

'ADS' Newsletter

Alzheimers 
Dementia 
Support 
MORE THAN 10 YEARS OF
Local Support & Guidance

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

FEBRUARY 2024



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SCAN HERE



WHO are we?

A local independent Charity that 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 & surroundings.

www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

Note from the CHAIRMAN

Hi everyone and welcome. I hope the weather hasn't hampered your activities too much and you have still been able to avail yourselves of our services.

Firstly I am delighted to share that we have been chosen by Maidenhead Athletics Club as their Charity of the Year - many thanks to them. They will be well known to you I'm sure, as this well-respected club have been organising their long-established annual 10-mile road race each year on Good Friday for many years. We hope that their regular runners will also choose to raise funds for us on an individual basis. Perhaps some of your keen runner friends might wish to enter and run for us too?

We are always so grateful to be supported by organisations of all types and we would be thrilled if more community-minded business operators would consider choosing us as their Charity of the Year. If you know of anyone who works for such a company and think that they might be interested, please ask them to contact us. We would be very happy to meet with them, to explain what we do for those in need in our area.

Another thing to make you aware of is BCA are holding an Inter-generational day on the 29th of February where children from a local primary school will join our members to enjoy time together, more details are included in this newsletter.

We would be very grateful if you and all your contacts could help us continue delivering our Services by donating to 'ADS' by standing order on a monthly basis. As you can imagine, it is becoming more and more difficult to obtain funds these days and so we would really appreciate it if you could help us to help you - Thank you.

Have a good month, stay safe and look after each other.



David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee

Alzheimers Dementia Support 'ADS' exists solely to provide a wide range of high quality, varied and enjoyable services whilst giving companionship, support, advice, information and sign-posting to as many people with Dementia, their Carers and Families as we possibly can within the local communities of Windsor, Ascot, Maidenhead, Slough & Langley.



Please note that under our GDPR Privacy Notice we may be required to give Member information to another agency or emergency service, including the local council in order to ensure that our Members receive the correct level of support.

If you would like a copy of ADS' Privacy Policy please visit <https://www.adscharity.com/privacy-policy>.

Disclaimer: 'ADS' does not promote or declare endorsement for any individual or organisation.

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Headlines



THE BIG DEMENTIA CONVERSATION AT CLARA COURT CARE HOME

On Monday 26th February 2024, from 14:00 - 16:00, you are invited to join the Big Dementia Conversation and hear Dementia specialist Barbara Stephens, Co-Founder and CEO of Dementia Pathfinders, share insights into how your journey with Dementia might unfold following a diagnosis.






She will offer advice on how to live positively with Dementia, while making emotional and practical adjustments along the way.

This event takes place at Clara Court Care Home, 21 Courthouse Road, Maidenhead SL6 6JE. To attend please call 01628 918640 or email tracey.vanzyl@careuk.com

KEEP A WELL STOCKED MEDICINE CABINET

It can help you and your family get the best treatment as soon as possible for a range of common illnesses, such as colds and flu.

-  Paracetamol or Ibuprofen
-  Cold remedies and cough syrups, indigestion treatment
-  First aid kit with plasters,, bandages, sterile dressings, thermometer, antiseptic cream, eyewash solutions, medical tape and tweezers

Your medicine cabinet can be the difference between treating a condition at home & having to seek help elsewhere. In this winter weather, that's not to be sniffed at.



SCIENTISTS DISCOVER THERE'S FIVE TYPES OF ALZHEIMER'S

Scientists have discovered there are five types of Alzheimer's, and this may explain why some drugs appear to be ineffective against the condition.

Source & full article: <https://bit.ly/47OTlyM>

CAMBRIDGESHIRE FIRMS BANKING ON AI FOR DEMENTIA CARE AND DRUGS

One wants to provide life-saving drugs faster and cheaper. The other is trying to improve lives for those with dementia and their carers.

Source & full article: <https://bit.ly/47Wn6xH>



Services highlights

DEMENTIA INFORMATION HUB – MONDAY 19TH FEBRUARY 2024

Our next get-together is on Monday 19th of February where we'll welcome our guest speakers - Jade Gani & Lisa-Marie Keefe from Circe Law, local solicitors based in Taplow. During this session, they will talk about the importance of having a Power of Attorney (PoA) set up and the process involved.



Even if you already have PoAs set up, please come along to listen - there are many pitfalls that you may not be aware of.



