

# WINDSOR, ASCOT, MAIDENHEAD, SLOUGH & LANGLEY

Alzheimers   
Dementia   
Support 

Local support and guidance

NEWSLETTER  
DECEMBER 2017

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Dear All,

Well here we are again, it's December and, our 2017 'ADS' Annual Santa Fun Run event has passed and wasn't it a great success (and FUN)? My sincere thanks go out to everyone who assisted in the organisation process, our Army of Volunteers with the support of our great sponsors, "Our Special Guest", The Air Force Cadets, the Eton Dorney Boat Club Kids on the Lake and everyone at the great Venue at Eton Dorney all of whom helped to provide us with an absolutely tremendous atmosphere. However it was undoubtedly that huge band of Participants who's smiles and 'ever-giving' spirit were clearly in evidence and were instrumental in making this year's event truly the best ever - Thank you so much. Now we look forward to the Festive Season, which I hope will be filled with Peace, Joy and Love this year. We at 'ADS' are ready to provide you with our exciting services - laced with that Festive Spirit of course, so make sure you join in and help to make it a bumper December for everyone. So please come along and enjoy everything we have in store for you at 'ADS' during the month ahead.

**On behalf of the entire team here at 'ADS', I would like to extend our sincere best wishes to you and your Families over the Festivities.**

**Wishing you all a Very Merry Christmas**

*David*

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



## **Forthcoming Events**

Dementia Awareness Training (Page 6)

Pantomime – Cinderella – Sunday 17<sup>th</sup> December – Page 6

Christmas Songs at the Maidenhead Drop-In - Thursday 21st December

New Year Lunch – Monday 15<sup>th</sup> January – Page 6

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

## ● 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 December we will meet on 12<sup>th</sup> December**

#### 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 December we meet on 5<sup>th</sup> & 19<sup>th</sup> December.**

### Slough & Langley Advice and Information

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

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> December when we will be having our Christmas Party. Julia George will be singing during the evening. Refreshments and a light buffet will be available. We hope you can join us for an evening of fun, dancing and laughter.

## ● 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 3<sup>rd</sup> Thursday of each month from 2pm to 4pm. Our next session will take place on **Thursday, 18<sup>th</sup> January** at King Edwards Hall, King Edwards Road, Ascot SL5 8PD. There is ample parking. Information and advice is also available during the afternoon. **There will be no dancing in December.**

**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 25<sup>th</sup> January.**

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

There is ample parking.

Information and Advice available during the afternoon.

**There will be no dancing in December.**

## ● 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 December we will meet on 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> December.**

**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 December we will meet on 5<sup>th</sup> December.**

**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 December we will meet on 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> December.**

## ● AAP KI SEHAT SANGEET KE SANG

**(Your Wellbeing Through Music)**

Age Concern, Slough & Berkshire East, High Street, Slough SL1 1HL (Lift to 2nd floor)

A service for Asian people with Dementia and their carer's. Can help improve your mood and wellbeing through stimulation and gentle exercise.

Refreshments available.

**We will meet on 6<sup>th</sup> & 13<sup>th</sup> December 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 31<sup>st</sup> January from 11.00am to 1.00pm. We will not be meeting in December.**

**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> December at 12.30pm.**

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

### Maidenhead Lunch

Our next lunch will take place on **Monday 11<sup>th</sup> December 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> December.** 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

### CHRISTMAS PANTOMIME

**Cinderella – Sunday 17<sup>th</sup> December 12 noon**

Desborough Suite, Town Hall, Maidenhead

Tickets £10.00. Numbers limited. Contact Terrie or Nancy to book.

### CHRISTMAS SONGS AT THE MAIDENHEAD DROP-IN

Join John Howard with his guitar at the Maidenhead drop-in for

Christmas songs from 11am on Thursday 21st December

### NEW YEAR LUNCH

**Monday 15<sup>th</sup> January, 2018 1pm**

Bird Hills Golf Club, Drift Road, Hawthorn Hill, Maidenhead SL6 3ST  
(off A330)

Voluntary Donation £15.00 per person

Numbers Limited – please book early –contact Nancy or Terrie

### DEMENTIA AWARENESS TRAINING

**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**

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

For Carers, their loved ones and Former Carers

**Dates for 2018 13<sup>th</sup> – 16<sup>th</sup> April & 7<sup>th</sup> – 10<sup>th</sup> 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.

### 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

**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 Laura 07871 390770

**Carols on the Green, Holyport**

**Friday 15<sup>th</sup> December 6pm**

**We are looking for volunteers to help with tin collections at this event. Please contact Terrie on 07516 165647.**

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:**

**Marlow Tangent Club, Patricia  
Finlayson, Margaret Hughes, Carol  
King, R.C. Church Windsor**

**In Memory:**

**David Everett, Marie Clark, Hugh Jackson**

## **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

## 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

**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.*