

**WINDSOR, ASCOT,  
MAIDENHEAD,  
SLOUGH & LANGLEY**

**Alheimers** ●  
**Dementia** ●  
**Support** ●  
Local support and guidance

**NEWSLETTER  
SEPTEMBER 2017**

Dear All,

Hello everyone, I hope you enjoy this September edition of our 'ADS' Newsletter. This Month is mixed with some joy, although I must say, is also tinged with a degree of sadness for me personally, as I write to advise you that our great friend Anne Otto, one of the founder members of 'ADS', has decided to resign from her position as Director and Trustee of our Board of Directors. As some of you will already know, a few months ago Anne moved away from her home of many years in Maidenhead and is looking forward to enjoying her new adventure living on the South Coast. I hope that you will all join with me in wishing Anne the very best of luck in this exciting new chapter of her life. We are very fortunate indeed to have benefited from her contribution, enthusiasm, knowledge and tireless support in Championing the needs of the Carers whom we support here at 'ADS' - THANK YOU ANNE for everything and for the part you have played in assisting us in achieving our quest to establish 'ADS' as being the main providers of Dementia Support Services here in our Local Community. Best wishes to you all for the month ahead and I hope you enjoy attending our services.

With very best wishes

*David*

**David D Jannetta**  
**Voluntary Chairman & Managing Director**

**Forthcoming Events**

Dementia Awareness Training (Page 7)

Boat Trip with Edwardian Tea – Wednesday 13<sup>th</sup> September (page 6)

Talks on who to contact and help you can receive from a power cut  
( Page 6)

Week-end Breaks at Hayling Island - 2018 dates available ( Page 6)

**NEWSLETTER SEPTEMBER 2017**

## ● DROP-IN CENTRES

### Information, Advice & Support

Come in and have a tea or a coffee and a friendly chat. Advice and information is available on all aspects of dementia. Private one to one talks are also available.

### Maidenhead

We meet **each Monday and Thursday excluding Bank Holidays.**

Our Drop-In's take place at:

High Street Methodist Church, King Street, Maidenhead. SL6 1EF.

Top of Maidenhead High Street.

Mondays 10am to 12.30pm

Thursdays 10am to 12 noon

### Slough

The Drop-In Centre at the Kingsway United Reformed Church, Church Street, Slough SL1 1SZ is open on the 2nd & 4th Tuesday of each month from 10am to 12 noon.

**In September we will meet on 12<sup>th</sup> & 26<sup>th</sup> September.**

### Langley

The Drop-In Centre at the Holy Family Church in St Joseph's Room, 226 Trelawney Avenue, Langley. SL3 7UD (opposite the Library) is open on the 1st & 3rd Tuesday of every month from 1.00 to 2.30pm. **In September we meet on 5<sup>th</sup> & 19<sup>th</sup> September.**

### Slough & Langley Advice and Information

Santok Modhvadia our Multi Lingual Service Delivery Co-ordinator will be at GP Surgeries across Slough and Langley during September.

Contact Santok on 07543 243613 to find out date, times and venues.

### Windsor

**Information and Advice** - by appointment only at All Saints Church Dedworth, Dedworth Road, Windsor SL4 4JW. Entrance and parking in Clewer Hill. Call Terrie to arrange an appointment.

### ADS Membership Forms

**Have you completed your ADS Membership Form?**

We are updating our 'ADS', information held on our (CONFIDENTIAL) files and ask that you complete a **Membership form**, together with the **Media consent form**. This information is essential to ensure that we have full and up to date details for all of our growing membership and to guarantee that we are able to continue supporting you responsibly.

Please contact Terrie or Nancy for a form - Thank you.

## ● ALZHEIMER CAFE

### *What happens at an Alzheimer Cafe?*

We welcome those who are affected by any type of dementia or memory loss, their families and friends and any others interested. After socialising there will be a presentation or interview on a dementia related theme. There will be an opportunity to meet and talk to health professionals and representatives from Alzheimers Dementia Support on an informal basis. Meet and exchange experiences and ideas with other carers. An information stand will be available. A fun place to come and socialise. Admission FREE. Refreshments provided.

