

Alzheimers Dementia Support

Local support and guidance

NEWSLETTER MARCH 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 6)

Week-end Breaks at Hayling Island - 2018 dates available (Page 9)

Afternoon Tea with Jazz in Ascot (Page 9)

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 Maidenhead, Slough and Langley during **March**.

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 March. Our guest speaker will be Selma Becker, Managing Director & Senior Hearing Aid Audiologist from Help in Hearing, Farnham Common.

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. Tom 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 March** 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 March.**

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 March we will meet on 5th, 12th, 19th & 26th March.

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 March we will meet on the 6th,
13th, 20th & 27th March.**

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 March we will meet on 2nd, 16th, 9th &
23rd March.**

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 March 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 March 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 March 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 March** 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's only lunch club. Giving them the opportunity to chat about male type pursuits while their carer is enjoying lunch in another part of the restaurant and having a brief period of respite with the Ladies that Lunch. Our Lunch on 21st March will take place at

Toby Carvery

14 Straight Road

Windsor SL4 2RR THIS IS A CHANGE OF VENUE FOR MARCH ONLY

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 is 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

Message from our Chairman

Dear All,

Following an intensive recruitment period, I am delighted to announce that John Mac Farlane and I (on behalf of the 'ADS' Board of Directors and Trustees), have been successful in making an important Senior Management appointment at 'ADS'. Therefore with immediate effect, Nysa Harris, will commence her new role with 'ADS' as 'Director of Operations'. This Senior Management role reporting directly to the Board, will provide Nysa the opportunity to undertake all of the responsibilities associated with the importance of her position. We recognise that this role is vital to our Charity and will ensure that we are properly prepared for the challenges ahead. We have an important range of responsibilities to those People with Dementia, their Carers and Families whom we support, both now and in the years to come and this will ensure that our aspirations are fulfilled. Additionally we must retain the confidence placed in us by our Local authorities, Sponsors and Partner Agencies to guarantee that we at 'ADS' are truly seen as being 'Fit for the Future'.

I hope that you will all share with us in warmly welcoming Nysa, confident that we will benefit from her extensive experience to take us forward

Kind Regards

David D Jannetta

Voluntary Chairman & Managing Director



DEMENTIA AWARENESS TRAINING

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

Tuesday 17th April 2pm-4pm

Wednesday 30th May 10:30am – 12:00pm

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**

6) 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 **0800 7310 122**

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

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 at the shop on 07707

531689 ADS CHARITY SHOP : **07707 531689**

Run or Ride for 'ADS'

This year 'ADS' have 3 Charity Places in the fantastic Prudential Ride100

Cycle ride London-Surrey. To find out more contact Nicky or visit

<https://ads2018ride100.eventbrite.co.uk>

We also have 12 Charity Places for the Virgin Sport Westminster 10k

London Run and are looking for runners to take on the challenge and

raise money for 'ADS'. To find out more contact Nicky or visit

<https://adslondon10k2018.eventbrite.co.uk>

Donations Received: Judith Bright, Jane Riordan, Debbie Maltby,
Kitti Queens, Jean Gould

In Memoriam: Raymond Outhwaite, John Hatt, Kenneth Perkins, Valerie Oliver
John Walton,

Quick Quiz – 5 questions – answers on page 10

- a) What is the largest number of 5 digits
- b) What is the most fractured human bone
- c) What is the most famous university of Paris
- d) What is the name of the Indian Holy River

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e) Who invented Ferrari

SOCIAL EVENTS

Afternoon Tea with Jazz Music
Wednesday 23rd May 2pm to 4pm
Mill Ride Golf & Country Club
Mill Ride

Ascot SL5 8LT

For people with dementia and their carers.

Music by the Julia George Trio

Numbers are limited please contact Terrie on 07516 165647 to book your place

We would like to thank Heritage Healthcare who are kindly sponsoring the Afternoon Tea



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)

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

FISH & CHIP LUNCH

Tuesday 29th May 1.00pm

Holy Family Church

St Josphe's Room (opposite the Library)

226 Trelawney Avenue

Langley SL3 7UD

To book your lunch please call Nancy on 07516 165665

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.

ADS Membership Forms

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

Answers to 5 Question Quiz

- a) 99999
- b) Clavicle
- c) Sorbonne
- d) Ganges

e) Enzo

FORTHCOMING EVENTS

10



Healthwatch invites you to a public meeting to hear about your local NHS system and services and how they are changing.

Tuesday 6th March – Sportsable, Maidenhead SL6 1BN

7pm to 9pm

Come along and hear what is happening to your local NHS system

There is a question and answer session with representatives from the local NHS services

To book call 01344 266911 or 01753 851725

Email: enquiries@healthwatchbracknellforest.co.uk or

Info@healthwatchwam.co.uk



Carers Forum

Carers Discount Card Launch Event

Wednesday 7th March

11am and 1pm

Main Room, 29 Church Street

Slough SL1 1PL

The new carers card is being launched on Wednesday 7th March

Come along anytime between 11am and 1pm to find out how to

apply for the card to receive exclusive discounts

It's easy and free!

Daily Living Made Easy

This free public event takes place on Wednesday 2 May from

7.30pm to 9.30pm

At: The Spencer Denney Centre

Park Corner

Off Clewer Hill

Windsor

SL4 4EB

You have the opportunity to see simple tools and devices designed to help people who have difficulties with general daily living to stay well and as independent as possible.

Everyone is welcome – please see enclose flyer

Alzheimers  11
Dementia 
Support 

Local support and guidance

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.

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