

Alzheimers Dementia Support

Local support and guidance

NEWSLETTER FEBRUARY 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.

Forthcoming Events

Dementia Awareness Training (Page 7)

Free Falls Risk Assessment at Langley Drop-In (Page 9)

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

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

Langley - NOW MEETING EACH TUESDAY AFTERNOON

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 each Tuesday from 1pm to 2.30pm

Slough & Langley Advice and Information

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

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.

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, 7TH January. Our guest speakers will be Jane Breen & Karen Stevens, Dementia Care Advisors from OPTALIS/RBWM and a co-ordinator from The Short Term Support & Rehabilitation Team.

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, 15th February** 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 22nd February**.

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 February we will meet on 5th, 19th & 26th February.

There will be no singing on 12th February.

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

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 February we will meet on 2nd, 9th & 23rd**

February. There will be no singing on 16th February

AAP KI SEHAT SANGEET KE SANG **NEW VENUE!! NEW TIME!!**

(Your Wellbeing Through Music)

**We have moved to a new venue: St Francis Church, London Road,
Langley SL3 7LN. There is plenty of parking at the Church**

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 7th, 14th & 21st February from 12.30pm to 2.30pm

WARZISH TAAL KE SAATH **NEW VENUE!! NEW TIME!!**

(Moves To Melody)

**We have moved to a new venue: St Francis Church, London Road,
Langley SL3 7LN. There is plenty of parking at the Church.**

We will next meet on Wednesday 28th February from 12.30pm to 2.30pm.

**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 7th February at 12.30pm.**

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

Maidenhead Lunch

Our next lunch will take place on **Monday 12th February** 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 21st February.** 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 hope that you have enjoyed attending our Services during the past Month, including the New Year Lunch at Bird Hills Golf Club, which I'm sure you will agree, was great fun.

We at 'ADS' are always striving to provide you with our support and, on the 11th January, we arranged for some of the 'ADS' Team and Volunteers together with a large group of Carers to attend a special meeting in the Town Hall aimed at airing your concerns with the RBWM and to clarify the changes to the process for accessing help, which has now been moved to the Library Service. I would like to thank all of you who attended this meeting and hope that you feel that it was a worthwhile exercise. The objectives were two fold. We wanted to give you the opportunity to voice your concerns and to also hear how the RBWM intend to address these concerns. I believe that we can serve you best by ensuring that you are not being ignored and by working hard on finding the best solutions within the limits of resources available at the Local Authority. By continually championing your needs, we ensure that we are able to gain the appropriate levels of support for our Membership and I know that the Commissioners at the RBWM are doing what they can to help us to help you.

Be assured, we will always be there to listen to your concerns and will do our best to assist you with them if we are able to.

Kind Regards

David D Jannetta

Voluntary Chairman & Managing Director

JOB VACANCY

We are looking for a new full time (4 days per week) Assistant Manager for our 'ADS' Charity Shop in Maidenhead High Street. Usual shop opening hours. This paid position is available immediately. Retail and/or charity experience would be an advantage but training and support will be given. If you are interested or know anyone who might be they should please contact Cathy Rance, Shop Manager in the first instance for more information and job description. ADS Shop 07707 531689 (shop hours) or email catherine.rance@alzheimersdementiasupport.co.uk

SOCIAL EVENTS

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

For Carers, their loved ones and Former Carers

Dates for 2018: 13th- 16th April & 31st August - 3rd 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

Monday 12th February: 1pm-3pm

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

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**

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

Motown Reggae Soul Night

Friday 23rd February from 8pm

at Sportsable, Braywick Road, Maidenhead SL6 1BN

in aid of Alzheimers Dementia Support & People to Places

Music from the Marley Motown Experience + special guests

**Tickets £12.00 including Buffet – Tickets from Terrie 07516 165647
or the organiser Glenn on 07763 311537**

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: Bob Theil, Carole Tanswell, Jez Bell, Mr Doling, Kingsway URC Over 60s Club, Catholic Womens League, Glyn Halls, Mary Waxman, Carol King, Phil Kemp, Emma Young, James Cardwell , Yvonne Haye, Richard & Ann Burdett

In Memoriam: Therese Pleace, Edgar Kitley

Quick Quiz – 5 questions – answers on page 10

- a) Name all six characters who represent the players in the original game of Cluedo
- b) What is the current cost of standard UK colour television license.
- c) In which year was Concorde first flown
- d) According to the proverb, “A heavy purse gives you a
- e) In which year was the young Prince George born
- f) Which English ventriloquist had a puppet called Lord Charles



FallsFree4Life
FREE FALLS PREVENTION SERVICE

Free Falls Prevention Service



Our team is committed to helping you make the changes necessary to lower your risk of falling!

