



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

APRIL 2023

Happy Easter



p. 5

THE 'ADS' 'SHOW YOU CARE' SCHOOLS TOUR
AN 'ADS' CAMPAIGN FUNDED BY RBWM



'ADS' OUT & ABOUT

READ MORE ABOUT OUR LATEST ADVENTURES!

p. 6

www.adscharity.com



AlzheimersDementiaSupport

alzheimers-dementia-support



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ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope that you have had a pleasant month. I would like to begin by wishing you a very happy Easter and, however you choose to celebrate it, I hope you have a lovely day in good company.

During the holiday season our team will be hosting our usual array of great activities for your pleasure. They are looking forward to welcoming you along for some springtime fun and who knows perhaps the weather will be kind to us too!!

We are currently preparing for another picnic extravaganza at BCA in a couple of weeks time with lots of fun activities for you to enjoy. Be sure to save the date and attend this special event, you won't regret it.

Full details of this and all other Services/events are included in this newsletter - please come along and enjoy them.

Have a great month, stay safe, take care and look after each other.

With best wishes,



David

David D. Jannetta

Voluntary Chairman, Founder, MD & Trustee



Please note that under our GDPR Privacy Notice, and in these current exceptional circumstances, 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.

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IMPORTANT CONTACTS

Please contact us through one of our Advisors or by letter or email if you:

- Would like to be added to our distribution list
 - No longer want to receive our Newsletter
 - Wish to raise any concerns
 - Would like a copy of 'ADS' Privacy Policy
- 'ADS' Privacy Policy can also be accessed via <https://www.adscharity.com/privacy-policy>.

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

Worldwide news



SCIENTISTS REVEAL HOW TO SPOT SIGNS OF DEMENTIA NINE YEARS BEFORE DIAGNOSIS



It could be possible to spot signs of Dementia up to nine years before diagnosis, a new study has found. The findings, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, mean that future at-risk patients could be screened to help identify those who might benefit from early interventions to reduce their risk of developing dementia-related diseases.

For the study, researchers analysed data from the UK Biobank database and pinpointed problem solving and number recall as two of the early signs patients could develop Dementia. According to the study, people who went on to develop Alzheimer's were more likely than healthy adults to have had a fall in the previous 12 months.

Source and full article: <https://bit.ly/3YJChfZ>



RESEARCHERS IDENTIFY THREE INTESTINAL BACTERIA FOUND IN DEMENTIA WITH LEWY BODIES

Dementia with Lewy bodies (DLB), one of the most common forms of Dementia, has no cure. Previous studies suggested that gut bacteria, the microorganisms that live in the human digestive tract, play a role in Parkinson's disease, another neurodegenerative disorder, but the bacteria involved in DLB had not been identified.



Now, a group led by researchers at the Nagoya University Graduate School of Medicine in Japan has identified three bacteria involved in DLB: *Collinsella*, *Ruminococcus*, and *Bifidobacterium*. Their findings suggest new avenues for diagnosis and treatment.

Parkinson's disease also starts with movement problems, but some patients develop cognitive decline within one year. These patients are diagnosed with DLB when this cognitive decline occurs. Physicians find it difficult to predict which people with Parkinson's disease will develop cognitive decline within a year and become patients with DLB.

Source and full article: <http://bit.ly/3JdLVdN>



'ADS' news & Events

LUNCH CLUBS

'ADS' lunches are enjoyable social events in a relaxed, safe environment specially created for People with Dementia and their Carers. We also welcome our former Carers to get together and meet up with old friends and make new ones. Currently, we are organising three monthly lunches: Mates with Plates, Ladies that Lunch and Former Carers Lunch.

Joining one of our Lunch Clubs is a great way to catch up with friends or to meet new people for a friendly chat.



The Members' Lunch takes place on the 2nd Wednesday of each month from 12.30 pm to 2.15pm. Mates with Plates & Ladies that Lunch is on the 3rd Wednesday of the month. For more information please check page 16.



We are always looking for Befriender Drivers who can help and take our Members to our Services.

If you would like to help, please contact Terrie Hall on 07516 165647 or via e-mail at terrie.hall@adscharity.com.



Our Charity Shop is in need of small jewellery boxes – the sort that come with items when you purchase them. If you have some which you are not using anymore, please bring them to our Shop or call the Manager to see if we can collect them from you.

