



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

MARCH 2024



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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,

I hope all is well and I trust you had a pleasant time on Valentine's Day whilst also enjoying some of our Services during February.

A few items worthy of note this month are:

During March there are several fundraising activities for you to consider, for instance, you and your friends can target your own number of steps using the form included in this newsletter.

Maidenhead Athletics Club supporting us as their Charity of the Year will hold their famous Annual Maidenhead 10 run on Good Friday - you can help raise funds for 'ADS' by registering for the race which is a fun way to raise money through sponsorship.

Our popular online Singing for Pleasure sessions are available for those who wish to join in.

And our 'not to be missed' members only, BCA Picnic on 15th May. For those of you who have attended before you will know how enjoyable this day is, so save the date!

Once again, we would be grateful if you and all your contacts would help us to continue to deliver our Services by donating to 'ADS' via., standing order on a monthly basis. Your support would be really appreciated. Also if you, or anyone you know, would like to volunteer and devote a little time for us at 'ADS' our team would be happy to provide details related to how you can help.

We remain extremely grateful for the support we receive from organisations of all types and are delighted when community minded business operators consider choosing us as their Charity of the Year. If you know of anyone involved in such a company and think that they might be interested, please ask them to contact us. We would be happy to meet with them, to explain the work we do for those in need in our area.

We have lots of fun things organised for you in the month ahead and I would like to finish by wishing you a very Happy time over the Easter period.

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.

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IMPORTANT CONTACTS

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.

Headlines



DEMENTIA CARERS SUPPORT GROUP – 21ST MARCH 2024

Dementia Care Advisors and Clara Court Care Home invite you to join us for a Dementia Carers Support Group. Come along for a coffee and a chat, talk to the team or just meet other Carers who share similar experiences as you are.

The get together takes place on the Thursday, 21st of March from 10AM to 12PM at Clara Court, 21 Courthouse Road, Maidenhead, SL6 6JE. No booking required, just come along and join us.



For more information, you can contact the Dementia Care Advisors Team on 01628 683715 or at dementiacareadvisor@rbwm.gov.uk or Tracey Van Zyl from Clara Court on 07710 396227 or at tracey.vanzyl@careuk.com.

MEALS ON WHEELS – SPENCER DENNEY CENTRE

This service is available to people living within Windsor, Old Windsor and Datchet. It runs Tuesday through Friday and delivers a hot two course meal to people. Meals are delivered 12:00-12:45. At present there is a set menu however they can accommodate most dietary requirements and there is a vegetarian option each day. It is not possible to produce Vegan meals and cannot source Halal meat.

People can sign up to receiving meals every week or just one day a week. There is no contract and to cancel you have to call the centre the day before you wish to stop. The cost of a meal is £6.50. For those on income or disability related Benefits they offer a discount to £5 a meal. More information at www.ageconcernwindsor.org.uk.

EARLY BLOOD TEST TO PREDICT DEMENTIA

Scientists have found patterns of four proteins that predict onset of Dementia more than a decade before formal diagnosis.

Source & full article: <https://bit.ly/42GwTa3>

OXYTOCIN: THE LOVE HORMONE THAT HOLDS THE KEY TO BETTER MEMORY

Researchers identify specific oxytocin neurons in the mouse brain that modulate object recognition memory.

Source & full article: <https://bit.ly/4bElPy9>



Services highlights

DEMENTIA INFORMATION HUB – TUESDAY 19TH MARCH 2024

Starting this Month, the Dementia Information Hub get-together takes place every 3rd Tuesday of the month. On Tuesday 19th of March 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 Will, what is the process of having one or making changes to the one you already have. Even if you are all 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.](#)

SINGING FOR PLEASURE ONLINE ON ZOOM

Research has shown that music and singing are incredibly beneficial to those with Dementia. A favourite song can make anyone laugh or cry when it taps into a strong memory.



Musical aptitude and appreciation are two of the last remaining cognitive abilities that are found in Dementia patients, with musical memory shown to survive relatively well.

As such, music is increasingly being lauded as one of the best ways to move beyond this condition and reach the person at all stages of Dementia – providing an important channel of communication when others are challenged.