Circe Law is a progressive, inclusive and highly specialised law firm, focused on supporting individual clients in all their personal matters. They are a niche law firm specialising in services for the individual such as Wills, Estate Administration, LPAs, Tax, Trust and Probate & Trust Property. The team are highly qualified, widely acknowledged and very supportive to their clients.

[More information about the Hub can be found on page 13.](#)

ASIAN LANGUAGE & CULTURAL SERVICES

Music, whether played or listened to, has neurocognitive effects that have been detected in various populations. Reminiscence-based music therapy has been found to be effective in the treatment of depressive symptoms in People with Dementia.



AAP KI SEHAT SANGEET KE SANG - Wellbeing Through Music is a Service that is designed to help improve mood and wellbeing through stimulation and gentle exercise. From research, we are aware of how music and movement can bring back memories and evoke emotions, even in People with Dementia.

On the last Wednesday of the month, we run the **WARZISH TAAL KE SAATH - Moves to Melody** Service. This is a monthly activity with music which 'ADS' provides to support local Asian People with Dementia and their Carers.

This kind of therapy helps our Members keep their minds and body active, and so much more. Dance movement allows those with Dementia to move as a means to communicate, which helps them develop a "physical vocabulary".

[For more details about venue and timing, please check page 17.](#)

Special 'ADS' news



FUN & ACTIVITIES AT BCA – INTERGENERATIONAL DAY

On the 29th of February, our Fun & Activities at BCA session will welcome children from a local primary school to join our Members and do various activities together.

Pre-booking is essential as the number of participants is limited.

[More information about this Service at page 18.](#)



AFTERNOON TEA AT CLARA COURT CARE HOME

Clara Court Care Home have very kindly arranged an afternoon tea for our Carers and Cared For. This will take place on Friday 16th February from 2pm to 4pm at Clara Court, 21 Courthouse Road, Maidenhead, Berks SL6 6JE.



If you would like to join, please contact Terrie on 07516 165647 to book your place. Numbers are limited.

VOLUNTEER WITH 'ADS'



We're on the lookout for a dedicated Volunteer to manage our Vinted shop!

If you have a passion for fashion and a couple of hours to spare each week, we'd love to welcome you!

We need someone we can rely on to help us manage the 'ADS' Vinted Shop. From taking creative pictures of clothing items and accessories to listing them online and processing the orders.

Must be local or willing to travel to our office in Maidenhead town centre.

Reach out to us at fundraising@adscharity.com for more details and become a valued part of our Volunteers Team.



If you would like us to arrange a weekly telephone call for a friendly chat with one of our Volunteer Befrienders, please contact Terrie on 07516 165647 or terrie.hall@adscharity.com.

A Kid's Guide to Dementia

A BOOK ESPECIALLY CREATED FOR YOUNG PEOPLE

More than 3 years ago, we introduced our unique book, 'A Kid's Guide to Dementia,' penned by the talented 18-year-old author Tegan Harris. Generously, Tegan has donated all proceeds from the sales to support 'ADS.'

Whether you prefer a paperback from our Charity Shop on the High Street, an online purchase from our new website, or an e-book downloadable from Amazon, 'A Kid's Guide to Dementia' represents two years of dedication and effort from Tegan.



'Designed primarily for 8-11-year-olds, 'A Kid's Guide to Dementia' serves as a valuable resource to help Young People navigate the challenges when someone close develops Dementia. However, adults new to understanding Dementia can also benefit from its insights.

Tegan initiated her research at the age of 16 and the book has been much appreciated by both children and adults for its simple, enjoyable and informative approach to comprehending Dementia.

This book is an integral part of the Youth Initiative project undertaken by 'ADS' to enlighten young minds about Dementia. This initiative aims to identify and expand our current support network to an increasing number of young Carers in our community.

"This is an excellent book. The author, Tegan Harris, has managed to present facts and statistics about dementia in an entertaining, interesting way. It is aimed at children between the ages 8 -11, but I would recommend it to all age groups. It is fun to read and gives very useful advice for all of us who may be dealing with friends or relations who are living with dementia. I loved it!" – Sue Holderness, 'ADS' Patron.



If you would like to learn more about Dementia, you have the option to buy either the Paperback copy or the Kindle edition directly from our website: <https://bit.ly/3S1ujXf>. Simply choose your preferred version.

Alternatively, if you are visiting our High Street Maidenhead Charity Shop, you can buy it from there.