The 'ADS' Charity Shop is located at 75 High St, Maidenhead SL6 1JX. Cathy, our Shop Manager, can be reached at 07707 531689.

Thank You

One-to-One discussions



The 'ADS' Advisors are always there for one-to-one discussions for People living with Dementia. You can either organise a meeting in-person during one of our Services or if you would prefer, it can be online via Zoom. Our Advisors can also offer home visits.

Please be assured that all the discussions are private and confidential, so don't hesitate to reach out to us.

To organise a session at a convenient time for you, please contact Terrie on either 07516 165647 or at terrie.hall@adscharity.com.

The 'ADS' 'Show You Care' Schools Tour

AN 'ADS' CAMPAIGN FUNDED BY RBWM

Part of our Youth Education Programme, our 'Show You Care' Campaign, aims to educate students about the role Young People have in caring for others in our community and the huge value that this has.

It will link into the PSHE curriculum as part of the Core themes of 'Relationships' and 'Living in the Wider World'

and be a valuable holistic exercise for the school and the wider community.



Free workshop for students in Key Stage 2 & 3

The delivery of these workshops is customised to the needs of the school and adapted to the engagement of the students.

The workshop is designed to be an informative and interactive way for students to understand why caring for those around us is important, before moving on to look at what it means to be a Young Carer, to help identify and support those that are providing care in their family, as well as teaching all students more specifically about Dementia and how it affects the lives of those living with it.



The workshop delivered by a qualified and experienced Teacher can last between 45 minutes and an hour and a half.

It can be customised to the size and age of the group and can include:

- An introduction talk about who we are and why we're visiting the school.
- 'Why we care' interactive workshop exploring the different ways we care everyday.
- Activities and Games.
- Information about our 'Show You Care' campaign and the competition we are running.
- The sharing of a story by a 'Young Carer'.
- An introduction to our book 'A Kid's Guide to Dementia'.
- Activities and ideas to follow up with



For more information about this campaign or to book your interest, please visit our website and fill in the special form: <https://bit.ly/3BZYjkk>.

Out & About

by Sandra Williams
Out & About Service Coordinator

The phrase “A Picture is Worth a Thousand Words” sprung to mind, as I pondered on what O&A did in March, the highlights being two visits to The Orchid Exhibition at Kew Gardens. Both the Windsor and one of the Maidenhead groups feasted their eyes upon this extravagant display.

As we walked from The Elizabeth Gate, signs of Spring were emerging. On entering The Princess of Wales Conservatory, we were overwhelmed with warmth, vibrant colours and scent, turning in awe to take in all we saw.

This year the festival was inspired by the biodiversity of Cameroon, full of horticultural displays and living plant sculptures including a fabulous Lion, Hippo, Crocodile, Leopard, very cleverly created Giraffes and a Gorilla who was nearly adopted by both groups.

So, without further ado, below are a few photos of our great day out. Who needs words when pictures are so powerful, sharing memories?



Maidenhead Service with the Gorilla



Frank & Tim



Windsor Service with the Gorilla



Brian



John & Margaret



Happy birthday to our Members

Recently, we celebrated the birthdays of some of our Members. It was wonderful to share those special moments. A lovely demonstration that the 'ADS' Community is more than that - it's a big, happy family!

Happy birthday Kulwant, Sharda and Mohinder!



Information, support & advice

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.



This wouldn't be possible without our amazing 'ADS' Advisors!

 <p>TERRIE HALL Senior Dementia Advisor</p>	 <p>RACHEL SPENCER Service Delivery Advisor</p>	 <p>SANTOK MODHVADIA Multi Lingual Service Delivery Advisor</p>
 <p>SANDRA WILLIAMS Out & About Service Coordinator</p>	 <p>CLAIRE COLL Service Coordinator (O&A)</p>	

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.



If you would like to know more, please visit our website <https://bit.ly/3F7cL5u> or send an email to Andreea at marketing@adscharity.com.



Special Thanks to...



This is our lovely Supporter, Penny Harris (right), together with our Service Advisor, Rachel (left).

Penny made some delicious homemade marmalade and organised a small fundraising event for our Charity.

Thank you Penny and to everyone who decided to support her and us!

Thank you Lok'n Store for continuing to support us again this year.

If you, your friends, or family are about to book your storage at Lock'n Store in Stafferton Way in Maidenhead, please mention our Charity. Saying "I've been referred by the 'ADS' Team" will mean that Lok'n Store will donate £25 to us!



