

# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

DECEMBER 2023



## SEE THE FUN WE HAD AT ETON DORNEY LAKE!

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### 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](http://www.adscharity.com)



AlzheimersDementiaSupport



alzheimers-dementia-support



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ADSlocalsupport

# Note from the CHAIRMAN

Dear friends,

As always, I hope you have had a pleasant month in the company of family and friends.

Well, I hope that you all had a wonderful fun day out at our 'ADS' Annual Santa Fun Run on Sunday 26th November. Our sincerest thanks to everyone who helped to make it such a successful event. The 'ADS' team, including our small army of willing Volunteers, our sponsors Craufurd Hale & Absolute Mobility, the Air Cadets, our compère, entertainers and many others (too many to mention) - please know that you are appreciated - all worked so very hard throughout the weeks leading up to the event and on the day itself, to provide an entertaining and enjoyable extravaganza - from all of us at 'ADS' - THANK YOU SO MUCH.

As you are aware The Santa Fun Run is our main annual fundraising event and remember that you can continue to support us by donating via 'Just Giving'. We would really appreciate it if you and all your contacts would help us to deliver our Services by giving a donation through standing order on a monthly basis.

Since neither of our local authorities provide us with ANY financial support it is becoming more and more difficult to obtain funds. On this basis, we would really appreciate it if you could help us to help you.

Full details of the Services we offer, throughout the month, are detailed further on, so please continue to enjoy them all to the maximum.

I would like to take this opportunity to wish you much joy over the festive season. We look forward to seeing you in the New Year. During the festivities, please stay safe and look after each other.



**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



## DEMENTIA INFORMATION HUB – MONDAY 15TH JANUARY 2024

On the 20th of November, a group gathered for our Dementia Information Hub service held monthly in Windsor, to listen to a talk by Harj Gill, an accredited Later Life Specialist from Solla. Harj provided us with a wealth of information and ideas regarding the funding of later life care, engaging the group with thought-provoking questions.



He shed light on challenges and concerns, while providing some practical solutions and explaining how everyone's circumstances are likely to lead to different requirements.

Look out for our new year sessions which will include a talk on Scams and another on Wills and Probate. Our next get-together is on Monday 15th of January where we'll welcome Mark Feetham, the Managing Director of Less Annoying IT - a local business that wants to make computers and tech frustration free! He's been in the industry for 30+ years, 18 of which were spent at Microsoft working with computer manufacturers, legal and the entertainment industries and finally global support.

He's amassed plenty of information in that time about all things Cyber and he wants to empower others to understand how they can better defend themselves from the nasty nether regions of the internet. In his talk he'll share with you the who, how, why and what of cyber attacks, with examples to help you spot things like scammers, as well as what you can do to protect yourselves and those you care about.

More information about the Hub can be found on page 13.



### HOW MENOPAUSE CHANGES THE BRAIN

Neurological changes and menopausal symptoms are linked to Dementia for some.

Source & full article: <https://bit.ly/47FICrE>

### DEMENTIA CARERS NEEDED FOR £1.23M UEA DIGITAL THERAPY PLATFORM

A new project to help Carers looking after people with dementia hopes it will improve their mental health.

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



# Santa Fun Run 2023

**A FESTIVE RECAP OF THE SANTA FUN RUN  
EXCITEMENT!**



On the 26th of November, we welcomed over 200 Santas at Eton Dorney Lake for our most important event of the year – the annual 'ADS' Santa Fun Run 2023.



**They have been running, walking and pushing their own way around the Eton Dorney Lake to show their support for our lovely Charity.**

Children had the opportunity to visit Santa in His Grotto (our supporter, Anthony Ash), have a chat with him and receive a special gift from his magical bag. The little ones could also meet and take photos with Princess Elsa and Spiderman.



The special competition winners included: Best Dressed Dog, Best Dressed Wheels, Best Dressed Team and Best Dressed Family.

It is not too late to show your support for our event, so please consider making a donation via JustGiving. Scan this QR code or visit <https://bit.ly/3MQfNzy>. Every contribution, no matter the size, is greatly appreciated and brings us one step closer to creating a wonderful event for all. Thank you for your support!

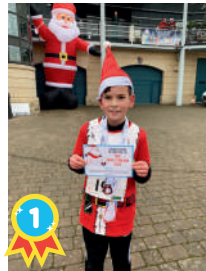


JustGiving 'ADS Santa Fun Run' fundraising pages with donations over £50 will be entered into a free Prize Draw!