Is someone you know • Aged 60 or over? • Living in Slough?

They are entitled to a **FREE** falls risk assessment!

Our expertly trained wellness coaches and physiotherapists will come to your home and conduct a series of comprehensive but simple risk assessments.

Testing areas will include: Strength and balance, home hazards, medication review, falls history, sensory impairments and footwear/foot care amongst others.

After testing, referrals will be made on your behalf to relevant local services if required.

Please contact us now for more information or your **FREE** assessment via:

Website: www.fallsfree4life.co.uk

Email: info@fallsfree4life.co.uk

Telephone: 01753 373585 or 0800 2461239



NHS
Slough
Clinical Commissioning Group

**WE WILL HOLDING A FREE FALLS RISK ASSESSMENT AT THE
LANGLEY DROP-IN ON TUESDAY 6TH FEBRUARY FROM 1.00PM TO 2.30
PM AT ST JOSEPHS ROOM, HOLY FAMILY CHURCH, 226 TRELAWNEY
AVENUE, LANGLEY SL3 7UD (OPPOSITE THE LIBRARY)**

NO NEED TO BOOK – JUST TURN UP

www.alzheimersdementiasupport.co.uk

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) Miss Scarlett, Colonel Mustard, Mrs White, Reverend Green, Mrs Peacock, Professor Plum
- b) £147.00 (correct as of 22/01/18)
- c) 1969
- d) Light heart
- e) 2013
- f) Ray Allen

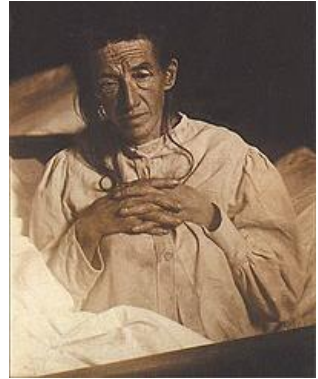
DID YOU KNOW...?

Auguste Deter

Is the first person to be diagnosed with Alzheimer's disease (Disease of Forgetfulness, as it was first known). Born in May 1850, she married a rail worker in 1880's and had 1 daughter. She began showing symptoms of memory loss, trouble sleeping and delusions in her late 40's. On the 25th November 1901 she was admitted to the Frankfurt Asylum. This is where she came under

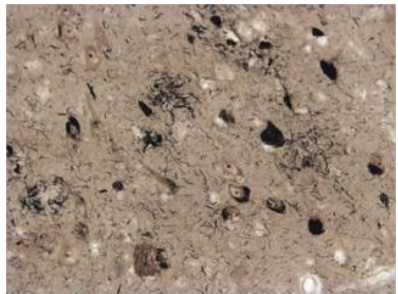


the observation of Dr Alois Alzheimer, a neurologist.



He became obsessed with her strange behaviour which was similar to the behaviour he observed in patients in their 70's. Dr Alois Alzheimer insisted that she stay at the Frankfurt Asylum, despite her husband wishing for her to go to a cheaper facility. He had interviewed her many times and recorded her responses. She would frequently repeat "I have lost myself, so to say".

She died on 6th April 1906, from sepsis. Her brain and medical recorders where sent to Munich where Dr Alois Alzheimer was now working. On very thin slices of the brain he used a staining technique and identified amyloid plaques and neurofibrillary tangles. These anomalies are still used as identifiers of the disease now. He spoke publically about his findings, just 7months after Auguste's death, at a conference but his attending colleagues were uninterested and dismissed him. In 1907 he wrote a large paper describing his findings on 'pre-senile dementia', but it was not until 1910 that it would be known as Alzheimer's Disease after the 8th edition of Handbook of Psychiatry was published.



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 Modhvia – Multi Lingual Service Delivery Co-ordinator –
07543 243613 santok.modhvia@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.