"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 for the local community!

F. DOLING

MAY AND KEN SEALY

FRANCES & TOM COSTELLO

IRIS BELSON

MINA VERDEE

JOYCE WASHINGTON

COX GREEN TOWNSWOMEN'S GUILD

SCOTT WILSON OF IMPERIAL POLYTHENE

Donations in memoriam

DEREK BELSTEN

Signposting



HEALTHWATCH RBWM - WHAT MATTERS MOST 2023

Healthwatch Windsor, Ascot and Maidenhead is your independent consumer champion for health and social care. Every Spring they decide which areas they will focus their work on over the coming year. For this, they take into consideration the feedback received from local people and choose the priorities of local health and care services.

They have prepared a short survey with a list of the topics they would like you to look at and tell them which you think are most important to you and why.

The survey will be open until 30th April 2023 and can be accessed here:
<https://www.smartsurvey.co.uk/s/WhatMattersMostRBWM/>.

You can also email this link to any family, friends or colleagues, share on your social media or just let people know it's available.

If you would like a copy of this survey in another format or language or would prefer to speak to someone about this, please call 0300 0120184 or send an email at info@healthwatchwam.co.uk.



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:

- £61.85 per week if you need frequent help or constant supervision during the day or supervision at night
- £92.40 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)

All Out of Hours Access Team: 01344 786 543

Our Getting Together Services

APRIL CALENDAR




MON	3rd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	3rd	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	4th	10:30	LANGLEY	SEATED EXERCISES
TUE	4th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	5th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	5th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	6th	13:30	ASCOT	SEATED EXERCISES
FRI	7th		NO SERVICES	
MON	10th		NO SERVICES	
TUE	11th	10:30	LANGLEY	SEATED EXERCISES
TUE	11th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	12th	12:30	MAIDENHEAD	MEMBERS' LUNCH 
WED	12th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	12th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	13th	13:30	ASCOT	SEATED EXERCISES
FRI	14th	10:30	ASCOT	SINGING FOR PLEASURE
MON	17th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	17th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	18th	10:30	LANGLEY	SEATED EXERCISES
TUE	18th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	19th	10:00	MAIDENHEAD	FAB – FUN AT BCA
WED	19th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH 
WED	19th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	19th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	20th	10:00	MAIDENHEAD	FAB – FUN AT BCA
THU	20th	13:30	ASCOT	SEATED EXERCISES
FRI	21st	10:30	ASCOT	SINGING FOR PLEASURE

Our Getting Together Services

APRIL CALENDAR



MON	24th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	24th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	25th	10:30	LANGLEY	SEATED EXERCISES
TUE	25th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	26th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	26th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	26th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	27th	10:00	MAIDENHEAD	FAB - FUN AT BCA
THU	27th	13:30	ASCOT	SEATED EXERCISES
THU	27th	14:00	WINDSOR	MOVES & GROOVES
FRI	28th	10:30	ASCOT	SINGING FOR PLEASURE



Please remember to always take a lateral flow test before attending any of our Services.

This calendar is subject to change in case of unexpected events and you will be informed accordingly via email.



However you spend the Easter Weekend, we would like to take a moment to wish you all possible peace and joy.

Out & About - places available



There are still a few places available on the Windsor and Maidenhead Out & About Service.

If you are interested in benefiting from this respite Service, which promises days full of fun and laughter for a loved one with Early Stage Dementia, please do get in touch with Sandra at 07593 661848.

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
- 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



! This Service is not running on 5th, 6th, 12th & 13th April due Easter Holidays.

Pre-booking is essential as the number of participants is limited. If you would like to join please contact Terrie Hall on 07516 165647 or via e-mail at terrie.hall@adscharity.com.

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.



If you are lucky enough, you may hear one of the weekly Irish Blessings shared by our lovely Volunteer, Bobbie:

"May your troubles be less, and your blessings be more, and nothing but happiness to come through your door."



SEATED EXERCISES

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



No Connection Café or Seated Exercises on Easter Monday 10th April.

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

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 at 07516 165647.

! This Service is not running on Good Friday 7th April nor on Easter Monday 10th April.

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



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.

! Next session is on Thursday, 27th April.



