

Newsletter

SEPTEMBER 2021

Alzheimers
Dementia
Support
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



NEW
SERVICE
*'Fun at
BCA'*
p. 12

PAGE 4



CELEBRATING OUR 10TH ANNIVERSARY
TOGETHER WITH OUR LOVELY VOLUNTEERS

JOIN THE 'ADS' LUNCH CLUBS
FIND OUT WHAT MAKES THIS FUN FOR ALL



PAGE 9



REGISTER NOW AT: 2021santafunrun.eventbrite.com
Early booking, Family & Team Discounts.
Promo Code: EARLYSANTA



Note from the CHAIRMAN

Dear Friends of 'ADS',

I hope that you have been enjoying some quality time spent in the company of your family and friends over the past month.

As previously advised, on 7th August we held a special 'ADS' 10th year afternoon tea celebration in aid of our wonderful team of Volunteers which was much enjoyed by all who were in attendance. Later this month, we will be holding a very special 'ADS' 10th Anniversary Picnic. The venue for this event has been made possible by the kind generosity of Berkshire College of Agriculture and will be held in their beautiful grounds in Burchett's Green. For more information and details of how you can be involved, all you need to know is contained within this Newsletter.

The Team is always finding new ways to Reach, Support, Guide, Inform, Comfort and assist you in order to make a positive difference in your lives. Remember 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.

We carefully ensure that your safety remains uppermost in our minds and we now include a few new features put in place to protect you and the rest of the team. I sincerely hope that these don't detract in any way from your enjoyment and that you are revelling in our face to face services once again. Above all please join in with your friends and enjoy what we have on offer for you.

Have a safe month, take care of yourselves 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

HOW TO FILL UP ON THE ANTI-DEMENTIA VITAMIN



Folic acid is becoming the vitamin of the moment. Best known as a supplement for pregnant women to prevent birth defects in their unborn child, research has now linked it to reducing the risk of a host of health problems, including dementia, and experts say we should all raise our daily intake.

Several studies have also shown a link between being low in folic acid and a higher risk of Alzheimer's disease. The beneficial action folic acid has on homocysteine is thought to be behind this link, too, as research has long suggested high levels contribute towards dementia.

Folic acid, also known as vitamin B9, is essential for nerve function and the formation of DNA and healthy red blood cells. The Department of Health recommends adults should get their 200mcg daily intake through food.

Source and full article: <https://bit.ly/3CfYY2>



M4D RADIO – MUSIC FOR DEMENTIA

m4d radio is part of the Music for Dementia campaign to make music accessible for everyone living with Dementia. The aim is to make music a part of care for all those living with Dementia.



This amazing project was created as a direct response to the impact of the Covid-19 lockdown measures. Aware that live music had come to an abrupt halt and carers and People living with Dementia were severely affected by lack of stimulation and social contact, m4d Radio was conceived to provide era-specific 24-hour music direct to people's homes.

They are continuously developing more content for their listeners to make sure that they cover everyone's preferences; creating many themed shows and era-specific stations.

Listen and enjoy the music by visiting their website: www.m4dradio.com.

**WE ARE
CELEBRATING
WITH OUR AMAZING
MEMBERS**

Our 10th anniversary



This year marks our 10th Anniversary - 10 years of 'ADS' supporting the local community with special Services and Guidance for People with Dementia, their Families and Carers. Covid-19 has until now, restricted our celebrations, but on 7th August we were delighted to be able to organise a lovely event to celebrate our Anniversary together with the amazing Volunteers that are such a vital part of our Charity.



The 'ADS' Team and a few of the Volunteers arrived at St. Mark's Crescent Methodist Church to set up a beautiful, traditional Afternoon Cream Tea, complete with vintage print plates, serviettes and fresh flowers.

Bunting and balloons decorated the walls and noticeboards of photo collages evoked memories of past events and the the history of 'ADS'.



The Volunteers joined us at 2.00, sitting to chat with friends and enjoy the yummy sandwiches and cakes, topped up with cups of tea and a specially logo'd cup cake.



Our thanks go to Waitrose and The Handmade Cake Company for much of the food and drink.

