

Each day we meet at 10 am for morning refreshments, before going out for the day. Over the years we have been to many places, including Buckingham Palace, Kew Gardens, Frogmore, Waltham Place Farm, Mercedes World, The Royal Mews, a variety of boat trips.

After a fun busy day, we stop to have lunch, talk about our adventure and make plans for the next one. Generally, we return between 3 pm and 3.30 pm.

This Service is heavily subsidised by your local Charity, Alzheimers Dementia Support. We ask for a donation of £25.00 towards each day's costs which includes all refreshments, transport, entrance fees and lunch. Please check page 17 for more information about eligibility and how to book your place for our next Out & About session.



## A Kid's Guide to Dementia

One year ago, 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'.



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

Available as a paperback from our Charity Shop in the High Street, to purchase online from our 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. More information on our website: [www.adscharity.com/kids-guide/](http://www.adscharity.com/kids-guide/).

# 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 our holiday together is now FULLY BOOKED. Thank you!

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

## MOVES & GROOVES



Music and social interaction have a positive impact on anyone's mood, but for People with Dementia, the impact is HUGE! It helps them keep their mind and body active. Add a bit of dance as well and you have the perfect activity for a lovely afternoon.

Everyone joining this Service is welcome to participate as much or as little as they feel like or are able on the day.



The 'ADS' Moves & Grooves Service is specially designed for People with Dementia and their Carers to get together for a fun social event. This Service is highly effective in stimulating social interaction, enhancing mood, reducing anxiety and depressive symptoms, increasing self-awareness and self-expression.

There is a transformation that takes place in our Members who participate at any of our Services, but it is more visible especially at the ones involving music and dancing like Moves & Grooves. Someone who started a session having a poor mood ends up swaying to a beat or tapping their shoes. It happens every time!

Seeing how gradually their smile becomes bigger and bigger is one reason why we do what we do.



This Service is available for People with Dementia and their Carers who live in Windsor, Ascot, Maidenhead, Slough, and Langley. Please check page 14 for more useful information.



## Testimonial from Seated Exercises, Ascot

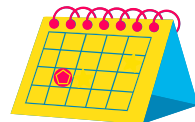
"Thank you so much for this morning, Barry really did not want to come but he enjoyed it and we will be back next week.

It was lovely to meet other people and enjoy a conversation and laugh."

Margaret, Ascot

# Our Online Services

## AUGUST CALENDAR



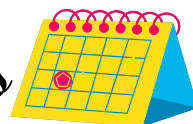
Mon	2nd	13:30	ONLINE	Singing for Pleasure
Mon	9th	13:30	ONLINE	Singing for Pleasure
Mon	16th	13:30	ONLINE	Singing for Pleasure
Mon	23rd	13:30	ONLINE	Singing for Pleasure

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.

# Our Getting Together Services

## AUGUST CALENDAR



Mon	2nd	10:00	MAIDENHEAD	Connection Café
Mon	2nd	13:30	LANGLEY	Singing for Pleasure
Tue	3rd	13:30	WINDSOR	Singing for Pleasure <small>Different location, see p. 14 for more details!</small>
Wed	4th	12:30	MAIDENHEAD	Former Carers Lunch
Wed	4th	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music <small>Different location, see p. 15 for more details!</small>
Thu	5th	11:00	ASCOT	Seated Exercises
Fri	6th	11:00	ASCOT	Singing for Pleasure

### 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

## AUGUST CALENDAR



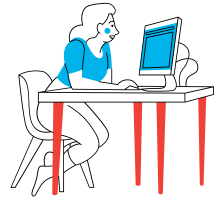
Mon	9th	10:00	MAIDENHEAD	Connection Café with Seated Exercises from 11:00
Mon	9th	13:30	LANGLEY	Singing for Pleasure
Tue	10th	13:30	WINDSOR	Singing for Pleasure
Wed	11th	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
Thu	12th	11:00	ASCOT	Seated Exercises
Fri	13th	11:00	ASCOT	Singing for Pleasure
Mon	16th	10:00	MAIDENHEAD	Connection Café
Mon	16th	13:30	LANGLEY	Singing for Pleasure
Tue	17th	13:30	WINDSOR	Singing for Pleasure
Wed	18th	12:30	MAIDENHEAD	Mates with Plates & Ladies that Lunch
Wed	18th	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
Thu	19th	11:00	ASCOT	Seated Exercises
Thu	19th	14:00	ASCOT	Moves & Grooves
Fri	20th	11:00	ASCOT	Singing for Pleasure
Mon	23rd	10:00	MAIDENHEAD	Connection Café with Seated Exercises from 11:00
Mon	23rd	13:30	LANGLEY	Singing for Pleasure
Tue	24th	13:30	WINDSOR	Singing for Pleasure
Wed	25th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
Thu	26th	11:00	ASCOT	Seated Exercises
Thu	26th	14:00	WINDSOR	Moves & Grooves
Fri	27th	11:00	ASCOT	Singing for Pleasure
Mon	30th	<b>BANK HOLIDAY - NO SERVICES</b>		
Tue	31st	13:30	WINDSOR	Singing for Pleasure

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

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.