Every Monday from 13:30, our Members are joining the online session of our Singing for Pleasure Service. We have a dedicated professional singer who does a fantastic job! [To find out more about this Service, please check page 13.](#)

Special 'ADS' news



'ADS' MEMBERS, SAVE THE DATE – 15TH MAY



Our Members are invited to mark their calendars for the upcoming annual picnic at BCA, scheduled for the 15th of May. We're excited to have you join us for a fun day together in the beautiful outdoors. More details to follow in the next newsletter.

PROMOTE YOUR BUSINESS IN OUR HIGH ST CHARITY SHOP

Rather than just dropping donations to us, would you like to raise awareness about your Organisation? Take over a window and an area in our Shop to display your donations and let Maidenhead know about you and how you are supporting our Charity.

Our Charity Shop is right on the High Street, making 'The Shop Zone' an amazing opportunity to promote your Company to our local community.

If you are interested in this opportunity, please send an email to Dee at fundraising@adscharity.com and she'll get back to you as soon as possible.



VOLUNTEER WITH 'ADS'

We're on the lookout for Tin Collector Volunteers to support our charity's fundraising efforts! We need someone reliable and trustworthy who can collect and replace our collection tins from various locations in Berkshire.



We are also looking for a Fundraising Admin Volunteer to help us with a couple of hours per week. Must be detailed-oriented, good with numbers and have experience working with Excel files.



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

If you're enthusiastic, reliable and eager to give back to the community, we want to hear from you. Reach out to us at fundraising@adscharity.com for more details and become a valued part of our Volunteers Team.

Out & About

by Sandra Williams
Out & About Service Leader



Despite it being so early in 2024 Out & About has enjoyed the joys of nature both in person and virtually.

On the day after the opening of Kew's 28th Annual Orchid Exhibition, we visited. We were transported into a unique environment celebrating the beauty and biodiversity of Madagascar, viewing the Orchids at their best. The exhibition was stunning! We immersed

ourselves in the welcome warmth and humidity, encountering floral sculptures which recreated some of Madagascar's most iconic wildlife. Together we spotted ring-tailed lemurs, chameleons and the enigmatic aye-aye, the world's largest nocturnal primate along with a giraffe small enough to fit on a leaf.

On leaving the exhibition, we returned to reality, a grey ominous sky with a breeze building into some more. As we strolled back to our minibus, we passed flowering viburnum bodnantense and a carpet of crocus, reminding us of the beauty of nature closer to home, beckoning us towards Spring.



Another outing was to Waltham Place Farm for a Bird Workshop. Rather than sink into a quagmire of mud, Niki, their education officer took us on a virtual walk, introducing us to a vast variety of birds who make their home at Waltham Place. To sustain ourselves on this arduous exploration we were fortified with copious amounts of fresh coffee and biscuits.



We saw an amazing number of stunning photos, many taken during COVID when the birds became less wary of humans and enjoyed the tranquility that lockdown created. Niki shared snippets about the mating and nurturing habits of so many varieties of birds, imitating their calling sounds. All of us were captivated.

In readiness for the nesting season, which commences in February, we set to making Bird Nesting Material Dispensers to hang in our gardens, providing a free "take away" service for our feathered friends. The mess we created was unbelievable and the resulting laughter was wonderful. It seemed the more mess we made, the more we laughed. If any carers didn't know, our "Out & Abouters" are masters in the art of using a broom!

Fundraising for 'ADS'

MARCH FOR MARCH THIS MARCH!

Do you feel a spring in your step? Join our March for March challenge and complete 50 to 10,000 steps each day to fundraise for 'ADS'.



Whether you complete 50 steps walking around your home or 10,000 steps picking up after your family each day, why not get sponsored for your efforts.

Use the sponsorship form in this newsletter or pick one up from our services or shop. Want to make it a family effort, email fundraising@adscharity.com or call Dee to talk through your plans and get further resources.

REMEMBER A LOVED ONE THIS SPRING

As nature wakes up and the evenings begin to get lighter, remember a loved one this spring by sharing their story and leaving a gift in their memory at <https://adscharity.memorypage.org/spring>.

Alternatively you can send a gift via cheque referencing 'In memory of ...' to: Alzheimers Dementia Support 'ADS', 38 Queen Street, Maidenhead SL6 1HZ.

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'. The main race is open to everyone aged 17 or over and there are two other special races dedicated to young children.