Santa's Elf came again to our event and managed the S-Elfie station capturing photos of everyone with our gigantic inflatable Santa! There were also photo opportunities with the astonishing creatures from Berkshire Birds of Prey. We also organised lots of fun games for all ages, including a special raffle with jolly prizes!



**Congratulations to everyone who made it around the course, especially to the fastest three adults and three children.**

We would like to again thank Craufurd Hale Group and Absolute Mobility for being our main sponsors for this event, Berkshire Birds of Prey for being there with their amazing birds, Daddy Long Legs for helping us with transport and the 155 Maidenhead Squadron ATC Air Cadets for volunteering to keep an eye on the running course, making sure that everyone is alright.



Also thank you to Miss Charlotte from Perfect Little Performers for being our Queen of Ice, to Ben for being our Secret Superhero, to the small business Planet Wrap It for donating some of their wonderful wrapping papers, to Pet Care Maidenhead for donating the Best Dressed Dog prizes and to all our Volunteers who helped on the day! We really appreciate that you spent your Sunday at Eton Dorney, helping us put together a great Santa Fun Run!

Finally, a huge thank you to everyone for coming and for all your lovely messages. We are happy to know that you've enjoyed the 2023 edition of our Santa Fun Run and we look forward seeing you next year!



Good luck to Eton College and Berkshire College of Agriculture who are holding Santa Fun Run events for us over the next couple of weeks.



# Out & About

by Sandra Williams  
Out & About Service Coordinator



Albert Einstein coined the phrase “creativity is intelligence having fun” which completely justifies grown adults squeezing onboard a miniature train at Beale Park, waving at everything and anything as we go by! Here is one of my favourite photos of the year epitomizing intelligence, creativity and fun at O & A.

A Childhood Games Reminiscence session gave us another moment to forget we are adults! I listened to memories and thought about preparation for Christmas, when we spend much of our time purchasing gifts. It struck me that the “chronologically gifted” were far more creative using their ingenuity, than today’s youngsters who rely upon ready-made toys. Our Out & Abouters were ahead of their times and true recyclers!

We talked about making catapults from old inner tyres. Today a catapult comes readymade in a box, if indeed they are considered acceptable toys. I asked what they aimed their catapults at and was met with chuckles. Such sensitive information was kept close to their chests.

Making go carts brought back fond memories, made from old prams and wooden boxes and apparently the bits were found in hedges. I doubt the youth of today would be able to find such resources in hedges!

Playgrounds then became a topic of conversation. We remembered playing conkers, baking them or pickling them in the hope of a cunning win. Whilst reminiscing about the games we played in school playgrounds we all exploded into chorus singing “The Ship sailed through the Alley Alley oh”.

Armed with sheets of paper we made a variety of paper aeroplanes. There were loud shouts “don’t tell my wife what I am doing!”

Tim modified the tail of his and proved to be the winner. Paper aeroplanes darted across the table until I quickly concluded

that it would be safer to have a competition outside, ensuring the aeroplanes were flown in the same direction. Enthused by our paper aeroplanes we recalled making paper boats. Good old Google helped by providing a video. Our boats sailed in a washing up bowl. The stronger the paper, the longer they sailed.



Having a few “Peter Pan” moments brought so much laughter. We look forward to many more in 2024.

# Fundraising for 'ADS'

## SUPPORT OUR DAY-TO-DAY OPERATIONS

Your support through the Amazon Wishlist allows us to maximize our impact and reach even more individuals in need. Every donation, no matter the size, is deeply appreciated and directly contributes to our ongoing efforts.



You can see our full Amazon Wishlist here: <https://amzn.to/3Kxv9ae>.

We don't automatically get told of your kind gift, so please include a message for us on your order so that we can thank you.

## DONATIONS APPEAL FOR OUR CHARITY SHOP



Our shop is always in need of good quality items, especially bric-a-brac, men shoes, soft toys and others.

Your donations are very much appreciated and help us to continue to support those living with Dementia in our local community.

Please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

Please note that we cannot accept electrical items.

*During this time of the year, we are also happy to receive Christmas related decorations or any unwanted gifts that we can sell or use as prizes for our events.*



## LAST MINUTE FESTIVE SHOPPING? USE 'GIVE AS YOU LIVE'



'Tis the Season to Give! Shop for your Christmas essentials through Giveasyoulive and turn your festive shopping into donations that support our Charity.

