

'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

OCTOBER 2023



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to get this by email

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.

www.adscharity.com



AlzheimersDementiaSupport



adscharity



alzheimers-dementia-support



ADSlocalsupport

Note from the CHAIRMAN

Dear friends of 'ADS',

I hope you have had an enjoyable month in good company despite the variable weather conditions. We have been very busy bolstering our great team and I would like you to join with me in giving our new team members a very warm welcome. Lee Mathers, Director of Fundraising, Shahida Khan, Asian Services and Gemma McAndrew, Funding Administrator are eagerly looking forward to supporting and assisting you in their new roles.

I hope those who attended our first Dementia Information Hub, a couple of weeks ago, found it to be both useful and interesting. If you missed this one, do make a point of joining us in October and each month thereafter.

Our preparations continue to gather pace ahead of the 'ADS' Annual Santa Fun Run scheduled for Sunday 26th November this year. Please put the date into your diary (if you haven't already done so) - get ready!!! As you know this is our main annual fundraising event and we hope you will join us for a feast of fun and frolics. Please help us by encouraging your family, friends and all of their contacts to enter into the spirit by running and sponsoring this fantastic event - let's make this one the best ever.

Please help our team to continue delivering for you by getting involved - our variety of high-quality Services is ever evolving.

Please attend as many of these activities as you can in the company of your friends as they are delivered for you to enjoy.

Read on for full details and information related to all of our Services.

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

With best wishes,



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

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



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

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

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

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Headlines



'ADS' SANTA FUN RUN 2023 – REGISTER FOR A FUN FAMILY DAY OUT!

Get ready to jingle all the way at our festive Santa Fun Run! Join our Santa Fun Run and create unforgettable family memories. The 'ADS' Real Santa will be there in his grotto and his special elf will spread the joy around our huge inflatable Santa.



Our annual Santa Fun Run consists of a charitable 5k Run or Walk / Wheel / Jog (approximately 3.1 miles) around Dorney Lake, joining the company of numerous Santas.

Upon registration, you'll receive a complimentary full Santa suit for adults and a free Santa hat for the kids, providing all you need to get the true Santa spirit.

Feel free to let your creativity shine by participating in our special competitions – we embrace elves, reindeer, snowmen, or any festive character of your choice! Dogs are also encouraged to join in the fun.

And that's not all! Expect medals, certificates, and a host of exciting prizes, amazing raffle and other surprises that await you at this festive extravaganza!

Schools are invited to join this challenge and organise their own Santa Fun Run on their grounds, supporting our Charity. The school with the highest number of participants will win a prize of £500 sponsored by Craufurd Hale.

FREE Medals & Certificates will be provided by us.

For more details, please send us an email at marketing@adscharity.com.



Companies & Running Clubs are welcome too! We have a special prize for the Best Dressed Team so get X-Mas creative and come to Dorney Lake!

ALASTAIR STEWART: TV STAR REVEALS DEMENTIA DIAGNOSIS

Former ITN newsreader Alastair Stewart suffered a series of strokes resulting in Dementia which has left him with issues around his short-term memory.

Source & full article
<https://bit.ly/3LmGnjn>

LINK BETWEEN HEARING AIDS AND DEMENTIA REVEALED

Hearing aids might reduce cognitive decline in older adults, but only in people who are at higher risk of Dementia, research has suggested.
Source & full article: <https://bit.ly/3RhAhV2>



Introducing...

THE NEWEST MEMBERS OF THE 'ADS' TEAM

Join us in welcoming our newest staff members - Shahida, Lee and Gemma! We are delighted to have them on board, and we greatly appreciate their wholehearted commitment to our mission.



Meet **Shahida**, our newest Service Advisor. With over two decades of experience, Shahida has been dedicated to coaching and aiding women in overcoming domestic abuse.

She has personally witnessed the effects of Alzheimer's through the diagnosis of her children's grandparents. Furthermore, she has observed the unique challenges that Dementia presents within the Asian Community.

This is **Gemma**, our Funding Administrator. She has professional qualifications in Investment Management and Business Administration which will be invaluable in helping us with managing our in-coming funding.



