

## NEWSLETTER JANUARY 2018

### Who

(are we)?

A Local Independent Charity who 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 and surrounds.

**WISHING ALL OUR MEMBERS A HAPPY NEW YEAR**

#### Forthcoming Events

Dementia Awareness Training (Page 7)

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

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

**We hope you like our new style newsletter – let us know what you think!**

## ● Information, Advice & Support

We offer home visits, telephone and email support to our Members and an Advocacy Service Please contact our Advisors Terrie Hall or Nancy Thorn.

### Drop-In Centres

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

#### M 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 take place at the Kingsway United Reformed Church, Church Street, Slough SL1 1SZ.

We meet on the 2nd & 4th Tuesday of each month from 10am to 12 noon.

**In January we will meet on 9<sup>th</sup> & 23<sup>rd</sup> January.**

#### L Langley

The Drop-In Centre take place at the Holy Family Church in St Joseph's Room, 226 Trelawney Avenue, Langley. SL3 7UD (opposite the Library). We meet on the 1st & 3rd Tuesday of every month from 1.00 to 2.30pm. **In January we meet on 2<sup>nd</sup> & 16<sup>th</sup> January.**

### Slough & Langley Advice and Information

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

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

#### W 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.

## ● 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, 3<sup>rd</sup> January. Our speaker will be David Williamson from Just Wills & Legal Services who will be talking about Power of Attorney.

## ● 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.

**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.

## ● 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 January we will meet on 8<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> January.**

**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 January we will meet on 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> January.**

**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 January we will meet on 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> January.**

## ● 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 10<sup>th</sup>, 17<sup>th</sup> & 14<sup>th</sup> January 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.**

**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 3<sup>rd</sup> January at 12.30pm.**

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

### Maidenhead Lunch

Our next lunch will take place on **Monday 12<sup>th</sup> January** from 12.15pm

**We will not be having a lunch in January as we are holding a New Year lunch.**

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

## Message from our Chairman

"Hello All, I would like to begin by wishing you a Very Happy New Year ahead and hope that you enjoyed the Festivities at Christmas. Well we now have another opportunity to look at the work which has been done on your behalf during 2017 here at 'ADS'. We hope you have benefitted from all of the Help, Advice, Guidance and support we have available and trust that you have enjoyed our varied range of Services too. However this might be a good time for you to provide us with a little input by telling us what you think. We at 'ADS' are always ready to provide you with new and exciting services - So please let us know if there is something that you would like us to consider for inclusion. Or if there is something you would like modified at any of the existing Services we already deliver, please let us know and we will see what we can do.

We will always listen to your suggestions and will do our best to accommodate them if we are able to.

On your behalf, I would also like to take this opportunity to extend my sincere thanks to all of the superb Staff and Volunteers at 'ADS' who have worked so hard throughout the entire year just gone, to bring you a little joy and support you through the delivery of our Services - I hope that you will all agree with me when I say WHAT A GREAT TEAM you all are?

**With very best wishes**

**David D Jannetta**

**Voluntary Chairman & Managing Director**

## SOCIAL EVENTS

### **NEW YEAR LUNCH**

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

Bird Hills Golf Club, Drift Road, Hawthorn Hill, Maidenhead SL6 3ST

Voluntary Donation £15.00 per person

Numbers Limited – please book early – contact Nancy or Terrie

### **3 Day Weekend 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 & 31<sup>st</sup> August – 3<sup>rd</sup> September  
(please note revised dates)**

Please contact Terrie on 07516 165647 for further information 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

## DEMENTIA AWARENESS TRAINING

Thursday 25th January: 10:30am -12:30pm

Monday 12th February: 1pm-3pm

Tuesday 20th March: 10:30-12:30pm

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**

## 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

## 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

# FUNDRAISING

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

## Volunteering Opportunities

Drivers to take our members to our support groups and social social events

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

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

Distribution and collecting of our collection tins,

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, Melinda Campobello & The Narrative Customers,

## Quick Quiz – 5 questions – answers on page 10

- The maple is the national emblem of which country?
- Which county is the Queen's House Sandringham?
- Rigsby and Miss Jones appeared in which TV series?
- Which word can follow "milk", "summer" and "Yorkshire"?
- Where would you find Captain Kirk?



