



Newsletter

NOVEMBER 2021

Alzheimers
Dementia
Support
Local support and guidance



WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY



READY
steady
HO-HO-HO!

PREPARE FOR



'ADS' SANTA FUN RUN
Sunday, 28th November 2021
Eton Dorney Lake

WWW.2021SANTAFUNRUN.EVENTBRITE.COM



Note from the CHAIRMAN

Hi everyone,

I hope that you have had a pleasant month in the company of your family and friends.

Our 'ADS' 10th Anniversary year continues apace and I hope you have been able to join in some of the celebrations with us. Time does fly past though and, as stated previously we are actively turning our attention to staging the 'ADS' Annual Santa Fun Run on Sunday 28th November at Eton Dorney. So now is the time to start limbering up and preparing yourselves for a fabulous day out with your family, friends and pet doggies too. Here's hoping the weather conditions are kind to us on the day, but if it is inclement, I'm sure you won't let that stop you from coming along and having a ball.

We are really excited at the prospect of "getting back to normal" by running our fun event again around the lovely lakeside. We will be very careful to ensure your safety and will take any precautions deemed necessary to protect everyone. In so doing we will do what we can to see that any additional safety measures don't detract from your enjoyment on the day. So tell all of your friends to join you and we will keep you posted as the big day draws near, we're all looking forward to seeing you there. Other important information and details of this year's fantastic event are contained within this Newsletter, so please read on.

Remember that our other Services are in full swing and are solely for your pleasure. We are happy to hear from you should you want us to make any changes and we will try to incorporate them. I hope you continue to enjoy what we have on offer for you.

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

Best wishes,



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee



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

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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

INFRARED LIGHT THERAPY COULD HELP PEOPLE LIVING WITH DEMENTIA



A pilot study used a helmet to beam infrared light into healthy volunteers' brains and found improvements in their memory, motor function and processing skills.

The research team, led by Dr Paul Chazot of Durham University and GP Dr Gordon Dougal, say transcranial photobiomodulation therapy (PBM-T) could benefit People with Dementia.

In the study, published in the journal Photobiomodulation, Photomedicine And Laser Surgery, 14 healthy people aged 45 and over received six minutes of PBM-T at a wavelength of 2068 nanometres twice a day for a month.

A control group of 13 people were given a dummy helmet to use.

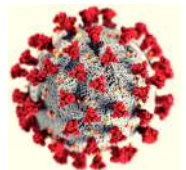
Tests on both groups revealed a significant improvement in performance in motor function, memory and brain processing speed in those who used the real helmet compared to those who were given the placebo.

"While this is a pilot study and more research is needed, there are promising indications that therapy involving infrared light might also be beneficial for people living with dementia and this is worth exploring.



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

ALZHEIMER'S & COVID-19 SHARE A GENETIC RISK FACTOR



An anti-viral gene that impacts the risk of both Alzheimer's condition and severe Covid-19 has been identified by a UCL-led research team. The researchers estimate that one genetic variant of the OAS1 gene increases the risk of Alzheimer's disease by about 3-6% in the population as a whole, while related variants on the same gene increase the likelihood of severe Covid-19 outcomes.

"In patients with severe Covid-19 infection, there can also be inflammatory changes in the brain. Here we have identified a gene that can contribute to an exaggerated immune response to increase risks of both Alzheimer's and Covid-19."

Their findings add OAS1, an anti-viral gene, to a list of dozens of genes now known to affect a person's risk of developing Alzheimer's disease.

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

**PUT ON YOUR
FREE SANTA SUIT
& JOIN THE FUN!
REGISTER TODAY ON EVENTBRITE.**

Santa Fun Run 2021



Every year we organise our most important fundraising event - The 'ADS' Santa Fun Run. Our 10th Anniversary makes this year even more special! We are working like Santa's elves and preparing lots of surprises and fun activities for the day, so we Ho-Ho-Hope to see you on the **28th of November at Eton Dorney Lake!**



The 'ADS' Santa Fun Run is more than just another fundraising event - it is a jolly family day out!

If you are looking for a fun day to spend with your family, come along to the 'ADS' Santa Fun Run! Everyone is welcome, no matter the age and ability. Just get dressed up as creatively as possible and compete for the Best Dressed Family prize.

**Make sure that you decorate your scooter/wheelchair/buggy.
You may get the Best Dressed Wheel special prize!**

This is an event suitable for all ages and abilities, so register all your family members, from the youngest to the oldest. If they ride a scooter or will be using a pushchair or wheelchair, make sure to decorate them. You have a chance at winning one of the special competitions!



Please keep in mind that no electric transportation devices are allowed.

Everyone is welcome at the 'ADS' Santa Fun Run!



When we say that this event is dedicated to your entire family, we really mean it! Dress up your dogs and bring them with you. There is a special competition just for them - Best Dressed Dogs! All we kindly ask is to keep them on lead and make sure that you clean after them.



