



Newsletter

OCTOBER 2021

Alzheimers
Dementia
Support
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



PAGE 4 **CELEBRATING WITH OUR MEMBERS**
IN PARTNERSHIP WITH BERKSHIRE COLLEGE OF AGRICULTURE

FUN AT BCA - NEW 'ADS' SERVICE
JOIN OUR FABULOUS NEW SERVICE **PAGE 12**

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 the past month has been good to you and you were all able to enjoy a little welcome sunshine.

As you will know by now, on Friday 24th September we held our very special 'ADS' 10th Anniversary Picnic. The venue for this event was made possible by the kind generosity of Berkshire College of Agriculture and was held on their beautiful grounds in Burchett's Green. What a great afternoon it was with everyone entering into the spirit of things and thoroughly enjoying the afternoon. More information and photographs are contained within this Newsletter.

We are now concentrating on our 'ADS' Annual Santa Fun Run scheduled for Sunday 28th November and we are looking forward to a welcome return to our usual venue at Eton Dorney. Although we were still able to stage a 'Virtual Run' last year due to COVID-19 we are really excited at the prospect of "getting back to normal" with your family and friends able to join in the fun again around the lovely lakeside.

As always, we will carefully ensure that your safety remains uppermost in our minds and will include any/all new features deemed necessary to protect everyone. We will do our very best to see that any additional safety measures don't detract in any way from your enjoyment on the day. So put the date into your diary and tell all of your friends to do the same, we will keep you posted as the big day draws near and I look forward to seeing you all there (including your festively dressed doggies too!!).

Remember that our Services are solely for your pleasure and we would be delighted to hear from you should you want us to make any changes and we will be happy to consider them. I hope that you continue to join 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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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

ARTIFICIAL INTELLIGENCE MAY DIAGNOSE DEMENTIA IN A DAY



Scientists are testing an artificial intelligence system thought to be capable of diagnosing Dementia after a single brain scan. It may also be able to predict whether the condition will remain stable for many years, slowly deteriorate or need immediate treatment.

Currently, it can take several scans and tests to diagnose Dementia. The researchers involved say earlier diagnoses with their system could greatly improve People's lives.

"If we intervene early, the treatments can kick in early and slow down the progression of Dementia and at the same time avoid more damage," Prof Zoe Kourtzi, of Cambridge University and a fellow of the national centre for AI and data science The Alan Turing Institute, said.

The system compares brain scans of those worried they might have Dementia with those of thousands of People with Dementia and their relevant medical records. The algorithm can identify patterns in the scans even expert neurologists cannot see and match them to People's outcomes in its database.

Source and full article: <https://bbc.in/2VJ8ceP>



WORLD FAILING TO ADDRESS DEMENTIA CHALLENGE

Only a quarter of countries worldwide have a national policy, strategy or plan for supporting People with Dementia and their families, according to the WHO's 'Global status report on the public health response to Dementia', released last month. The number of People living with Dementia is growing according to the report

A series of unsuccessful clinical trials for treatments for Dementia, combined with the high costs of research and development, led to declining interest in new efforts. There has, however, been a recent increase in Dementia research funding, mainly in high-income countries such as Canada, the United Kingdom and the United States of America.

Source and full article: <https://bit.ly/3Aj1MIK>

**WE ARE
CELEBRATING
WITH OUR AMAZING
MEMBERS**

Our 10th anniversary

Last month we had the opportunity to celebrate our 10th Anniversary together with our Members, People with Dementia and their Carers, Former Carers, Volunteers and other 'ADS' Supporters who joined us for an afternoon picnic at Berkshire College of Agriculture.



At noon, the 'ADS' Team, together with some of the BCA students, set up all the festive decorations, prepared a series of fun games and made sure that everything was ready for the arrival of our guests.



Although the weather was a bit of a concern in the morning, it turned out to be wonderful - sunny and warm - perfect for having a picnic on the lovely BCA grounds.

After everyone had finished their picnic lunch, students from the BCA Performing Arts course performed especially prepared song sets, with everyone encouraged to sing along. The afternoon concluded with a song from the two students who lead the singing at our new weekly BCA service.



We also had some fun games and a special 'prize every time' tombola; thank-you to our Shop team who helped to gather the prizes and to our Volunteer who donated over 40 'blue noses'!

Huge thanks go to the Berkshire College of Agriculture staff and students for supporting us in hosting and organising this event.



We couldn't have done it without them!