Email fundraising@adscharity.com for more information on the event and how we can support your fundraising.

HELP US FUNDRAISE IN THE COMMUNITY

Can someone in your family or friends network help us build connections with local businesses or nominate us for a charity partnership?

There are lots of lovely businesses offering support to charities but we need your help to access them. If you have a family member or friend who can recommend us to their company or manager please ask them to email fundraising@adscharity.com or call Dee on 07887 993313 for more information.



Easter traditions

Across the world, many cultures have their own traditions and the same 'holidays' are often celebrated in different ways. Having researched some Easter traditions we thought we would share a couple with you.

You might have heard of them, but do you know everything?

Easter EGG HUNT

Every Easter, children in the UK rush around their homes and gardens searching for chocolate eggs. For many families Easter just isn't Easter without the annual egg hunt.

In a small town in the South of France people gather every Easter Monday to share a massive... omelette! Around 15,000 eggs are used and it's big enough to feed thousands of people.

Gigantic OMELETTE



"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!

MAIDENHEAD BRIDGE ROTARY CLUB
THE BERKSHIRE MASONIC CHARITY

MARGARET WALTERS
TERRY GILBERT
PHYLLIS COURT CLUB

THANK YOU CLARA COURT CARE HOME

We would also like to thank Gladys and her wonderful Team from Clara Court Care Home for organising an afternoon tea with music and dancing for 20 of our Members on Friday 16th February. Everyone had a lovely time!



Donations in memoriam

JOHN LEAR
BRIDIE CALLEN
JOYCE BRIGHT
GRAHAM JONES

KATHY GREENWOOD
JOYCE WILTSHIRE
BRIAN MEAD
PAT QUINN

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

MARCH CALENDAR



FRI	1st	10:30	ASCOT	SINGING FOR PLEASURE
MON	4th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	4th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	5th	10:30	LANGLEY	SEATED EXERCISES
TUE	5th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	6th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	6th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	6th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	7th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	7th	13:30	ASCOT	SEATED EXERCISES
FRI	8th	10:30	ASCOT	SINGING FOR PLEASURE
MON	11th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	11th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	12th	10:30	LANGLEY	SEATED EXERCISES
TUE	12th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	13th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	13th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	13th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	13th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	14th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	14th	13:30	ASCOT	SEATED EXERCISES
FRI	15th	10:30	ASCOT	SINGING FOR PLEASURE
MON	18th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	18th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	19th	10:30	LANGLEY	SEATED EXERCISES
TUE	19th	13:00	WINDSOR	SINGING FOR PLEASURE
TUE	19th	19:00	WINDSOR	DEMENTIA INFORMATION HUB
WED	20th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	20th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	20th	13:00	MAIDENHEAD	SINGING FOR PLEASURE

Our Getting Together Services

MARCH CALENDAR



WED	20th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	21st	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	21st	13:30	ASCOT	SEATED EXERCISES
FRI	22nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	25th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	25th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	26th	10:30	LANGLEY	SEATED EXERCISES
TUE	26th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	27th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	27th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	27th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	28th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	28th	13:30	ASCOT	SEATED EXERCISES
THU	28th	14:00	WINDSOR	MOVES & GROOVES
FRI	29th	NO SERVICES – GOOD FRIDAY		

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 Tuesday of the month

19:00 - 21:00

Dedworth Green Baptist Church, Smiths Lane
Windsor SL4 5PE



Next session is on Tuesday, 19th March.

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, 13th March

Next Mates with Plates, Ladies that Lunch:
Wednesday, 20th March



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, 28th March*

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



Terrie Hall

Senior Dementia Advisor

07516 165647

terrie.hall@adscharity.com



Rachel Spencer

Service Advisor

07706 324372

rachel.spencer@adscharity.com



Shahida Khan

Multi-Lingual Service Advisor

07543 243613

shahida.khan@adscharity.com



Sandra Williams

Out & About Service Leader

07593 661848

sandra.williams@adscharity.com



Dee Allgood

Membership & Funding Specialist

07887 993313

fundraising@adscharity.com



Andreea Moisă

Marketing & Events Specialist

07513 762900

marketing@adscharity.com



Postal address

Alzheimers Dementia Support, 38 Queen Street, Maidenhead, Berkshire SL6 1HZ



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.