Children will have a fun Christmasy game to play while running their own way - The Santa's Trail! Knowing a bit about Christmas will help! All children will receive the game pack at the Welcome spot on the day of the event.



Bring your little ones to meet the 'ADS' Santas - yes, we have two!

We have a wonderful spot dedicated to children – Santa's corner! They can visit the 'ADS' Santa, have a short chat, take some pictures and receive a surprise gift from Santa's magic bag.

There will be also a huge inflatable Santa in the S-elfie spot ready to take lots of pictures with you! He is really sociable, so you definitely have to pay him a visit.

If you publish your photos on social media, please tag our charity & use #ADSSantaFunRun for a chance at winning a surprise prize after the event. The winner will be announced on 5th December on our Social Media accounts.



Ready? Steady? Row-row-row!

Every year, Dorney Boat Club supports our charity with reindeer and Santas on the lake! There will be two jolly rows full of Santa's little helpers 'running' their own way on the lake. It will be something fun to watch!

Running Clubs & other organisation are more than welcome!

Gather a team, dress up and represent your club or company while competing for the Best Dressed Team prize competition.

Santa Fun Run comes to your school!

It is not too late to register your school for this year's 'ADS' Santa Fun Run! The school with the highest number of participants will win £500 offered by our Sponsor, Craufurd Hale Group and a special feature in our monthly Newsletter and our Social Media.

Send us a message at santa@alzheimersdementiasupport.co.uk for more information.

JustGiving

JustGiving 'ADS Santa Fun Run' fundraising pages with donations over £50 will be entered into a free Prize Draw!



Registering for the 'ADS' Santa Fun Run 2021

- you can either book your tickets at www.2021santafunrun.eventbrite.com
- or just scan this QR code with your smartphone and it will take you directly to the Eventbrite registration page.



Put on the FREE Santa suit included in the adult registration pack and join the other 'ADS' Santas running to raise money for the LOCAL People with Dementia, their Carers & Families in Windsor, Ascot, Maidenhead, Slough, Langley & all points between.

It's a 5k Run or walk / wheel / jog (approx 3.1 miles) once around Dorney Lake. After completing the race, everyone will receive a special FREE Certificate and a well-deserved FREE medal!



Special thanks to...

In 2021 we were delighted to be supported by four amazing local organisations who put together various events throughout the year raising funds for our Charity and helping us make an incredible difference to the lives of People with Dementia, their Carers and their Families.

As these partnerships near their conclusion, we would like to say 'Thank You' to everyone involved in putting together so many activities, increasing awareness and sharing our story with as many people as possible.



It was a wonderful journey and we have enjoyed working with everybody.

Charity of the year!
2022

Could Alzheimers Dementia Support 'ADS' be your Charity of the Year for 2022? Together we can create an important impact on the lives of People with Dementia, their Families and Carers.

Please contact us at funding@alzheimersdementiasupport.co.uk to discuss more details.

"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!

KEITH CHILD
MAY & KEN SEALEY
RICHARD SOUTHAM
KATIE ALLEN
CAROLINE ESSL
FRANK GRAINGER
VIVIENNE & GERRY DEIGHTON
AMANDA HAMILTON-MARTIN

GAIL ROBINSON
ANNA ROBINSON
CAROL PEARS
GARY KELLEWAY
TANYA LAWSON
MICHELE FROMM
STACEY HOLMES
MARY PRATT

JAMES ELLIOTT
JO DEFTY
CATHERINE BLACK
CHRIS MEADE
DANIEL JONES
SARA LEE
DOMINIC BALL

Thank You The Lions Club
Maidenhead supporting us
through their annual swimarathon.



Thank You Braywick Heath
Nurseries for funding one
of our O&A sessions.



Donations in memoriam

PHILIP GRIFFIN
ELIZABETH LEADBITTER

MICHEAL SARGEANT
MICHEAL CAMERON WOODS
PHYLLIS GREGORY

BERYL SOUTHAM
BOB BARKER

Out & About

by Sandra Williams
Out & About Service Coordinator

Our Windsor group visited Savill Gardens in October, to explore "Art in the Garden". The sculptures on display were varied, from modern abstract to more classical pieces. Each sculpture featured the artist's statement with information about it.



Stanley had agreed on a pact and it was to walk! As we entered the gardens, he spied the first chair and politely advised me that "if I didn't mind, he would stop there". The answer was a firm no. He gave me a grin and arm in arm we led the group, with a bench within sight, as we all headed off to explore.

Tim & Brian took turns gallantly carrying a folding chair, which Stanley plonked himself in at regular intervals until he was so immersed in critiquing the sculptures that he finished the trail off as if he were a "spring chicken". We applauded him, as he took up a different pose each time he sat down.