Thank you so much we really did enjoy today. The students were wonderful and it was so nice to sit in the sunshine and enjoy the company. - Margaret & Barry

*That was a really enjoyable afternoon and well worth coming! Thanks so much to you and all the team xx -
Connie*

*Thank you to the ADS Tea, for the lovely afternoon picnic. You all worked hard to make it special.
Angie*

*Thank you for organising the picnic. Enjoyed by all.
Margaret*

What a wonderful day we had at the 10th Anniversary Picnic! We enjoyed every minute of it. Even the weather was perfect. - Margaret & Desmond

WE ARE
EXPANDING OUR
TEAM!

We are recruiting!

Our wonderful Team is looking for three people to assist in supporting our Charity. Whilst it would be great to bring on board someone who is already working directly with those with Dementia, we are also very open to someone with the right personal skills who is enthusiastic about gaining the appropriate knowledge and experience.

The roles are all part-time and include:

- Two Service Advisors to run our Services and to support our Members
- A Fundraising Administrator - someone to raise funds for the Charity

Job descriptions and application forms are available on request from: info@alzheimersdementiasupport.co.uk. We would be very grateful if you could pass this message to someone that you feel could be an important addition to our team.



Santa Fun Run 2021

Fun for all the Family! Your registration pack includes a Santa suit, so dress up and join hundreds of other Santas running or walking a 5k course to raise money for LOCAL People with Dementia, their Carers & Families in Windsor, Ascot, Maidenhead, Slough, Langley.

After completing the race, everyone will receive a special FREE Certificate and a well-deserved FREE medal!

'ADS' Santa Fun is an annual event 'Run for Fun in a Santa Suit' to raise money for Alzheimers Dementia Support 'ADS' Charity. It's a 5k Run or walk / wheel / jog (approx 3.1 miles) once around Dorney Lake. Dogs on leads, children on scooters / in pushchairs and wheelchair participants are all welcome.

Again, it's been a hard year for everyone and we continue to be very grateful to all of you who supported us. Please REGISTER TODAY and help us continue to deliver our support to many families living with Dementia for whom this year has been even more difficult.



Register by 17th of October and get the Early Santa discount!

www.2021santafunrun.eventbrite.com

Promo Code: EARLYSANTA



Hayling Island weekend break



Last month we organised a well-deserved weekend holiday for some of our Members (Carers, their loved ones and Former Carers). After so long of not being able to travel, everybody was finally relaxing for a bit, recharging their batteries and enjoying the great weather we had at Hayling Island. Thank you to everyone who supported us and made this trip possible!

'A big thank you for making the holiday such a success' - Sandra & Clive

*'We all had such a good time in Hayling Island. We have made new friends and are looking forward to the next Holiday with ADS'.
Barry, Margaret, Marilyn & Steve*

'Just to let you know how much we enjoyed the weekend away, the hotel, food, and staff were fantastic, and we enjoyed the company of the couples we met from 'ADS'. Thank you to Wendy our coach driver, what a lovely lady. Looking forward to another trip in May.' - Lynn & Trevor



Our next weekend away to Hayling Island is being planned for May 2022. This getaway is 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.

"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!

DAWN & DENNIS HUNTER
KIM KENWORTHY

MARY PRATT
SALLY CLARKE

ROBIN PEMBERTON
TEGAN HARRIS

ANNE THRIFT

Donations in memoriam

JOHN BAJORSKI
JEAN GRANT

JEAN LEWIS
WILLIAM O'REILLY

FREDA WILKINSON
PAUL GRIFFIN

Out & About

by Sandra Williams
Out & About Service Coordinator

It has been a joy to welcome new “Out & Abouters” to our Windsor Service and experience their enthusiasm.



Our first outing was to Waltham Place Farm, where Niki welcomed us and took us on a gentle stroll around the gardens. It was a lovely opportunity to get to know each other.

Waltham Place embraces a natural style of gardening, where weeds and seed heads, within reason, are allowed to flourish, supporting nature.

We began in the Kitchen Garden, where Dave settled into his chair to watch the gardeners at work planting winter vegetables.

The gardeners chatted with Dave, who shared his knowledge, telling them how to protect their cauliflowers from unwanted garden guests. Dave went home with a large cauliflower which took pride of place at their Sunday lunch. I am told it tasted delicious. I am not surprised, as no pesticides are used at Waltham Place Farm.

The rest of us explored the gardens, taking in the scent of the roses and herbs, whilst gazing at an enormous summer flowering magnolia covered in flowers the size of a large hand. We spotted butterflies fluttering between the plants which Niki identified for us.

We then learnt what “tubing bees” meant. Niki expertly caught a bee in a tube, with a layer of kitchen paper inside, for them to cling onto, so we could see them up close for a few moments. We saw a tree bee, which is easily identified by its ginger thorax, black abdomen and white tail.



We also saw a bee mimicking a hoverfly, which people mistake for a bee. Nature has designed them to look like a bee, to ward off predators. So how do you tell the difference? A bee has two pairs of wings and flies only have one set of wings. Bees have long antennae whilst flies have short. Bees also have hairy eyes, flies have very large eyes.