David Jannetta, our Chairman, and Terrie, our Senior Dementia Advisor personally thanked each Volunteer for their help and presented them with an Anniversary pin to mark this special year.



Sarah Head, an amazing Silhouette artist and cutter created personal silhouettes for everyone using a sharp pair of scissors, black paper and two magic hands.

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

During the entire event, we were entertained by the talented Lea Lyle and her husband Richard who regularly volunteer to help us with live, entertaining music.



Around 16:00, the 'ADS' Cream Tea event came to an end, but not before a fun raffle. All the prizes were donated to us throughout the year by generous friends.



As they left, each Volunteer collected an event bag with a tin of tea from New English Teas and other goodies.

We would like to again thank McCarthy & Stone for sponsoring the silhouettes and event bags and Silhouette Sarah and New English Teas for their generous discounts.



Finally, a huge thank you to everyone for coming and for all your lovely messages. We are happy to know that you've enjoyed the Cream Tea Afternoon as much as we did!

*Thank you all for the wonderful tea party to celebrate 10 years of ADS. It was a lovely afternoon.
Love, Angela*

*Many thanks to you, David and the team for a lovely afternoon last Saturday. It was good to see so many volunteers. I hope you weren't too exhausted afterwards.
See you soon,
Lesley*

*Just to thank you all for the fun afternoon yesterday - I did enjoy seeing so many friends again.
Juliet*

*Thank you so much for the lovely tea party on Saturday. The food was delicious, especially the scones and jam and cream - my favourite! It was lovely as always to see Nanny Pam, Nysa and Tegan and to meet David Jannetta. It was also great to chat with Andy and John and Aggie and her husband who were at our table and discover all the different ways people volunteer with 'ADS'.
And of course, I have to mention "Silhouette Sarah" who was amazing! She was such a clever lady, she really captured people's likenesses and did it so quickly - Wow!
We were so sorry we had to leave early but thank you again for a great party.
Liz x*



Later this month, we will also be celebrating our 10th Anniversary with our Members. With the amazing support of Berkshire College of Agriculture, we are able to organise a fun picnic at their beautiful Burchetts Green site.



Special thanks to...



At the end of July, Maidenhead Golf Club organised another charitable event in order to raise funds for the Captains' Charity, Alzheimer's Dementia Support 'ADS'. We are so grateful for being their Charity of the Year.

The Ladies' Captain and the Ladies Committee set themselves the challenge of playing 54 holes in 1 day, taking part in a Golf-a-thon of 3 rounds of golf! It looked very tiring, but everyone appeared to have fun and were supported by other Club Members.

Congratulations to all of the Ladies Committee and their volunteers for completing the triple-course! After a long day of fun, everyone was still smiling while proudly wearing their 'ADS' T-shirts which MGC had especially made for the event.



As always, we were made very welcome and we are extremely grateful for all of the donations and support. Thank you!



Thank-you to Fifele Fun Day for setting up a stand for us to run and donating all of the items that we had to sell. An special mention for Patricia and David for their kind hospitality.



"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!

MR. DOLING
MICHELLE LADEN

ROY AND LORRAINE PARDOE
STELLA AYLESBURY

Donations in memoriam

MICHAEL SARGEANT
ROBIN BARKER
KARIM SINGH BHAMBRA
FREDA LENNOX

JOHN GURNEY
JEAN ROSEMARY LEWIS
FREDA WILKINSON
WILLIAM O'REILLY

Out & About

by Sandra Williams
Out & About Service Coordinator

Out & About is truly “out & about”! I am amazed at how quickly I am falling back into the routine after so long. The weather app on my phone has been reunited with my forefinger, as I stab at it, willing sights of sun graphics rather than precipitation being emitted from clouds.

We now have a “new” People 2 Places “fun bus”, complete with a HEPA air purifier. We have also welcomed our new driver, Andy, to the team. It is great to have him on board as our regular driver. Having a driver who is happy to be a part of our team is invaluable, ensuring our days out go smoothly.