Gemma also supports various local charities and organisations in her community both within education and sport. Having first-hand knowledge and understanding of Dementia within her close family, Gemma holds the key values of our charitable organisation close to her heart.



And this is **Lee**, our Director of Funding & Administration. Specialising in charity development, Lee is passionate about helping voluntary sector organisations have the best impact on the communities they support. He joined our team having had personal experience of caring for a grandparent with Vascular Dementia. He is a certified member of the Chartered Institute of Fundraising and enjoys all things music.

SANTOK'S FAREWELL PARTY

On Thursday, August 24th, a group of 60 of our Members gathered to extend their warmest wishes to our beloved Advisor, Santok Modhvadia, as she embarks on a new chapter after dedicating seven years to 'ADS'.

Santok is looking forward to dedicating her time to her family, cherishing moments with her granddaughter, and welcoming a new grandchild. We send our heartfelt best wishes to you, Santok, for a wonderful and fulfilling future ahead.



Special 'ADS' news



DEMENTIA INFORMATION HUB

Last month's Dementia Information Hub session was truly remarkable. We were fortunate to have two outstanding speakers, Belinda Dixon and Rumana Azeem, who shared their expertise and insights with great passion.

The atmosphere was incredibly engaging, with everyone actively participating and contributing to the discussions. Belinda Dixon, a Senior Dementia Advisor at Optalis, provided valuable information about adult social care on behalf of the Royal Borough of Windsor & Maidenhead. Also, Rumana Azeem, a Dementia Advisor from Slough Memory Clinic, shared her expertise in the field.



Our upcoming session is scheduled for Monday, October 16th. We are excited to announce that our guest speakers will be Karen Ive and Joanita Lwanga-Winfield, representing the Younger People with Dementia Charity (YPWD).



Karen and Joanita will share valuable insights about the services and support provided by YPWD to both caregivers and younger individuals affected by Dementia.

BIRDS OF PREY - SEPTEMBER'S EVENT



Angela Norwood and her dedicated team from Berkshire Birds of Prey came to visit us last month. They generously volunteered their time to provide an impressive bird flight presentation. Our members were delighted to have the opportunity to interact with these magnificent birds.



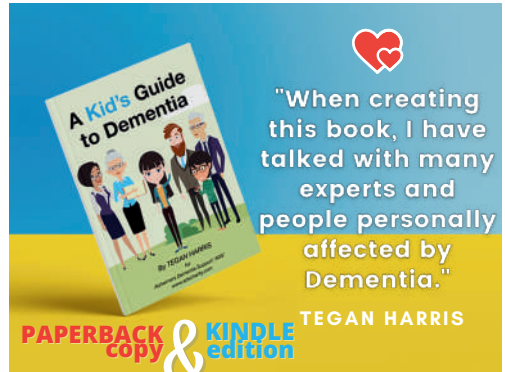
We are profoundly grateful to Berkshire Birds of Prey for their consistent support and for making this their third annual visit. Thank you, Berkshire Birds of Prey, for your unwavering commitment!

A Kid's Guide to Dementia

A BOOK ESPECIALLY CREATED FOR YOUNG PEOPLE

'A Kid's Guide to Dementia' is part of the Youth Initiative 'ADS' has developed to educate young people about Dementia. This exciting initiative is aimed at identifying and extending our current support network to an ever-growing number of young Carers in our community.

To find out more about it, please visit our website at <http://bit.ly/3F9GiLS>.



The book is primarily for 8-11 year olds to help them understand what to expect when someone they are close to develops Dementia, however, adults new to Dementia can also find it very useful. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.



Volunteer with 'ADS'

Our Volunteers 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. Whether you are only available now and again or can commit to a few hours a week, we'd love to hear from you.

Here are some of the volunteering opportunities within our Charity:

WE WANT YOU!

SERVICE ASSISTANT URGENTLY NEEDED

We are in search of a dedicated volunteer to join our Singing for Pleasure service on Wednesdays.

This Service takes place every Wednesday from 13:00 to 14:30 at the Cox Green Community Centre.

For more information, please get in touch with Rachel on 07706 324372 or at rachel.spencer@adscharity.com.

BEFRIENDER

Our Befrienders offer social contact to our wonderful Members by providing companionship in their homes or taking part in appropriate social and recreational activities.