Returning to the kitchen garden, Neg, picked us two enormous lettuces for our lunch. She was keen to pick more but we assured her that two were sufficient!

Back at the centre, the group set together to prepare lunch. Neg who was born in Turkey, expertly showed us how to make a Turkish Salad, chopping our tomatoes and my home-grown cucumber into small pieces, before requesting a splash of lemon and olive oil. We filled the ovens with pizza and garlic bread, whilst Maz helped lay the table. Stomachs were then amply filled. As we tidied away, I turned round to find that Tim, had cleared all the tables and stacked the chairs, ready for our departure.

What a perfect group, full of skills and knowledge, which made our day together a wonderful new beginning.

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

FUN AT BCA – OUR FIRST SESSIONS



In September we launched a new 'ADS' Service in partnership with Berkshire College of Agriculture. The FABulous 'ADS' Service has been created by the BCA Team especially for People with Dementia and their Carers.

Our first sessions were amazing and much appreciated by our Members and by the BCA students. Everyone was involved straight away, with the Students first getting to know their assigned Person with Dementia and their Carer. They also had the chance to chat with a couple of our Former Carers who gladly shared their experience. In the second week, the students had prepared specific activities based on what they had learnt about our Members; this gave the Carers an opportunity to have a cup of tea and a chat in the Café.

Our Members are enjoying the Service very much, so we would like to thank BCA for all the hard work that everyone has put into incorporating our Members into their curriculum.

[Please check page 12 to read more about the FAB – Fun at BCA Service.](#)



Our 'ADS' Charity Shop needs your support!

Would you like to brighten someone's day? Do you have any good quality items that you are no longer using 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. Bubble wrap is always very useful. You can either bring them yourself to our shop at 75, High Street in Maidenhead SL6 1JX or call Cathy, our Shop Manager, on 07707 531689 to check if one of our Volunteers could pick them up.



We are very sad to say that our wonderful Shop Volunteer, Jane Atkinson, passed away last month. A donation has been made in her memory by the ladies who work in our 'ADS' Charity Shop. Jane worked as a Volunteer in the shop for many years and we will miss her beautiful smile and lovely calming nature.



It's time for a fun contest!

It wouldn't be Halloween without a spooky carved pumpkin! Organise a fun family evening and start carving for a chance to **win one FREE CHILD ticket to our annual Santa Fun Run** event.

It is really simple to enter. Just post a picture of your best spook-tacular pumpkin to your Facebook or Instagram page, tagging our Charity.

Please make sure you take a picture of your pumpkins, along with the hashtag #ADSPumpkinContest written on a piece of paper, next to your masterpiece.



Our Getting Together Services OCTOBER CALENDAR



Fri	1st	10.30	ASCOT	Singing for Pleasure
Mon	4th	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	4th	13.00	LANGLEY	Singing for Pleasure
Mon	4th	13.30	ZOOM	Singing for Pleasure
Tue	5th	13.00	WINDSOR	Singing for Pleasure
Wed	6th	10.00	MAIDENHEAD	FAB – Fun at BCA
Wed	6th	12.30	MAIDENHEAD	Former Carers Lunch
Wed	6th	13.00	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Thu	7th	13.30	ASCOT	Seated Exercises
Fri	8th	10.30	ASCOT	Singing for Pleasure
Mon	11th	10.00	MAIDENHEAD	Connection Café
Mon	11th	13.00	LANGLEY	Singing for Pleasure
Mon	11th	13.30	ZOOM	Singing for Pleasure



IMPORTANT!

We have restarted 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

OCTOBER CALENDAR



Tue	12th	13.00	WINDSOR	Singing for Pleasure
Wed	13th	10.00	MAIDENHEAD	FAB - Fun at BCA
Wed	13th	13.00	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Thu	14th	13.30	ASCOT	Seated Exercises
Fri	15th	10.30	ASCOT	Singing for Pleasure
Mon	18th	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	18th	13.00	LANGLEY	Singing for Pleasure
Mon	18th	13.30	ZOOM	Singing for Pleasure
Tue	19th	13.00	WINDSOR	Singing for Pleasure
Wed	20th	10.00	MAIDENHEAD	FAB - Fun at BCA
Wed	20th	12.30	MAIDENHEAD	Mates with Plates & Ladies that lunch
Wed	20th	13.00	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Thu	21st	13.30	ASCOT	Seated Exercises
Fri	22nd	10.30	ASCOT	Singing for Pleasure
Mon	25th	10.00	MAIDENHEAD	Connection Café
Mon	25th	13.00	LANGLEY	Singing for Pleasure
Mon	25th	13.30	ZOOM	Singing for Pleasure
Tue	26th	13.00	WINDSOR	Singing for Pleasure
Wed	27th	10.00	MAIDENHEAD	FAB - Fun at BCA
Wed	27th	13.00	LANGLEY	Warzish Taal Ke Saath – Moves to Melody
Thu	28th	13.30	ASCOT	Seated Exercises
Thu	28th	14.00	WINDSOR	Moves & Grooves
Fri	29th	10.30	ASCOT	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.