Our Maidenhead Service has enjoyed a fantastic outing on a specially designed boat, owned by the charity Rivertime Boat Trust. It is kitted out for disabilities and provides a perfect opportunity for small private groups to enjoy cruising the Thames.

Our trip was from Henley. It was the day before Henley Regatta, so the challenge was to avoid all the delivery vehicles, prior to the start of the regatta. We made it in good time. On our return, we gazed at the long queue coming in the opposite direction feeling blessed.

It was wonderful to once again, be greeted by Lucy, The Skipper, along with Peter her volunteer crew member. We boarded using the lift at the stern, before taking our seats to enjoy a 3-hour trip, with the roof slid back. We got the opportunity to see the race lanes set up, a beautiful slipper launch boat elegantly gliding down the river, the hospitality set up all ready and waiting, along with rowing teams practicing for the event.



For those of us who have done this trip before, we were surprised to see how many new palatial properties have been built beside the river, several on stilts for good reasons. How the other half live!

Morning refreshments were served, including some “ADS” 10th Anniversary cakes. The folding table then came out and on went our tablecloth for lunch. O&A have a reputation for serving the poshest picnic onboard this boat.

We devoured a picnic of sandwiches, quiche, homemade sausage rolls, followed by strawberries with lashings of cream.



Before I knew it, we were approaching Henley. Thanks to the "O&A" Team, everything was washed up, packed away and stacked upon our trolley ready to disembark. At the last moment, I remembered to grab some leaflets for everyone to take home. I really felt back at the helm.

This outing was sponsored by Misbourne Matins Rotary Club, bringing much joy to all our Out & Abouters after such challenging times. We all appreciated more than ever, the opportunity to enjoy 3 hours on the river, in very beautiful weather. For me it was an uplifting moment as we rebuild the Out & About Service, delivering fun days out for People with Dementia, as well as long-awaited respite for their Carers.

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.

Since our inception in 2011, members of the 'ADS' team have successfully touched the lives of an ever-growing number of People living with Dementia. Whilst our Services are delivered within our local area, we are committed to reaching a far wider audience to raise awareness of Dementia. Our website, social media, training modules, and publications are available worldwide to anyone with internet access.

'ADS' Services news

LUNCH CLUBS



'ADS' lunches are enjoyable social events in a relaxed, safe environment specially created for People with Dementia and their Carers. We also welcome the former Carers to get together and meet up with old friends and make new ones. Currently, we are organising three monthly lunches: Mates with Plates, Ladies that Lunch and Former Carers Lunch.

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.



Joining one of our Lunch Clubs is a great way to catch up with friends or to meet new people for a friendly chat. 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. For more information please check page 16.



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.



Santa Fun Run 2021



Now that everyone is heading back to school, Santa is ready to recruit his elves to help him raise funds for the 'ADS' Charity, while having fun with their classmates. With just a £2.50 donation, we are offering a FREE Medal & Certificate for each student.

There is also an amazing prize sponsored by Craufurd Hale - **win £500 for your school**. Please get in touch to find out about our Schools' Pack.

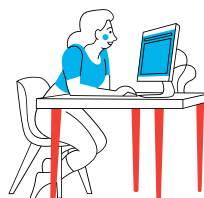


INDIVIDUAL & TEAM REGISTRATIONS ARE NOW OPEN:
www.2021santafunrun.eventbrite.com



Our Online Services

SEPTEMBER CALENDAR



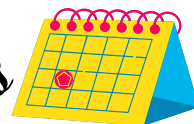
Mon	6th	13:30	ONLINE	Singing for Pleasure
Mon	13th	13:30	ONLINE	Singing for Pleasure
Mon	20th	13:30	ONLINE	Singing for Pleasure
Mon	27th	13:30	ONLINE	Singing for Pleasure

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 or 07516 165647.