Please keep in mind that full training will be given for each role and we may ask to be allowed to apply for a DBS check before starting to volunteer for 'ADS'.

If you would like to help, please contact Terrie on 07516 165647 or at terrie.hall@adscharity.com.

Fundraising for 'ADS'

PROMOTE YOUR BUSINESS IN OUR HIGH ST CHARITY SHOP

Instead of simply making donations, would you be interested in increasing awareness about your organisation? You can occupy a window and a designated space in our shop to showcase your contributions and inform the Maidenhead community about your mission and your support for our charity.

Our Charity Shop is right on the High Street, making 'The Shop Zone' an amazing opportunity to promote your Company to our local community.



If you are interested in this opportunity, please send an email to Andreea at marketing@adscharity.com and she'll get back to you as soon as possible.

FUNDRAISE FOR US THROUGH YOUR CHRISTMAS SHOPPING

Shopping online this festive period?

Raise FREE donations for Alzheimer's Dementia Support when you shop 6,000+ stores online using Give as you Live Online!

To sign up to Give As You Live Online, visit <https://bit.ly/44hdVWr> or scan the QR code!

SPONSOR OUR ANNUAL SANTA FUN RUN

We are actively seeking sponsors for our upcoming Annual Santa Fun Run! This festive event brings joy and togetherness to our community and your sponsorship could make a significant impact.

By partnering with us, you'll not only support a great cause but also gain valuable exposure to a diverse and engaged audience.

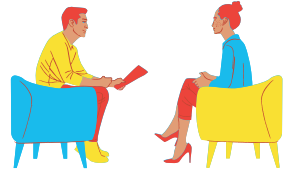
If you're interested in becoming a sponsor and spreading holiday cheer, please reach out to Andreea at marketing@adscharity.com to discuss more details.



Services highlights

ONE-TO-ONE DISCUSSIONS

The 'ADS' Advisors are always there for one-to-one discussions for People living with Dementia. You can either organise a meeting in-person during one of our Services or if you would prefer, we can do a home visit or it can be online via Zoom.



Please be assured that all the discussions are private and confidential, so don't hesitate to reach out to us.

To organise a session at a convenient time for you, please contact Terrie on either 07516 165647 or at terrie.hall@adscharity.com

MOVES & GROOVES

The 'ADS' Moves & Grooves Service is especially 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.



For more information, please check page 16.



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

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

ROTARACT CLUB OF MAIDENHEAD FOR ORGANISING A QUIZ NIGHT
WINDSOR COMMUNITY ORCHESTRA - MRS PE LONG AND MISS CE LONG

Donations in memoriam

COLIN NEWMAN
DESMOND TREACEY

DORIS GROOM
KULWANT NAGI

SUSAN MAYNE & SISTER ANN LEES - IN MEMORY OF COLIN LEWIS
PHILIP O'BRIEN IN MEMORY OF HIS MOTHER

Here to help



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

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



BLUE BADGES

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, or on behalf of somebody else. If you are a Blue Badge Holder you do not pay for parking at Wexham Park Hospital.

COUNCIL TAX REDUCTION/EXEMPTIONS

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

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

ATTENDANCE ALLOWANCE INFORMATION

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



There are 2 different rates of allowance:

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

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

COUNCIL CONTACTS

RBWM Optalis

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

Slough Borough Council Adult Social Care

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

Slough Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Our Getting Together Services