If you are still unsure if you should join the 'ADS' Services, here are some testimonials from our Members:

"Starts my weekend off... just right" - Ascot

*"I love singing... I love this group... it's brilliant!"
Roma, Ascot*

*"The absolute highlight of my week, It makes me
so happy" - Brenda, Windsor*



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, 12th April

Next Mates with Plates, Ladies that Lunch:
Wednesday, 19th April



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

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 Santok on 07543243613.

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. In Maidenhead, we meet every Tuesday and in Windsor, every other Thursday. 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 Co-ordinator, 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.

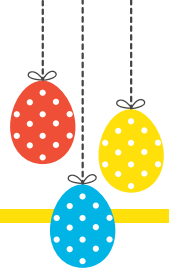
For further information please contact Sandra Williams on 07593 661848 or via email at sandra.williams@adscharity.com.

We request a donation of £25, which will contribute towards the cost of refreshments, lunch, travel and admission charges.

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

Happy April

PUZZLE PAGE

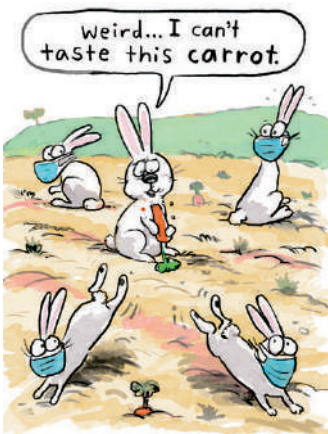
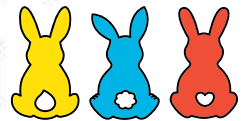
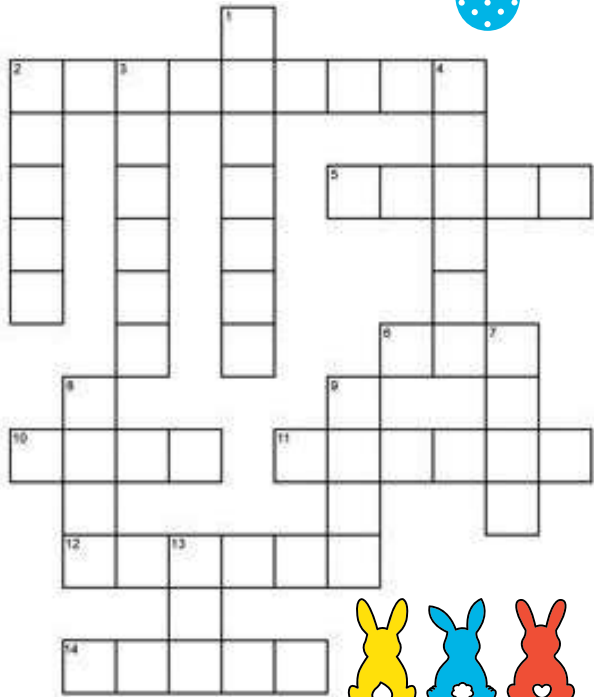


ACROSS

- 2 - A mother duck keeps a close eye on her ...
- 5 - Easter's month.
- 6 - Which came first: the chicken or the ...?
- 10 - A mother cow gives milk to her ...
- 11 - Easter is always on this day of the week.
- 12 - Carry your Easter eggs in a ...
- 14 - The Easter ... hops around the world and delivers presents.
















DOWN

- 1 - April showers bring May ...
- 2 - Cows give milk for ... products.
- 3 - A mother hen watches over her baby ...
- 4 - Easter's season.
- 7 - A baby ... is called a kid.
- 8 - A baby sheep is called a ...
- 9 - In the backyard, the kids are having an Easter Egg ...
- 13 - The ... warms the earth and brings light to the world.



*Why did the bunnies go on strike?
Because they wanted better celery.*

Can you solve this?

 +  +  = 24	 =
 +  +  = 19	 =
 +  +  = 17	 =
 x  +  = 31	

*What do rabbits say before they eat?
Lettuce pray.*

Important 'ADS' Contacts

Terrie Hall

Senior Dementia Advisor

07516 165647

terrie.hall@adscharity.com

Rachel Spencer

Service Advisor

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Multi Lingual Service
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Sandra Williams

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Dee Allgood

Membership &
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Andreea Moisă

Marketing & Events
Specialist

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marketing@adscharity.com



Postal address

Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead, Berkshire, SL6 1JN



Shop address

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

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.

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

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