Meeting on the 1st Wednesday of each month. 7.30-9.30pm

We meet at Age Concern Windsor, Spencer Denney Centre, Park Corner (by Sebastopol Public House) off Clewer Hill, Windsor SL4 4EB

Our next meeting will be on Wednesday 6<sup>th</sup> September. Our guest speaker will be Dr Chris Allen, Consultant, Clinical Psychologist, Berkshire Healthcare Foundation Trust. Dr Allen will be talking about 'Understanding Fear & Anger'.

## ● MOVES AND GROOVES

### IN ASCOT AND WINDSOR!

For people with dementia and their carers. Our tea dance afternoon is an enjoyable fun social event where people can participate as much as they like. Denise from 'Learn to Dance' will encourage those who wish to dance and she will take to the dance floor and show us some of her moves. Refreshments will be provided. No need to book - just turn up!

**Ascot** Moves and Grooves takes place on the 3rd Thursday of each month from 2pm to 4pm. Our next session will take place on **Thursday, 21<sup>st</sup> September** at King Edwards Hall, King Edwards Road, Ascot SL5 8PD. There is ample parking. Information and advice is also available during the afternoon.

**Windsor** Moves and Grooves takes place on the 4<sup>th</sup> Thursday of each month from 2pm to 4pm

Our next session takes place on **Thursday 28<sup>th</sup> September.**

at Gardeners Hall Community Centre, 213 St Leonards Road, Windsor SL4 3DR.

There is ample parking.

Information and Advice available during the afternoon.

## ● SINGING FOR PLEASURE

This is a social get together for people with dementia accompanied by their carers. Refreshments are available. This is a fun interactive activity and a good singing voice is not required.

**Langley** Sessions are each Monday afternoon. (excluding bank holidays).

Refreshments from 1pm and singing starts at 1.30pm to 2.30pm.

We meet at Holy Family RC Church in the St Joseph's room, 226 Trelawney Avenue, Langley SL3 7UD (opposite the Library)

**In September we will meet on 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> September.**

**Windsor** Sessions are each Tuesday afternoon.

Refreshments from 1pm and singing starts at 1.30pm to 2.30pm.

We meet at All Saints Church Dedworth, Dedworth Road, Windsor SL4 4JW. **In September we will meet on the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> September.**

### NEW LOCATION ON FRIDAYS

**Please note our Singing for Pleasure on Fridays have moved to Ascot!!!**

**Ascot** Sessions are each Friday morning. Refreshments from 10.30am and singing starts at 11.00am to 12 noon. We meet at King Edwards Hall, King Edwards Road, Ascot SL5 8PD. **In September we will meet on 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> September.**

## ● AAP KI SEHAT SANGEET KE SANG

**(Your Wellbeing Through Music)**

Age Concern, Slough & Berkshire East, 102-110 High Street, Slough. SL1 1HL (Lift to 2<sup>nd</sup> Floor). A new service for Asian people with Dementia and their Carer's. Can help improve your mood and wellbeing through stimulation and gentle exercise. Refreshments are available.

**We will meet on 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> September from 11am to 1pm**

## ● WARZISH TAAL KE SAATH

**(Moves To Melody)**

Age Concern, Slough & Berkshire East, 102-110 High Street, Slough. SL1 1HL (Lift to 2<sup>nd</sup> Floor). For Asian people with Dementia and their carer's. Come and join us for a fun activity to promote your health and wellbeing. Refreshments available.

**We will next meet on Wednesday 27<sup>th</sup> September from 11.00am to 1.00pm.**

**If you require any support, information or guidance please contact Santok on 07543 243613.**

## ● LUNCH CLUBS

Our Lunches are an enjoyable social event in a relaxed safe environment.

### Former Carers Lunch

Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN

Our next lunch will be on **Wednesday 6<sup>th</sup> September at 12.30pm.**

We ask for a voluntary donation of £10.00 per person.

Please call Terrie or Nancy to book your lunch.