The sculpture we most liked is illustrated for a good reason – it featured us! Take a careful look and you will see the reflection of our merry band in the sphere.



Comments about three glass bowls included: "looks like someone forgot to wash the dishes". We couldn't help noting that nude sculptures of men were a little lacking in one department. We concluded that the artists had run out of materials.

As I stood on my tiptoes and leaned in to inspect, I advised that the little I could see didn't warrant my effort! There were shrieks of laughter from our group.

Whilst critiquing the sculptures we gazed at the dahlia beds, beautiful despite coming to the end of the season. Our O&A Baker "by ADS Appointment" supplied sausage rolls which were devoured halfway round – another opportunity for Stanley to sit down!

As always lunch beckoned and was well deserved. Conversation flowed across the table, as we tucked into a salad and a main course. I take my hat off to those who then managed to consume waffles with ice cream that formed a sculpture-like appearance, an appropriate way to conclude a day of fun and laughter.

Information, support & advice

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



This wouldn't be possible without our amazing 'ADS' Advisors!



TERRIE HALL

Senior Dementia Advisor

Terrie is committed to guiding and supporting People with Dementia and their families.



SANDRA WILLIAMS

Out & About Service Coordinator

Sandra is specialised in delivering meaningful activities for People with all stages of Dementia.



SANTOK MODHVADIA

Multi Lingual Service Delivery Advisor

Santok is passionate and dedicated to helping Carers and their loved ones.



Hayling Island weekend break

JOIN US IN MAY 2022 FOR OUR NEXT TRIP

We have already started to plan the next trip so mark your calendars because we are going to Hayling Island again on **20th - 23rd May 2022!**

This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.



If you would like to join us, please give Terrie a call on 07516 165647 to find out more.

FUN AT BCA – A FABULOUS 'ADS' SERVICE

Just two months after an exciting launch, the FAB Service, it proving to be a great success and has become one of the top three favourite Services of our Members.



Each week, the BCA students prepare new topics and activities for their assigned person with Dementia. Carers have an opportunity to chat together or with our team over a nice hot drink. The end of the session is always marked with a few songs, bringing everyone together for the last fifteen minutes .

Read more details on page 12.

A Kid's Guide to Dementia

When someone you love is diagnosed with Dementia, it can be a difficult and confusing time for everyone. This book was written to try to answer your questions and give advice on what you can do to help. It includes facts, explanations, and fun activities that can be read in sections, alone or with a parent.



Available in our High Street charity shop or in paperback or the Kindle edition here: www.adscharity.com/kids-guide/.

Our 'ADS' Charity Shop needs your support!

Our 'ADS' Charity shop needs your help! We are running low on stock, so we would really appreciate it if you could donate your good quality items to us. We are particularly looking for bric-brac pieces such as ornaments, crockery, vases and jewellery.

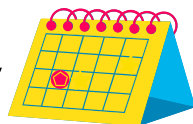
You can either bring the items yourself to our shop at 75, High Street in Maidenhead SL6 1JX or call Cathy, our Shop Manager, on 07707 531689 to check if one of our Volunteers could pick them up.





Our Getting Together Services

NOVEMBER CALENDAR



Mon	1st	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	1st	13.00	LANGLEY	Singing for Pleasure
Mon	1st	13.00	ZOOM	Singing for Pleasure
Tue	2nd	13.00	WINDSOR	Singing for Pleasure
Wed	3rd	12.30	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Wed	3rd	12.15	MAIDENHEAD	Former Carers Lunch
Thu	4th	13.30	ASCOT	Seated Exercises
Fri	5th	10.30	ASCOT	Singing for Pleasure
Mon	8th	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	8th	13.00	ZOOM	Singing for Pleasure
Tue	9th	13.30	WINDSOR	Singing for Pleasure
Wed	10th	10.00	MAIDENHEAD	FAB – Fun at BCA
Wed	10th	12.30	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Thu	11th	13.30	ASCOT	Seated Exercises
Fri	12th	10.30	ASCOT	Singing for Pleasure
Mon	15th	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	15th	13.00	LANGLEY	Singing for Pleasure
Mon	15th	13.00	ZOOM	Singing for Pleasure
Tue	16th	13.30	WINDSOR	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