Our Getting Together Services

SEPTEMBER CALENDAR



Wed	1st	12:30	MAIDENHEAD	Former Carers Lunch
Wed	1st	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
Thu	2nd	10:30	ASCOT	Seated Exercises
Fri	3rd	10:30	ASCOT	Singing for Pleasure
Mon	6th	10:00	MAIDENHEAD	Connection Café
Mon	6th	13:00	LANGLEY	Singing for Pleasure
Tue	7th	13:00	WINDSOR	Singing for Pleasure
NEW Wed	8th	10:00	MAIDENHEAD	FAB - Fun at BCA
Wed	8th	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music

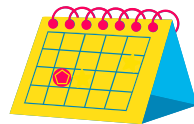
IMPORTANT!

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

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

Our Getting Together Services

SEPTEMBER CALENDAR



	Thu	9th	10:30	ASCOT	Seated Exercises
	Fri	10th	10:30	ASCOT	Singing for Pleasure
	Mon	13th	10:00	MAIDENHEAD	Connection Café with Seated Exercises
	Mon	13th	13:00	LANGLEY	Singing for Pleasure
	Tue	14th	13:00	WINDSOR	Singing for Pleasure
NEW	Wed	15th	10:00	MAIDENHEAD	FAB - Fun at BCA
	Wed	15th	12:30	MAIDENHEAD	Mates with Plates & Ladies that Lunch
	Wed	15th	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
	Thu	16th	10:30	ASCOT	Seated Exercises
	Thu	16th	14:00	ASCOT	Moves & Grooves
	Fri	17th	10:30	ASCOT	Singing for Pleasure
	Mon	20th	10:00	MAIDENHEAD	Connection Café
	Mon	20th	13:00	LANGLEY	Singing for Pleasure
	Tue	21st	13:00	WINDSOR	Singing for Pleasure
NEW	Wed	22nd	10:00	MAIDENHEAD	FAB - Fun at BCA
	Wed	22nd	12:30	LANGLEY	AAP KE SEHAT SANGEET KE SANGH - Wellbeing through music
	Thu	23rd	10:30	ASCOT	Seated Exercises
	Thu	23rd	10:30	WINDSOR	Moves & Grooves
	Fri	24th	10:30	ASCOT	Singing for Pleasure
	Mon	27th	10:00	MAIDENHEAD	Connection Café with Seated Exercises
	Mon	27th	13:00	LANGLEY	Singing for Pleasure
	Tue	28th	13:00	WINDSOR	Singing for Pleasure
NEW	Wed	29th	10:00	MAIDENHEAD	FAB - Fun at BCA
	Wed	29th	12:30	LANGLEY	WARZISH TAAL KE SAATH - Moves to Melody
	Thu	30th	10:30	ASCOT	Seated Exercises

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.



Getting together

DETAILED INFORMATION

**NEW
'ADS'
SERVICE**



*Fun at
Berkshire College
of Agriculture*

Starting this month, we are launching a new FABulous 'ADS' Service specially created for People with Dementia and their Carers. We have a unique partnership with Berkshire College of Agriculture who are offering us their full support for this new project.

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.



The FABulous Service - **Fun & Activities at BCA** will be 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 will be in direct contact with the People with Dementia and their Carers during 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
- Private conversation room



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



Pre-booking is essential as the number of participants is limited. This is not a drop-in Service, so please contact us before coming to the venue.

If you would like to discuss this service further, 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, 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



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

Next session: Thursday 16th Sept.

WINDSOR

4th Thursday of the month

14:00 – 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

Next session: Thursday 23rd Sept.

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



Alzheimer Café

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.

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.

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



Lunch Clubs

FORMER CARERS LUNCH

Our former carers lunch takes place every 1st Wednesday of the month from 12.30pm to 2.15pm. We meet at The Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL6 1BN. **Our next lunch takes place on Wednesday 1st September.**

MATES WITH PLATES & LADIES THAT LUNCH

Mates with Plates and Ladies that lunch takes place on the 3rd Wednesday of the month from 12.30 to 2.15pm. We meet at The Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.



Mates with Plates is a lunch for gentlemen with Dementia. This is supported by our male Volunteers. While the gentlemen are enjoying their talking about male type pursuits, the ladies are enjoying lunch in another part of the restaurant. This gives the ladies an opportunity to connect with each other. **Our next Lunch takes place on Wednesday, 15th September.**

All our lunches are to be booked in advanced by calling Terrie on 07516 165647. We ask for a voluntary donation of £13.00 per person.