OCTOBER CALENDAR



| | | | | |
|-----|------|-------|------------|---|
| MON | 2nd | 10:00 | MAIDENHEAD | CONNECTION CAFÉ WITH SEATED EXERCISES |
| MON | 2nd | 13:30 | ZOOM | SINGING FOR PLEASURE |
| TUE | 3rd | 10:30 | LANGLEY | SEATED EXERCISES |
| TUE | 3rd | 13:00 | WINDSOR | SINGING FOR PLEASURE |
| WED | 4th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| WED | 4th | 13:00 | MAIDENHEAD | SINGING FOR PLEASURE |
| WED | 4th | 13:00 | LANGLEY | AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC |
| THU | 5th | 13:30 | ASCOT | SEATED EXERCISES |
| THU | 5th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| FRI | 6th | 10:30 | ASCOT | SINGING FOR PLEASURE |
| MON | 9th | 10:00 | MAIDENHEAD | CONNECTION CAFÉ WITH SEATED EXERCISES |
| MON | 9th | 13:30 | ZOOM | SINGING FOR PLEASURE |
| TUE | 10th | 10:30 | LANGLEY | SEATED EXERCISES |
| TUE | 10th | 13:00 | WINDSOR | SINGING FOR PLEASURE |
| WED | 11th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| WED | 11th | 12:30 | MAIDENHEAD | MEMBERS' LUNCH |
| WED | 11th | 13:00 | MAIDENHEAD | SINGING FOR PLEASURE |
| WED | 11th | 13:00 | LANGLEY | AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC |
| THU | 12th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| THU | 12th | 13:30 | ASCOT | SEATED EXERCISES |
| FRI | 13th | 10:30 | ASCOT | SINGING FOR PLEASURE |
| MON | 16th | 10:00 | MAIDENHEAD | CONNECTION CAFÉ WITH SEATED EXERCISES |
| MON | 16th | 13:30 | ZOOM | SINGING FOR PLEASURE |
| MON | 16th | 19:00 | WINDSOR | DEMENTIA INFORMATION HUB |
| TUE | 17th | 10:30 | LANGLEY | SEATED EXERCISES |
| TUE | 17th | 13:00 | WINDSOR | SINGING FOR PLEASURE |
| WED | 18th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| WED | 18th | 12:30 | MAIDENHEAD | MATES WITH PLATES & LADIES THAT LUNCH |
| WED | 18th | 13:00 | MAIDENHEAD | SINGING FOR PLEASURE |
| WED | 18th | 13:00 | LANGLEY | AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC |

Our Getting Together Services

OCTOBER CALENDAR



| | | | | |
|-----|------|-------|------------|---|
| THU | 19th | 10:00 | MAIDENHEAD | FUN & ACTIVITIES AT BCA |
| THU | 19th | 13:30 | ASCOT | SEATED EXERCISES |
| FRI | 20th | 10:30 | ASCOT | SINGING FOR PLEASURE |
| MON | 23rd | 10:00 | MAIDENHEAD | CONNECTION CAFÉ WITH SEATED EXERCISES |
| MON | 23rd | 13:30 | ZOOM | SINGING FOR PLEASURE |
| TUE | 24th | 10:30 | LANGLEY | SEATED EXERCISES |
| TUE | 24th | 13:00 | WINDSOR | SINGING FOR PLEASURE |
| WED | 25th | 13:00 | MAIDENHEAD | SINGING FOR PLEASURE |
| WED | 25th | 13:00 | LANGLEY | WARZISH TAAL KE SAATH - MOVES TO MELODY |
| THU | 26th | 13:30 | ASCOT | SEATED EXERCISES |
| THU | 26th | 14:00 | WINDSOR | MOVES & GROOVES |
| FRI | 27th | 10:30 | ASCOT | SINGING FOR PLEASURE |
| MON | 30th | 10:00 | MAIDENHEAD | CONNECTION CAFÉ WITH SEATED EXERCISES |
| MON | 30th | 13:30 | ZOOM | SINGING FOR PLEASURE |
| TUE | 31st | 10:30 | LANGLEY | SEATED EXERCISES |
| TUE | 31st | 13:00 | WINDSOR | SINGING FOR PLEASURE |

INFORMATION, SUPPORT & ADVICE

This calendar lists our regular Services and special events and the details of where and when they take place can be found on the following pages. This is just a part of how our team of Advisors can offer advice and support to those living with Dementia, their Carers, families and friends.

Please contact us should you need:

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



Our Contact details are on the back of the newsletter.

Getting Together

DETAILED INFORMATION

CONNECTION CAFÉ

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

MAIDENHEAD

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

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



SEATED EXERCISES

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

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

MAIDENHEAD

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

LANGLEY

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

ASCOT

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



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

Getting Together

DETAILED INFORMATION

DEMENTIA INFORMATION HUB

Join us for our monthly Dementia Information Hub, where we bring in a special guest speaker to enlighten and captivate not just those directly affected by dementia, but also anyone with an interest in the subject.