**AUGUST** calendar for our ONLINE Singing for Pleasure sessions:  
**August 2nd, 9th, 16th, 23rd 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](mailto: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, Chapel of St Mary & St John  
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, Chapel of St Mary & St John  
King Edwards Road  
Ascot, SL5 8PD

Please be informed that the session from 3rd of August will take place at a different location. You will receive the full details in our Weekly Email with the 'ADS' Services Schedule.

#### LANGLEY

**Mondays 13:00 – 14:30**

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

#### WINDSOR

**Tuesdays 13:00 – 14:30**

All Saints Church, Dedworth Road  
Windsor, SL4 4JW



### 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 and brighten your day!

For further information please contact Terrie on 07516 165647.

#### ASCOT

**3rd Thursday of the month  
14:00 – 16:00**

King Edwards Hall, Chapel of St Mary &  
St John, 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

# 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.



Please be informed that the session from 3rd of August will take place at a different location. You will receive the full details in our Weekly Email with the 'ADS' Services Schedule.

### 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



### 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.

This Service will restart in October. More details to follow in our next newsletter.

### 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.



Former Carers Lunch takes place on 1st Wednesday of each month from 12.30 pm to 2.15pm. Mates with Plates & Ladies that lunch is on the 3rd Wednesday of the month. Both Services are organised at Stafferton Lodge.

We ask for a voluntary donation of £13.00. Lunches to be booked in advance - please call Terrie at 07516 165647.



# 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 much needed break.

There are 8 places on each service. Places are assigned after a successful assessment. In Maidenhead there are two services, each group meeting on alternate Tuesdays. In Windsor, we meet every other Thursday. Our programme is very varied, providing the opportunity to do things you have done in the past, or perhaps have a go at something new. Lunch is included, whether it be a picnic or a meal at a pub or restaurant.

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

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

The service is led by Sandra Williams, our Out & About Service Co-ordinator, supported by a team of dedicated and experienced Volunteers, who all have enhanced Disclosure and Barring Certificates.

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



For further information about the service and/or to put your name down on the waiting list, please contact Sandra Williams on 07593 661848 or via email at [sandra.williams@alzheimersdementiasupport.co.uk](mailto:sandra.williams@alzheimersdementiasupport.co.uk).

The service is heavily subsidised by 'ADS'. We request a £25 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



## Save a Life App – Where is your nearest defibrillator?

South Central Ambulance Service currently runs a database for local communities, workplaces and schools to register automated external defibrillators (AEDs) and help save lives.

Once a device is registered with SCAS, the details are entered into the 999 call taker systems as well as smartphone and tablet app developed by the Trust – Save a Life – which ensures they can direct members of the public to devices in a cardiac arrest emergency.

Make sure that you have the latest version of the app installed and that you regularly update the list or clear your internet cache as appropriate to your device. Remember, the first thing to do in any real emergency is to call 999.

## SPECIAL SUPPORT FOR OLDER MEN LIVING IN EAST BERKSHIRE

**MENSMATTERS**  
LIVING LONGER LIVING BETTER

Men's Matters is a charity group whose aim is to bring together older men to form friendships and take part in activities that contribute to their good health and well-being.

Join them at one of their weekly drop-in meetings for some refreshments and a chat.

MONDAY – Windsor from 2-4pm at All Saints Church

WEDNESDAY – Maidenhead from 2-4pm at Maidenhead Community Centre

For more information, visit their website: [www.menmatters.org.uk](http://www.menmatters.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.



# Hello summer

## FUN PAGE



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

When do you go at red and stop at green?



When you are eating a watermelon!



What did the beach say to the tide when it came in?

Long time, no sea.



Why do bananas use sunscreen?



Because they peel.



- BAREFOOT
- BASEBALL
- BEACH
- BICYCLE
- CAMPING
- COOKOUT
- FAIRGROUND
- FIREWORKS
- FISHING
- FLIP FLOPS
- FRIENDS
- FRISBEE
- GAMES
- ICE CREAM
- LEMONADE
- OUTDOORS
- PICNIC
- POPSICLE
- ROAD TRIP
- SPRINKLERS
- SUNSHINE
- SWIMMING
- VACATION
- SUMMER PARK

+ + = 36  
 + + = 28  
 - = 3

Fill in the grid using all the numbers from 1 to 9. Each number should be used only once.

The 3 vertical and the 3 horizontal equations must be true.

Calculations are done from left to right, and from top to bottom.

	x		-		= 70
÷		÷		x	
	+		+		= 13
x		x		-	
	+		x		= 40
=	=	=			
3	14	7			

= ?   = ?   = ?

# Important 'ADS' contacts

## TERRIE HALL

Senior Dementia Advisor

07516 165 647

terrie.hall@alzheimersdementiasupport.co.uk

## SANTOK MODHVADIA

Multi Lingual Service  
Delivery Advisor

07543 243 613

santok.modhvardia@alzheimersdementiasupport.co.uk

## SANDRA WILLIAMS

Out & About Service  
Co-ordinator

07593 661 848

sandra.williams@alzheimersdementiasupport.co.uk

## DEE ALLGOOD

Membership &  
Funding Specialist

07884 055 419

funding@alzheimersdementiasupport.co.uk

## ANDREEA MOISĂ

Marketing & Events  
Specialist

07513 762 900

marketing@alzheimersdementiasupport.co.uk



### Postal address

Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead, Berkshire, SL6 1JN



### Shop address

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

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