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.

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



Are you looking after someone?

Get the support you need with The Royal Borough of Windsor and Maidenhead's Digital Resource for Carers hosted by Carers UK.

Resource includes: e-Learning modules, factsheets, interactive guides, personalised support, and information split into the following areas:

- Health and wellbeing, support for caring;
- Technology and caring, financial planning; working and caring.
- Access to all to the Carers UK care co-ordination App, Jointly.
- Young Adult Carers: an e-Learning resource for young adult carers now in adult services.
- Plus our own local information for carers.

Visit carersdigital.org and use the RBWM's unique access code DGT18874 to create an account for free.

Independence for those with mobility issues



People to Places is a charitable organisation providing community transport and Shopmobility services. They have been operating since November 1989. People to Places have been providing the local residents of the Royal Borough of Windsor and Maidenhead with friendly and reliable accessibility services. The charity offers a variety of services ensuring that individuals with mobility needs can travel wherever and whenever they want.

You can find our more information about their services and how you can get involved by visiting their website: www.people2places.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:

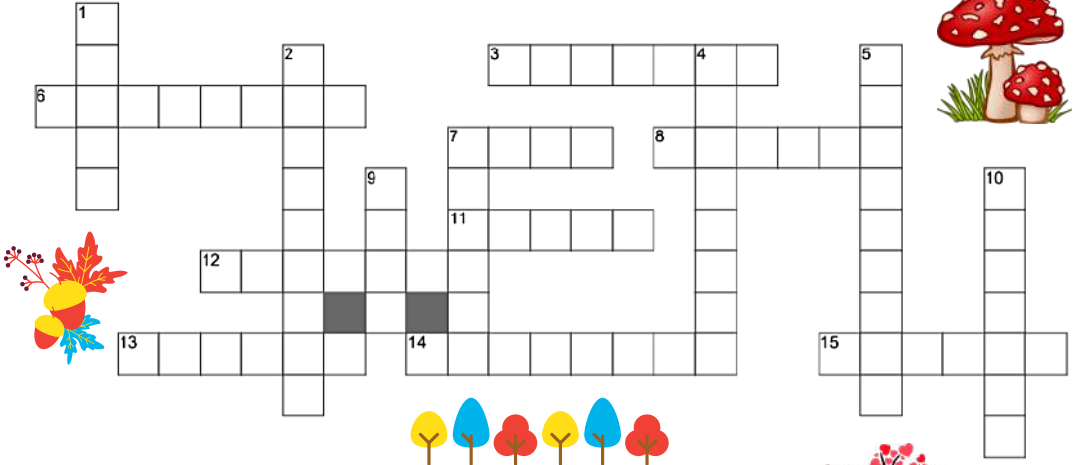
- £60 per week if you need frequent help or supervision throughout the day
- £89.15 per week if you need help or supervision during day and night or if you are terminally ill

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 autumn

FUN PAGE



ACROSS

3. The process or period of gathering in crops.
6. Last month of autumn.
7. Vegetable that grows in stalks.
8. Another name for Fall.
11. A variety of this fruit is marketed as "Autumn Glory".
12. You can use it to make a pie or for carving.
13. What falls from a tree in Fall.
14. An organized day or period of celebration.
15. Autumn leaves colour.

**What did one leaf
said to another?**

I am falling for you!

DOWN

1. Fruit of the oak tree.
2. First month of autumn.
4. Likes to store and eat nuts.
5. They fall to the ground in this season.
7. Make or become different.
9. You can gather fallen leaves with this.
10. Spring, Summer, Autumn, Winter are the four



What is a
pumpkin's
favorite sport?

Squash!



I appear once in summer and twice in autumn, but never in winter. What am I?

The letter U.

In September, you pick me when I'm good and ready. In October, you cut me intentionally to make me look worse. In November, you trash me like you never knew me. What am I?

A pumpkin.

Important 'ADS' contacts

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Shop address

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www.adscharity.com



AlzheimersDementiaSupport

alzheimers-dementia-support



adscharity

ADSllocalsupport

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.