### Maidenhead Lunch

Our next lunch will take place on **Monday 11<sup>th</sup> September from 12.15pm**

High Street Methodist Church, King Street, Maidenhead. SL6 1EF.

Top of Maidenhead High Street.

We ask for a voluntary donation of £4.00

Please contact Terrie or Nancy to book your lunch

### Mates with Plates and Ladies that Lunch

A monthly men only lunch club giving the opportunity to chat about male type pursuits while their carers are being hosted in another part of the venue for them to have a brief period of respite with the Ladies that Lunch. Held on the 3<sup>rd</sup> Wednesday of every month 12.30pm at the Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. Our next lunch will take place on **Wednesday 20<sup>th</sup> September.** We ask for a voluntary donation of £10.00.

All our lunches are to be booked in advanced. Please contact Terrie or Nancy to book your lunch.

## ● OUT AND ABOUT SERVICE

Our aim is to provide stimulating and fun days out, with a light lunch, for mobile people with early stage dementia. In doing so, we hope we can also provide a welcome break for their carers. Out and About meet each **Tuesday in Maidenhead** and every other **Thursday in Windsor.**

Alzheimers Dementia Support heavily subsidises this service. We are grateful to all those who fundraise for us.

The contribution towards each day out is £20.00 which covers all refreshments, lunch, travel and admission charges.

The service will be supported by a team of volunteers, led by Sandra Williams, our Out and About Co-ordinator.

If you are interested in taking part, or would just like some more information **Please contact Sandra on 07593 661848 or speak to one of our Advisors.**

## ● FORTHCOMING EVENTS

At our Drop-Ins in Langley on 5<sup>th</sup> September, Maidenhead on 11<sup>th</sup> September and Slough on 26<sup>th</sup> September we will be joined by Charlee Mills who is the Customer & Community Advisor at Scottish & Southern Electricity Network. Charlee will be letting everyone know about their service and how to help people if their is a power cut or fault on the network occurs.

We all rely on electricity day to day for various things, but for some, a power cut can be particularly distressing and difficult. That's why they offer extra help and support during a power cut. Registering for the Priority Services helps them to help you when you need it most. All priority services are free.

If you are unable to attend and would like information about this service please contact Terrie or Nancy.

### 3 Day Week-end Break at Sinah Warren – Hayling Island

For Carers, their loved ones and Former Carers

13<sup>th</sup> - 16<sup>th</sup> April, 2018 Includes coach transport leaving from Stafferton Lodge in Maidenhead to Sinah Warren, accommodation, breakfast and evening meal + entertainment and activities included. Twin and double rooms available

Please contact Terrie on 07516 165647 for further information.

### Edwardian Afternoon Tea Cruise

Join us for a three hour cruise departing at 1.30pm on Wednesday 13<sup>th</sup> September from Maidenhead Riverside Gardens. Aboard the Southern Comfort Boat you will served a delicious afternoon tea and entertained by singer Julia George

For carers and people with dementia. Numbers are limited. Please contact Terrie to book your place.

We would like to thank Mortgage Required who are very kindly sponsoring the Afternoon Tea



**mortgage required**  
your mortgage matters

## IMPORTANT NUMBERS

If you live with the Royal Borough of Windsor & Maidenhead the Adult Care Advice & Information Team can be contacted on 01628 683744.

Dementia Advisors: 01628 683715

If you live within Slough Borough Council the Adult Care Service Access Team can be contacted on 01753 475111 & Press 1 for Social Services.

Dementia Advisor: 01753 635405 or 01753 635210

All Out of Hours access team can be contacted on 01344 786543

# ● VOLUNTEERING & FUNDRAISING

## DEMENTIA AWARENESS TRAINING

Tuesday 19th September: 10am-12pm

Thursday 12th October: 1pm-3pm

Monday 6th November: 1pm-3pm

Wednesday 6th December: 1pm-3pm

1<sup>st</sup> Floor, 38 Queens Street Maidenhead, SL6 1HZ

Cost: 'ADS' Members actively using a service: **£15pp** for non members or 'ADS' members not activity using a service: **£25pp**. For further information & to book your place please contact **Laura on 07871 390770**

## FUNDRAISING

SAVE THE DATE!!!!

