

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

Alzheimers ●
Dementia ●
Support ●

Local support and guidance

**NEWSLETTER
OCTOBER 2017**

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Dear All,

Hello to all of our readers and welcome to this October edition of our 'ADS' Newsletter. This Month and as previously promised, I am reverting to appraise you of the outcomes from our recent Strategic review. We are delighted to advise that 'ADS' is in a very good place thanks to the hard work and dedication of our great Team at 'ADS'. However one area identified as being in need of attention is our structure at Director level and this has been addressed by introducing a new position of 'Director of Operations'. Over the last three months, John MacFarlane and I have undertaken an extensive recruitment campaign and I am delighted to announce that we have now made an appointment. **Harinder Gill** joins 'ADS' as '**Director of Operations**' with effect from the 2nd October. Harinder comes to us with a wealth of skills and experience gained from her successful career in Corporate Senior Management and will report directly to John MacFarlane and myself. She will form an integral part of our future development and will assist us to ensure our forward planning, succession management, stability and strategic positioning properly prepares us for the years ahead, whilst also delivering support, guidance and sound leadership on a day to day basis as required.

As you will appreciate, Harinder has embarked upon an in depth induction period to fully assimilate our philosophies, systems, and processes. Following this she will assume all of the responsibilities you would expect from a role of this importance within our charity.

I am sure that you will all want to join me in wishing Harinder the very best of luck in this new, exciting and challenging Senior Management position. We are very pleased indeed to have Harinder on board, her skills and management experience will undoubtedly be a great asset to us and will help ensure that 'ADS' is 'fit for the future' and we continue to evolve in line with the growing needs of those whom we support within our Local Community. Best wishes to you all and I hope that you enjoy attending our services during this month,

With very best wishes

David

David D Jannetta
Voluntary Chairman & Managing Director

Forthcoming Events

Dementia Awareness Training (Page 7)

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)

Langley Lunch (Page 5)

● 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 October we will meet on 10th & 24th October.

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 October we meet on 3rd & 17th October.**

Slough & Langley Advice and Information

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

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 4th October. Our guest speaker will be Dr Gemma Jones, Dementia Specialist who will be talking about Communication. I hope you can join us.

● 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, 19th October** 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 4th Thursday of each month from 2pm to 4pm

Our next session takes place on **Thursday 26th October.**

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 October we will meet on 2nd, 9th, 16th & 30th October. There will be no singing on 23rd October.

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 October we will meet on the 10th, 17th & 31st October. There will be no singing on 3rd & 24th October.**

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 October we will meet on 6th & 13th October. There will be no singing on 20th & 27 October.**

● AAP KI SEHAT SANGEET KE SANG

(Your Wellbeing Through Music)

Age Concern, Slough & Berkshire East, 102-110 High Street, Slough. SL1 1HL (Lift to 2nd 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 4th, 11th & 18th October 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 2nd 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 25th October 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 4th October at 12.30pm.**

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

Maidenhead Lunch

Our next lunch will take place on **Monday 9th October 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 3rd Wednesday of every month 12.30pm at the Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. Our next lunch will take place on **Wednesday 18th October.** We ask for a voluntary donation of £10.00.

Langley Lunch

Our next lunch will take place on **Tuesday 31st October** from 12.30pm at

Toby Carvery 399 London Road, Langley SL3 8PS. 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 5th September, Maidenhead on 9th October and Slough on 26th 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

Dates for 2018 13th – 16th April & 7th – 10th September

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.

ATTENDANCE ALLOWANCE

If you are over **65** and need help looking after yourself because of an illness or a disability you may be entitled to **Attendance Allowance**. This is a non means tested benefit and receiving it will not affect any other benefits you claim.

You can download a form on the GOV UK website or to get a claim form by calling **0345 605 6055**

There are two weekly rates, depending on the level of help you need. **£55.10** if you need frequent help or constant supervision during the day or supervision at night and **£82.30** if you need help or supervision throughout both day and night, or you're terminally ill. If you require any assistance in completing this form please contact Terrie or Nancy.

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

DEMENTIA AWARENESS TRAINING

Thursday 12th October: 1pm-3pm, **Monday 6th November:** 1pm-3pm, **Wednesday 6th December:** 1pm-3pm. 1st 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**



VOLUNTEERING & FUNDRAISING

We are advertising our Santa Run using Estate Agents Signs and if any of our members would have a sign placed outside their home would they please contact Sandy on 07884 055419

Volunteer Call to Action! Can you spare a couple of hours to assist with these fantastic FUNdraising activities for 'ADS'?

Squire's Garden Centre, Windsor - Santa's Grotto Collections every Saturday & Sunday from 25th Nov up to 24th Dec (10am to 4pm (break at 1-2pm). All abilities welcome but you'll need to wrap up. Contact Sandy 07884 055419

Lok'n'Store, Maidenhead - Santa Suit Collection Point for our Santa Fun Runners - Friday 17th and 24th 2pm-5pm and Saturday 18th and 25th 9am to 5pm. All abilities welcome but you'll need to wrap up. Contact Nicky 07513 762900

'ADS' Santa Fun Run - 26th Nov 10-4pm - this is our main annual FUNdraiser and we will need lots of helpful elves to assist our Santa Runners and make this our biggest and best yet! Indoor and outdoor jobs available, some seated - please contact Nicky 07513 762900

FUNdraising/donations received

Windsor Lions Big Splash - Sponsored Swimmers, of any ability, wanted to support 'ADS' in the pool for 1 hour on the 15th October at Windsor Leisure Pool 10.30am gather for 11am to noon swim - this is a fun event and you will be rewarded with a Hot Chocolate for your efforts! Contact Nancy: 07516 165665.

Thank you to Team Arm taking on the Marlow Red Kite cycle challenge on 3rd Sept, Mr & Mrs Copley for taking donations at their wedding, Zoe Hurdwell for taking on the Windsor Sponsored Horse Ride on 10th Sept, Maureen Temple for her Queensferry Crossing dedication and Ian & Anne for their 60th Birthday donations

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: Hazel Morgan, Mrs M Seymour, Judith Bright, Carol King

In Memory: Ralph Brown, Neville Fawcus.

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

Email: 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.