Fundraising for 'ADS'

HOST A PANCAKE PARTY THIS FEBRUARY!

With Pancake Day on Tuesday 13th February, this is the perfect opportunity for families, friends and local groups to host a pancake party and fundraise for 'ADS'. Plan your gathering, ask attendees to donate and share a lovely time together. Not a fan of pancakes? Maybe gather for tea and cake or host a dinner party.



Email fundraising@adscharity.com for useful tips on making your gathering a success.

ARE YOU A KEEN RUNNER?

On Good Friday, 29th of March 2024, Maidenhead Athletics Club are hosting their annual Maidenhead Easter 10 Running Event. Why not get sponsored to take part and raise vital funds for 'ADS'. Email fundraising@adscharity.com for more information on the event and how we can support your fundraising.



Maidenhead
Easter 10
Maidenhead Athletic Club

NOT ABLE TO HOST OR TAKE PART IN AN EVENT THIS FEBRUARY?

Not everyone likes to host or take part in events but that doesn't mean you can't fundraise for 'ADS'. Why not set up a regular donation and support the Charity throughout the year. For just £12 a month, 'ADS' can provide 30 minutes of Advice to someone when they need it most.

Set up a standing order today using Alzheimers Dementia Support, A/C# 49303589, Sort Code: 60-13-35, Natwest Bank. Reference: 'Regular Giving 24'



THE 'ADS' CHARITY SHOP - DONATIONS APPEAL

If you have some special items you would like to donate to us, please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

We appreciate every little thing you can donate to our Shop - it helps us supporting the local community living with Dementia.

During this time of the year, we are also happy to receive Spring or Easter related decorations or any unwanted gifts that we can sell or use as prizes for our events.

The Sunflower Lanyards



The Hidden Disabilities Sunflower enables people with non-visible disabilities to access the support they need. It acts as a prompt for someone to choose to let people around them know they have a non-visible disability and that they may need a helping hand, understanding, or simply more time.

Since the Sunflower was established in the UK in 2016, it has been adopted globally by organisations to support both their colleagues and customers.

Follow this link to learn more about the Sunflower Lanyards and to purchase the original ones:

MORE INFO

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>.



DID YOU KNOW?

WHERE CAN I OBTAIN ONE?

Apart from purchasing online on the above link, you can pick up an Original Sunflower Lanyard free from many large retailers including Tesco, Sainsburys, Argos and Marks and Spencer.

They're also available from all major airports at their Assistance Desks and many railway stations. If you purchase online at Hidden Difficulties you can opt for a custom made badge, with your chosen details and photo printed.



"Thank You" for your support & donations...

We can't thank you enough for all your support and for your trust in our Services and Guidance in the local community!

RCF FOUNDATION

DAVID LAWSON

THE BAYLIS TRUST

MARION GURNEY

THP SOLICITORS

LYNWOOD RETIREMENT VILLAGE



We would also like to thank to everyone who responded to our Christmas Appeal and helped us raise £1,935 for the Charity.

Donations in memoriam

SYLVIA GOMM

DAVE WALLIS

Here to help



We understand the immense responsibility and challenges that come with being a Carer and we want you to know that you're not alone. Our Charity is here to offer guidance and support in various day-to-day activities that can make a significant difference in the life of People living with Dementia.

Please feel free to ask our Advisors for more information about the topics below, but also about other struggles you encounter while being a Carer.



BLUE BADGES

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, or on behalf of somebody else. If you are a Blue Badge Holder you do not pay for parking at Wexham Park Hospital.

COUNCIL TAX REDUCTION/EXEMPTIONS

If you or the person you are caring for are in receipt of Attendance Allowance you may be entitled to a 25% reduction in your Council Tax. People with Dementia who live independently and are in receipt of Attendance Allowance may be exempt from Council Tax.

For further information or help completing any of these forms please contact our Advisors.

ATTENDANCE ALLOWANCE INFORMATION

Attendance Allowance is a non means tested benefit for a person who is state pension age or older and has a long-term illness or disability.



There are 2 different rates of allowance:

- £68.10 per week if you need frequent help or constant supervision during the day or supervision at night
- £101.75 per week if you need help or supervision throughout both day and night, or a medical professional had said you may have 6 months or less to live.

You can download a form on the GOV.UK website or obtain a claim form by calling 0800 7310122. Lines are open 08:00 – 18:00 Monday to Friday.