SANTA FUN RUN- This is our biggest fundraiser of the year

SUNDAY 26<sup>th</sup> November 1pm

5K walk or run around Dorney Lake – Fun for all the family!

Register at:

[ads-santa.co.uk](http://ads-santa.co.uk)

To download a sponsorship form or set up a JustGiving page go to:

[www.alzheimersdementiasupport.co.uk/fundraising/](http://www.alzheimersdementiasupport.co.uk/fundraising/)

Or contact Nicky on 0751 376 2900

[nicolaconnell@alzheimersdementiasupport.co.uk](mailto:nicolaconnell@alzheimersdementiasupport.co.uk)

'ADS' are pleased to announce that we are able to sell items on eBay on behalf of the charity. Should you have items you wish to donate for sale in this way please contact Sandy Ashton on 078840 55419 for further information or select Alzheimers Dementia Support 'ADS' as your chosen charity with the percentage of the sale you wish to donate when listing an item <https://goo.gl/3mEX3o>

Please call us if you can spare a few hours a week to help with the following volunteering roles:-

Be-frienders - for our carers. Training will be given.

Be-friender Drivers to get people to our services

General Fundraisers - We are open to any fundraising ideas or suggestions

Confident Singers - for our Singing for Pleasure services in Windsor,

Maidenhead & Slough Urdu & Hindi speakers

## Volunteers to help in our Charity Shop

Bric a Brac, tea sets, china & Carrier bags are required for our Shop

Volunteer drivers are occasionally needed to collect and deliver items to our charity shop and to our storage in Maidenhead please call Cathy or Jenni at the shop on 07707 531689

**ADS CHARITY SHOP : 07707 531689**

Donations Received: **Arthur Stevens Charitable Trust, Mr Doling, F Ziman**

## CONTACT DETAILS

**Terrie Hall** – Senior Advisor - 07516 165647

terrie.hall@alzheimersdementiasupport.co.uk

**Nancy Thorn** – Service Delivery Advisor – 07516 165665

nancy.thorn@alzheimersdementiasupport.co.uk

**Sandra Williams** - Out & About Service Co-ordinator - 07593 661848

sandra.williams@alzheimersdementiasupport.co.uk

**Santok Modhvadia** - Multi Lingual Service Delivery Co-ordinator –

07543 243613 santok.modhvadia@alzheimersdementiasupport.co.uk

Santok.modhvadia@alzheimersdementiasupport.co.uk

**Laura Weight** – Training & Service Delivery Support – 07871 390770

Laura.weight@alzheimersdementiasupport.co.uk

**Sandy Ashton** - Fundraising - 07884 055419

sandy.ashton@alzheimersdementiasupport.co.uk

**Nicky Connell** – Admin & Events Co-ordinator – 07513 762900

nicola.connell@alzheimersdementiasupport.co.uk

**Postal Address: Alzheimers Dementia Support,**

**Unit 113, 5 High Street, Maidenhead, Berks, SL6 1JN**

Registered Charity Number: 1143867

**ADS Charity Shop: 75 High Street, Maidenhead, Berks SL6 1JX**

Tel: 07707 531689

**Website Address:** [www.alzheimersdementiasupport.co.uk](http://www.alzheimersdementiasupport.co.uk)

**Email:** [info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)

**Facebook:** <https://www.facebook.com/AlzheimersDementiaSupport>

**Twitter:** @ADSlocalsupport

**LinkedIn:** <http://www.linkedin.com/company/alzheimers-dementia-support>

**Dementia Awareness Training & Fundraising:**

<http://alzheimersdementiasupport.eventbrite.co.uk>

To receive future copies of our newsletter please make sure you complete one of our Membership Forms available from our Advisors



**Disclaimer \*Alzheimers Dementia Support ('ADS') are supportive of our partner agencies and will, from time to time, pass on information related to our relevant field . We do not, however, promote or declare endorsement for any individual or organisation.**

*If you no longer wish to receive our monthly newsletter please contact one of our Advisors.*