Getting together

DETAILED INFORMATION



NEW
'ADS'
SERVICE



*Fun at
Berkshire College
of Agriculture*

We have launched a new FABulous 'ADS' Service created especially for People with Dementia and their Carers. We have a unique partnership with Berkshire College of Agriculture who are offering us their full support in the creation and delivery of this new project.

This Service 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 are in work 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 are 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 can 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.

This Service takes place every Thursday from 1.30PM to 2.45PM. Refreshments are served from 1.30PM followed by Seated Exercises from 2PM. For further information please contact Terrie on 07516 165647.



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**
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!

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.

We also run this Service ONLINE on Mondays. Every Monday morning 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.

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.

WINDSOR

4th Thursday of the month

14:00 – 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

Next session: Thursday 28th Oct.



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 1.00PM to 2.30PM 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 at the beginning of next year.



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 6th October.**

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 gentleman with Dementia. This is supported by our male volunteers. While the gentleman 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, 20th October.**

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



LEISURE FOCUS
WELLBEING

REFERRAL SCHEME

Leisure Focus is committed to facilitating services to improve the local community's health, fitness, and mental well-being.

The scheme provides an opportunity for referrals to improve their health and well-being, regardless of age, ability or exercise experience and have been referred by either a General Practitioner or Health Practitioner due to health conditions.

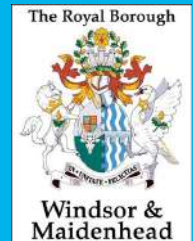
The scheme involves 12 weeks of supervised physical activity. Six one to one consultations including a health assessment, progress reviews, gym induction and lifestyle coaching. The aim of the scheme is to provide support and advice on how to maintain a new active lifestyle and improve your well-being and mental health on a long-term basis.

If you would like further information regarding the wellbeing referral scheme, please check their website: www.leisurefocus.org.uk/wellbeing-referral-scheme/.

Windsor, Ascot and Maidenhead Social Prescribing Service

Social prescribing helps you explore extra services in your community that may support you to improve your health and sense of wellness. These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support



If you would like to get in touch with a Social Prescriber you should request a referral from your healthcare provider. The Social Prescriber will contact you by telephone within 5-7 working days to discuss the referral with you and further steps.

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.



Happy

Halloween

SPOOKY PAGE



- Why did the policeman ticket the ghost on Halloween?
- It didn't have a haunting license.



- What do you call two witches who live together?
- Broom-mates!



- What do you get when you cross a vampire and a snowman?
- Frostbite.



Spooky facts about Halloween

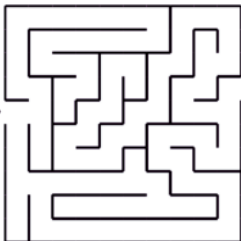
Halloween is one of the world's oldest traditions, it began in Ireland and dates back 2000 years to the Celts who called it Samhain.



Jack o' lanterns are named after the phenomenon of a ghostly light flickering over peat bogs that are believed to guide lost travellers home. Originally, they were carved from turnips, not pumpkins!



Help the bat find his way through the maze back to the spooky house.



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

BOO
 HALLOWEEN
 PUMPKIN
 SPOOKY
 GHOST
 WITCH

BAT
 HAUNTED
 VAMPIRE
 MUMMY
 COSTUME
 GOBLIN

CANDY
 MONSTER
 SCARECROW
 SKELETON
 OCTOBER
 BROOMSTICK



Unscramble the letters:

MUPKNIP -----
 CNLADRUO -----
 TBA ---
 DACNY -----
 HOSGTS -----
 DERIPS -----
 TICWH -----

Important 'ADS' contacts

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www.adscharity.com



AlzheimersDementiaSupport



adscharity



alzheimers-dementia-support



ADSlocalsupport

Council contacts

RBWM Optalis

First Contact & Duty team: 01628 683 744
Dementia Advisors: 01628 683 715

Slough Borough Council Adult Social Care

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

All Out of Hours Access Team

01344 786 543



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

REGISTER ON OUR WEBSITE:

WWW.ADSCHARITY.COM/REGISTRATION/

'ADS' at a glance

WHO are we?

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

WHAT do we do?

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

WHERE do we do it?

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