We start the evening, by inviting you to socialise while we serve refreshments. If the weather is a bit chilly - there will be a hot drink waiting for you!

Before and after the presentation, there will be an opportunity to meet and talk on an informal basis to our Guest Speaker, to Health Professionals and to the Team from 'ADS'.

WINDSOR

3rd Monday of the month

19:00 - 21:00

Dedworth Green Baptist Church, Smiths Lane
Windsor SL4 5PE



! *Next session is on Monday, 16th October.*

Pre-booking is not necessary, so please just join us when you can. If you would like to find out more information or perhaps to be a speaker at one of our Dementia Information Hub sessions, please contact T J Madden on 07516 165665 or via e-mail at tj.madden@adscharity.com.



SINGING FOR PLEASURE ONLINE

Embrace the power of music, connect with the other 'ADS' Members and share the beauty of singing. We look forward to virtually meeting with you at our Singing for Pleasure Service on ZOOM.

For People living with Dementia and their Carers, Singing for Pleasure holds immense therapeutic potential. Music has a remarkable way of unlocking memories and fostering emotional wellbeing. It's a chance to engage in a meaningful activity that nurtures the soul and stimulates cognitive function.

This Service takes place every Monday on the online platform called ZOOM. The weekly schedule of our Services is sent to our Members every Monday morning and the link for joining Singing for Pleasure ONLINE is included.

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



Getting Together

DETAILED INFORMATION

**SINGING
FOR PLEASURE**
ALSO ONLINE
EVERY MONDAY

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

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



common symptoms such as agitation, apathy and anxiety.

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

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

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW

MAIDENHEAD

Wednesdays 13:00 - 14:30

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

ASCOT

Fridays 10:30 - 12:00

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



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

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

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

Getting Together

DETAILED INFORMATION

LUNCH CLUBS

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

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



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

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

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

! **Next Members' Lunch:**
Wednesday, 11th October

Next Mates with Plates, Ladies that Lunch:
Wednesday, 18th October



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

Getting Together

DETAILED INFORMATION

MOVES & GROOVES

The 'ADS' Moves and Grooves session is designed for People with Dementia and their Carers to get together for a fun social event where people can participate as much (or as little) as they like.

Whilst we encourage people to join in this gentle exercise, we do understand that you may just like to come along to watch and chat.

WINDSOR
4th Thursday of the month
14:00 - 16:00
Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR



! *Next session is on Thursday, 26th October.*

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

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



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



Getting Together

DETAILED INFORMATION

ASIAN LANGUAGE & CULTURAL SERVICES

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

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This free drop-in Service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music.



WARZISH TAAL KE SAATH MOVES TO MELODY

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



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

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

Pre-booking is not needed, so please just pop along. For more details about the Asian Services contact Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

FUN AT BERKSHIRE COLLEGE OF AGRICULTURE

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

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



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

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

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

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



MAIDENHEAD

Wednesdays 10:00 – 12:00
Thursdays 10:00 – 12:00

Hall Place, Burchetts Green Rd
Maidenhead SL6 6QR

Pre-booking is essential as the number of participants is limited.

If you would like to join please contact Rachel Spencer on 07706 324372 or via e-mail at rachel.spencer@adscharity.com.

Getting Together

DETAILED INFORMATION

OUT & ABOUT

Out & About is a respite Service, providing stimulating and fun days out for able People with early-stage Dementia, who are still active.

The Service is designed to give Carers a welcome and very much needed break.

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

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

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

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

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



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

We request a donation of £25, which will contribute towards the cost of refreshments, lunch, travel and admission charges.

There is a waiting list for this popular Service, so please put your name down
AS SOON AS POSSIBLE!

Important 'ADS' Contacts



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'ADS' SANTA FUN RUN

AN EVENT ORGANISED BY
ALZHEIMERS DEMENTIA SUPPORT

EARLY BOOKING,
FAMILY & TEAM DISCOUNTS
PROMO CODE: EARLYSANTA2023

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

**WALK, RUN OR PUSH AROUND DORNEY LAKE ON
26TH NOVEMBER 2023**

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