It's the perfect way to spread joy this holiday season while supporting our work.

# Services highlights

## PRESENT WRAPPING IN THE 'ADS' SHOP

We will be offering a special present wrapping service in our Charity shop on Saturday 9th December. There will be an opportunity to leave your gifts with us for either simple or 'posh' wrapping in exchange for a donation. A discount will be available for those who spend £15 in our charity shop on the day.



The 'ADS' Charity Shop is located at 75 High St, Maidenhead SL6 1JF.

## THE 'ADS' NEW YEAR LUNCH 2024

**2024**  
**NEW YEAR LUNCH**  
**MONDAY,**  
**29.01.2024**

As previously announced, our Members are invited to the 'ADS' New Year Lunch 2024 which will take place on Monday, 29th of January at Maidenhead Golf Club! We would be delighted to welcome you to this special event and celebrate together the New Year!

We kindly ask for a donation of £26 per person which includes a 2-course lunch with tea and coffee.

There is a waiting list for the lunch if you are interested please contact Rachel on 07706 324372 or one of our Advisors.



## "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 in the local community!

LYNWOOD RETIREMENT VILLAGE  
THE SARGEANT FAMILY

ROTARY CLUB MAIDENHEAD  
THE BERKSHIRE MASONIC CHARITY

### Donations in memoriam

BRIAN SETCHELL  
DAVE WALLIS  
KEITH ARCHER

NEIL PERROTTET  
STANLEY BROWN  
JEAN FREEMAN

MAUREEN REDMOND  
MARION BIGGLE  
JOCELYN SILK

AUDREY HUCK

TONY MAWHINNEY



# 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

## DECEMBER CALENDAR



FRI	1st	10:30	ASCOT	SINGING FOR PLEASURE
MON	4th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	4th	14:30	ZOOM	SINGING FOR PLEASURE
TUE	5th	10:30	LANGLEY	SEATED EXERCISES
TUE	5th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	6th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	6th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	6th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	7th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	7th	13:30	ASCOT	SEATED EXERCISES
FRI	8th	10:30	ASCOT	SINGING FOR PLEASURE
MON	11th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	11th	14:30	ZOOM	SINGING FOR PLEASURE
TUE	12th	10:30	LANGLEY	SEATED EXERCISES
TUE	12th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	13th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	13th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	13th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	13th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	14th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
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	14:30	ZOOM	SINGING FOR PLEASURE
TUE	19th	10:30	LANGLEY	SEATED EXERCISES
TUE	19th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	20th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
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

# Our Getting Together Services

## DECEMBER CALENDAR



### IMPORTANT ANNOUNCEMENT

All of our Services close on Friday 22nd December 2023 and re-open on 2nd January 2024. Our Advisors are available for information, advice and support during the Christmas Period.

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.](#)



### HOLIDAY WISHES FROM THE 'ADS' TEAM

As the year draws to a close, we would like to wish you all Happy Jolly Holidays and a great New Year ahead! May the festive moments be filled with laughter, love, and cherished memories with your loved ones.

**HAPPY  
HOLIDAYS**

In the spirit of togetherness, we want to express our gratitude for your support throughout the year. Your kindness and generosity have helped us continue our mission - helping People living with Dementia.

# 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, 15th January.*

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](mailto: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 14:30 – 15:30

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 14:30 - 15:30**

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 14:30**. 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 on 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, 13th December

**Next Mates with Plates, Ladies that Lunch:**  
Wednesday, 17th January  
We are NOT meeting in December.



All our lunches must be booked in advance by calling Dee on 07887 993313.

# 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, 25th January.*

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 Shahida on 07543 243613.

# Getting Together

## DETAILED INFORMATION

THIS SERVICE  
WILL NOT TAKE PLACE  
ON 20th-21st,  
27th-28th December.

### 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](mailto: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. There are two Services meeting on alternate Tuesdays in Maidenhead. 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](mailto:sandra.williams@adscharity.com).

"We request a donation of £60 per day towards the costs of delivering this respite service. The Charity continues to subsidise the delivery of the Service.

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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## Shop address

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

When someone you love is diagnosed with Dementia, it can be a difficult and confusing time for everyone.

This book was written for young people but is also helpful for those new to Dementia.

The book can be purchased from our High Street, Maidenhead shop as paperback or as Kindle edition from our website: [www.adscharity.com](http://www.adscharity.com)