COUNCIL CONTACTS

RBWM Optalis

First Contact & Duty team: 01628 683 744

Dementia Advisors: 01628 683 715

Slough Borough Council Adult Social Care

Service Access Team: 01753 475 111 (press 1 for Adult Social Care)

Slough Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Our Getting Together Services

FEBRUARY CALENDAR



THU	1st	13:30	ASCOT	SEATED EXERCISES
FRI	2nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	5th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	5th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	6th	10:30	LANGLEY	SEATED EXERCISES
TUE	6th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	7th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	7th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	7th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	8th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	8th	13:30	ASCOT	SEATED EXERCISES
FRI	9th	10:30	ASCOT	SINGING FOR PLEASURE
MON	12th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	12th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	13th	10:30	LANGLEY	SEATED EXERCISES
TUE	13th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	14th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	14th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	14th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	15th	13:30	ASCOT	SEATED EXERCISES
FRI	16th	10:30	ASCOT	SINGING FOR PLEASURE
MON	19th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	19th	13:30	ZOOM	SINGING FOR PLEASURE
MON	19th	19:00	WINDSOR	DEMENTIA INFORMATION HUB
TUE	20th	10:30	LANGLEY	SEATED EXERCISES
TUE	20th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	21st	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	21st	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	21st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	21st	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC

Our Getting Together Services

FEBRUARY CALENDAR



THU	22nd	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	22nd	13:30	ASCOT	SEATED EXERCISES
THU	22nd	14:00	WINDSOR	MOVES & GROOVES
FRI	23rd	10:30	ASCOT	SINGING FOR PLEASURE
MON	26th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	26th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	27th	10:30	LANGLEY	SEATED EXERCISES
TUE	27th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	28th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	28th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	28th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	29th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	29th	13:30	ASCOT	SEATED EXERCISES

This calendar lists our regular Services and special events and the details of where and when they take place can be found on the following pages. This is just a part of how our team of Advisors can offer advice and support to those living with Dementia, their Carers, families and friends.

Please contact us should you need:

- A home visit
- Advice by Zoom, Teams, FaceTime, telephone, text or email
- Help to find support from other organisations
- Assistance with completing forms, for example: Attendance Allowance, Personal Independent Payments, Carers Allowance, Blue Badge Application, Council Tax Discount/Exemption
- Just someone to listen.



[Our Contact details are on the back of the newsletter.](#)

Getting Together

DETAILED INFORMATION

CONNECTION CAFÉ

Connection Cafés are an opportunity for People with Dementia, their Carers and Families to connect with, someone ready to listen and others to share experiences with.

MAIDENHEAD

Mondays 10:00 – 12:00
Methodist Church, High Street
Maidenhead, SL6 1EF

Sometimes our Cafés just serve tea, coffee and a friendly chat, but we often have activities taking place throughout the sessions including the very popular Seated Exercises.



SEATED EXERCISES

By engaging in gentle movements, you can improve your strength, flexibility and balance, enhancing your physical health and independence.

There is no dress code, just come as you are, the exercises are simple to do, fun and will give your muscles a gentle but firm workout.

MAIDENHEAD

every Monday from 11:15 – 12:00
Methodist Church, High Street
Maidenhead, SL6 1EF

LANGLEY

every Tuesday from 10:30 – 11:45
St Francis Church, London Road
Langley, SL3 7LN

ASCOT

every Thursday from 13:30 – 14:45
King Edwards Hall,
Chapel of St Mary & St John
King Edwards Road,
Ascot, SL5 8PD



For further information about any of these Services, please contact Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

DEMENTIA INFORMATION HUB

Join us for our monthly Dementia Information Hub, where we bring in a special guest speaker to enlighten and captivate not just those directly affected by dementia, but also anyone with an interest in the subject.

We start the evening, by inviting you to socialise while we serve refreshments. If the weather is a bit chilly - there will be a hot drink waiting for you!

Before and after the presentation, there will be an opportunity to meet and talk on an informal basis to our Guest Speaker, to Health Professionals and to the Team from 'ADS'.

WINDSOR

3rd Monday of the month

19:00 - 21:00

Dedworth Green Baptist Church, Smiths Lane
Windsor SL4 5PE



! *Next session is on Monday, 19th February.*

Pre-booking is not necessary, so please just join us when you can. If you would like to find out more information or perhaps to be a speaker at one of our Dementia Information Hub sessions, please contact Terrie on 07516 165647 or via e-mail at terrie.hall@adscharity.com.