## FREE call blockers

The National Trading Standards (NTS) Scams Team is focussing on dementia sufferers who may be receiving scams or nuisance calls and offering a solution. **The NTS Scams Team is offering FREE call blocking devices.**

### Why install a call blocker

Previous trials have shown

The blocking technology supplied by trueCall ([www.truecall.co.uk](http://www.truecall.co.uk)) is extremely effective blocking over 95% of nuisance calls.

People have reported many benefits from having a call blocker such as

- Allowing people to live independently for longer
- Significantly reducing the risk of financial harm.
- Reducing anxiety, confusion and stress for older people, their family and their professional carers
- Reducing the risk of trips, falls and distraction accidents due to getting up to answer the phone unnecessarily
- Helping those who live alone feel safer and more in control and giving peace of mind to their family and friends<sup>1</sup>

### **To get a FREE call blocking device, YES should be answered to the following**

1. Do you or the person you are applying for receive nuisance and scam calls?
2. Does the person who would like the call blocker have dementia?

**If you answered yes to the above then please apply at [www.friendsagainstscams.org.uk/callblocker](http://www.friendsagainstscams.org.uk/callblocker)**

**We would also encourage you to do the 20 minute Friends Against Scams online learning. Friends Against Scams has been created to tackle the lack of scams awareness by providing information about scams and those who fall victim to them**

If you have any queries please contact us at [Call.BlockerProject@eastsussex.gov.uk](mailto:Call.BlockerProject@eastsussex.gov.uk)

To see what else the government is doing to combat nuisance calls by searching for #NoNuisance on social media.

## **Returning Community Equipment loaned by the Local Authority or the NHS.**

If you or a relative have equipment you no longer require, you can arrange for it to be collected free of charge by calling NRS Healthcare on 0844 893 6960 between 8.30am and 4.30pm.

You can also drop off small items of equipment to our Shop in Maidenhead High Street

**Alzheimers Dementia Support 'ADS' Charity Shop**

**75 High Street**

**Maidenhead**

**Berks SL6 1JX**

Not returning items of NHS or Local Authority community equipment costs thousands every year, which is money that could instead be re-invested into supporting other residents.

Equipment you return will be reused for another person to support their everyday life.

You should never pass equipment on to someone else – it may not be suitable for them.

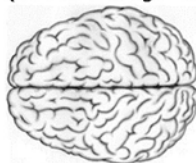
### **Answers to 5 Question Quiz**

- a) Canada**
- b) Norfolk**
- c) Rising Damp**
- d) Pudding**
- e) Starship Enterprise**

## Did you know?

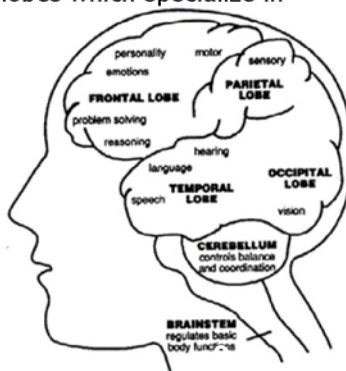
### The brain...

- Of an adult weighs about 3 pounds (1.3-1.5kg) (about 3 bags of sugar, or 10 iphone 6's).
- Is about 2% of the total body weight.
- Uses more energy than any other organ. It can use up to 20% of the bodies calories (about 400 calories= 8 apples or 4 medium bananas or 1 mcdonald's double cheeseburger)
- Is made up of 75% water (which is why it is important to stay hydrated...go have another cup of tea



- Is also the fattest organ, consisting of a minimum of 60% fat.
- Is divided into 2 hemispheres and 4 lobes which specialize in different functions.

- Can feel no pain due to the lack of pain receptors.



- Has both white and grey matter. The white matter in your brain keeps growing well into your late 40's.
- Changes shape and structure when exercised over time, much like a muscle. (Black cab drivers develop larger posterior (back bit) hippocampus because they are constantly finding their way around London (spatial cognition))
- Is effected by many different neurodegenerative disease including Parkinson's disease, Huntington's disease and Alzheimer's disease.

It is good to laugh:

What did the doctor say to the man who had an elephant sitting on his brain?

"Looks like you have a lot on your mind"

## 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.*