NOVEMBER CALENDAR



Wed	17th	10.00	MAIDENHEAD	FAB - Fun at BCA
Wed	17th	12.15	MAIDENHEAD	Mates with Plates & Ladies that lunch
Wed	17th	12.30	LANGLEY	AAP KE SEHAT KE SANGH – Wellbeing Through Music
Thu	18th	13.30	ASCOT	Seated Exercises
Fri	19th	10.30	ASCOT	Singing for Pleasure
Mon	22nd	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	22nd	13.00	LANGLEY	Singing for Pleasure
Mon	22nd	13.00	ZOOM	Singing for Pleasure
Tue	23rd	13.00	WINDSOR	Singing for Pleasure
Wed	24th	10.00	MAIDENHEAD	FAB - Fun at BCA
Wed	24th	12.30	LANGLEY	Warzish Taal Ke Saath – Moves to Melody
Thu	25th	13.30	ASCOT	Seated Exercises
Thu	25th	14.00	WINDSOR	Moves & Grooves
Fri	26th	10.30	ASCOT	Singing for Pleasure
Mon	29th	10.00	MAIDENHEAD	Connection Café with Seated Exercises
Mon	29th	13.00	LANGLEY	Singing for Pleasure
Mon	29th	13.00	ZOOM	Singing for Pleasure
Tue	30th	13.00	WINDSOR	Singing for Pleasure



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

For the Asian Services please contact Santok at 07543 243613 and for the other Services, please contact Terrie at 07516 165647.

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.



We meet each Wednesday from 10am to 12 noon.



Please be aware that we will not be meeting on Wednesday 3rd November.

Pre-booking is essential as the number of participants is limited. This is not a drop-in Service, so if you would like to join 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

Please be aware that we will not be meeting at Langley on Monday 8th November.

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 3rd November.**

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 17th November.**

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



KEEPING PEOPLE WITH DEMENTIA SAFE AND FOUND



The Herbert Protocol is a national scheme being introduced by the 5 Search & Rescue teams of Thames Valley in partnership with Thames Valley Police and other agencies which encourages carers to compile useful information which could be

used in the event of a vulnerable person going missing.

Carers, family members and friends can complete the form in advance, and in the event of your family member or friend going missing, the form can be easily sent or handed to the Police or Search & Rescue to reduce the time taken in gathering this information.

The Herbert Protocol initiative is named after George Herbert, a War veteran of the Normandy landings, who lived with dementia. He died while he was 'missing' on his way to his childhood home.

AGE CONCERN MEALS ON WHEELS

This service is available to people living within, Windsor, Old Windsor, and Datchet who live in a household with someone who is over 55. It runs Tuesday through Friday and delivers a hot two-course midday meal to people. Meals will be delivered 12:00–12:45. The cost of a meal is £6.50. For those on income or disability-related Benefits, they can offer a discount to £4 a meal.

Qualifying Benefits: Pension Credit, Income Support, Universal Credit, Personal Independence Payment, Employment and Support Allowance (Income-based), Job Seekers (Income-based), Carers Allowance- for the named people (i.e. the carer and cared for), Attendance Allowance, Disability Living Allowance, Housing Benefit.

In cases where there is great financial hardship free meals can be offered on a case by case basis, please call 01753 860685 9:00–15:00 Tuesday to Friday or email info@ageconcernwindsor.org.uk.

ATTENDANCE ALLOWANCE INFORMATION

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

There are 2 different rates of allowance:

- £59.70 per week if you need frequent help or supervision throughout the day
- £89.15 per week if you need help or supervision during day and night or if you are terminally ill

You can download a form on the GOV.UK website or obtain a claim form by calling 0800 7310122. Lines are open 9.30–3.30 Monday to Friday.



Hello November



FUN PAGE



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

- What did the pumpkin say to the pumpkin carver?
 - Cut it out!



- Why did the scarecrow win the Nobel Prize?
 - Because he was out-standing in his field.



Why did Humpty Dumpty love autumn?
 Because Humpty Dumpty had a great fall.

Did you hear about the tree that deserted the forest at the end of autumn?

He was absent without leaves!



"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple." -

J.K. Rowling

ACORN
 APPLE
 AUTUMN
 CHESTNUTS
 CHILLY
 CIDER
 CORN

CRANBERRY
 DECIDUOUS
 HARVEST
 HAYRIDE
 LEAF
 MAIZE
 NOVEMBER

NUTS
 OCTOBER
 RAINCOAT
 REAP
 SEPTEMBER
 SLEET
 SQUASH

$$3 \text{ leaves} = 60$$

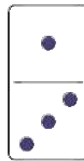
$$1 \text{ leaf} + 2 \text{ boots} = 30$$

$$1 \text{ boot} - 1 \text{ pumpkin} = 3$$

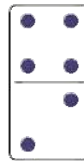
$$1 \text{ leaf} + 1 \text{ boot} + 1 \text{ pumpkin} = ?$$



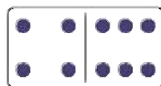
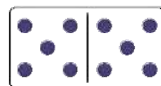
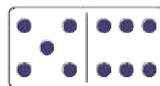
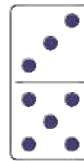
(A)



(B)



(C)



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www.adscharity.com



AlzheimersDementiaSupport



adscharity



alzheimers-dementia-support



ADSlocalsupport

Council contacts

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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
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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.