SINGING FOR PLEASURE ONLINE

Embrace the power of music, connect with the other 'ADS' Members and share the beauty of singing. We look forward to virtually meeting with you at our Singing for Pleasure Service on ZOOM.

For People living with Dementia and their Carers, Singing for Pleasure holds immense therapeutic potential. Music has a remarkable way of unlocking memories and fostering emotional wellbeing. It's a chance to engage in a meaningful activity that nurtures the soul and stimulates cognitive function.

This Service takes place every Monday on the online platform called ZOOM. The weekly schedule of our Services is sent to our Members every Monday morning and the link for joining Singing for Pleasure ONLINE is included.

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



Getting Together

DETAILED INFORMATION

**SINGING
FOR PLEASURE**
ALSO ONLINE
EVERY MONDAY

Singing is for pleasure, so you don't need a good singing voice to come and join in our sessions. You don't even have to sing if you don't want to! Just come and join in and experience the joy singing brings to People with Dementia.

Music and social interaction can have a positive impact on anyone's mood, and for People with Dementia, it is known that it can help to reduce the most common symptoms such as agitation, apathy and anxiety.



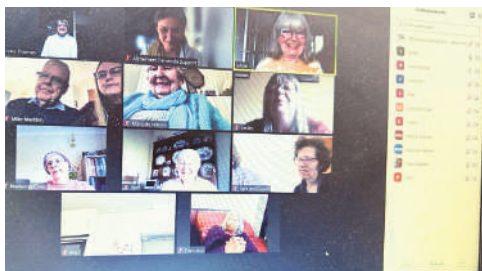
Every Tuesday, Wednesday and Friday we offer our Members the opportunity to join an hour of fun and joy, singing along with our professional singers.

Each session starts with a 30-minutes chat while enjoying a warm cup of tea or coffee and some delicious biscuits.

ONLINE on ZOOM

Mondays 13:30 - 14:30

The link is sent every Monday morning via email.



WINDSOR

Tuesdays 13:00 - 14:30

All Saints Church, Dedworth Road
Windsor, SL4 4JW

MAIDENHEAD

Wednesdays 13:00 - 14:30

Cox Green Community
Centre, 51 Highfield Lane, Cox Green,
Maidenhead SL6 3AX

ASCOT

Fridays 10:30 - 12:00

King Edwards Hall
Chapel of St Mary & St John
King Edwards Road, Ascot, SL5 8PD

We also run this Service ONLINE on Mondays from 13:30. Every Monday morning we email our weekly schedule to our online mailing list. The link to join the Zoom hosted sessions will be included in these emails.

Pre-booking is not required, so please just turn up.

For more information, please get in touch with Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

LUNCH CLUBS

Social interaction is healthy, like exercise for the brain. Staying socially engaged with friends is important for both people with Dementia and their Carers.

The [Mates with Plates](#), [Ladies that Lunch](#) are enjoyable, informal events in a relaxed, safe environment, that give Carers an opportunity to chat with other Carers while gentlemen with Dementia socialise in a separate group, supported by our volunteers. We meet on the 3rd Wednesday of the month.



Our new [Members' Lunch](#) is a friendly social lunch for Carers, past Carers, People with Dementia to meet up with old friends and make new ones. We meet every 2nd Wednesday of the month.

All lunches are supported by members of the 'ADS' team and take place once a month 12:30 to 14:15 at Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead SL6 1BN.

A donation of £15 per person is requested which includes the carvery meal, ice cream dessert and a soft drink.

! [Next Members' Lunch:](#)
Wednesday, 14th February

[Next Mates with Plates, Ladies that Lunch:](#)
Wednesday, 21st February



All our lunches must be booked in advance by calling Terrie on 07516 165647.

Getting Together

DETAILED INFORMATION

MOVES & GROOVES

The 'ADS' Moves and Grooves session is designed for People with Dementia and their Carers to get together for a fun social event where people can participate as much (or as little) as they like.

Whilst we encourage people to join in this gentle exercise, we do understand that you may just like to come along to watch and chat.

WINDSOR

4th Thursday of the month
14:00 - 16:00
Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

! *Next session is on Thursday, 22nd February.*

Dancing in particular helps everyone engage their senses. It helps stimulate social interaction, improve depression and anxiety symptoms, and has been shown to improve memory and cognitive functioning.



Every 4th Thursday of the month, we offer a 'Moves & Grooves' Service. The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to. There is no pressure to join in, but we are sure once you hear the music, you'll be eager to get toe tapping.



Come along and see for yourself what music and dance can do to your mood! We're sure you'll leave with a smile on your face and a spring in your step.



Getting Together

DETAILED INFORMATION

ASIAN LANGUAGE & CULTURAL SERVICES

We have designed specific Services for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through music and gentle exercise.

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This free drop-in Service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music.



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia. A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.



Well Being Through Music sessions are held every Wednesday and **Moves to Melody** is every last Wednesday of the month, from 13:00 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN.

Please check the Services Calendar from pages 10-11 for more details.

Pre-booking is not needed, so please just pop along. For more details about the Asian Services contact Shahida on 07543 243613.

Getting Together

DETAILED INFORMATION

FUN AT BERKSHIRE COLLEGE OF AGRICULTURE

This FABulous 'ADS' Service was created especially for People with Dementia and their Carers, with a unique partnership with Berkshire College of Agriculture.

The session is delivered by the Students, with the activities customised to each person, including the supported use of crafts, cooking, games and a magic table. The sessions end with a short sing-along.

The FABulous Service - Fun & Activities at BCA is a part of the students' curriculum, giving them the opportunity to build up their practical experience. With their teachers' support, but also with the help of the 'ADS' Team, they work with the People with Dementia and their Carers throughout the entire session.

This Service takes place at the Berkshire College of Agriculture new Health Science Building.

The entire venue is Dementia friendly and includes easy access & parking, lift, activity rooms, café, adapted kitchen & life-skills room and private conversation room.



Carers are able to join in the Service or take time to chat with the other Carers or with the students in an on-site Café. They can also have private discussions with the 'ADS' Advisors, or even take a walk in the surrounding beautiful grounds.

MAIDENHEAD

Wednesdays 10:00 - 12:00

Thursdays 10:00 - 12:00

Hall Place, Burchetts Green Rd
Maidenhead SL6 6QR

Pre-booking is essential as the number of participants is limited. If you would like to join please contact Rachel Spencer on 07706 324372 or via e-mail at rachel.spencer@adscharity.com.

Getting Together

DETAILED INFORMATION

OUT & ABOUT

Out & About is a respite Service, providing stimulating and fun days out for able People with early-stage Dementia, who are still active.

The Service is designed to give Carers a welcome and very much needed break.

There are 8 places on each Service which are assigned after a successful assessment. There are two Services meeting on alternate Tuesdays in Maidenhead. Our programme is very varied, providing the opportunity to do things you have done in the past, or perhaps have a go at something new. Lunch is included, whether it be a picnic or a meal at a pub or restaurant.

To be eligible to take part in this respite Service, you must:

- Have been diagnosed with early-stage Dementia
- Be mobile. We don't do hikes, but you must be able to participate in a general stroll
- Commit to using the allocated space on a regular basis
- Be able to manage the steps of a minibus
- Be able to manage your own personal care
- Have transport to and from the service.

The Service is led by Sandra Williams, our Out & About Service Leader, supported by a team of dedicated and experienced Volunteers, whom all have enhanced Disclosure and Barring Certificates.

The many venues we visit, are all risk assessed, mindful of the individual needs of each attendee.



For further information please contact Sandra Williams on 07593 661848 or via email at sandra.williams@adscharity.com.

"We request a donation of £60 per day towards the costs of delivering this respite service. The Charity continues to subsidise the delivery of the Service.

There is a waiting list for this popular Service, so please put your name down
AS SOON AS POSSIBLE!

Important 'ADS' Contacts



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Sandra Williams

Out & About Service Leader

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Dee Allgood

Membership & Funding Specialist

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Andreea Moisă

Marketing & Events Specialist

07513 762900

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Postal address

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Shop address

ADS Charity Shop, 75 High Street, Maidenhead, Berkshire, SL6 1JX, 07707 531 689

MAKE 'ADS' YOUR CHARITY OF THE YEAR

Does your organisation nominate a Charity of the Year? If so, we'd be delighted to work with you to raise both funds and awareness.

Nominating us as your Charity of the Year is a unique opportunity to get together your employees by supporting an inspiring cause and demonstrating your company's commitment to making a difference in the local community.

We can provide information and some display items for your reception area, liaise with you about events and celebrate your success on our Website, Social Media and Newsletter. You may also like to benefit from some Dementia Awareness training for your employees.

For more details, please contact Dee at fundraising@adscharity.com.