

Note from the CHAIRMAN

Hello Everyone,

I hope you have had a pleasant month and your Easter celebrations exceeded expectations despite the inclement weather.

In addition to the normal array of Services being prepared by our team for you during May, we will be hosting our special Members-only picnic on Wednesday the 24th. This will be delivered at BCA and there are many exciting activities for you to enjoy throughout the day.

Our great partners at BCA are looking forward to welcoming you to their super venue and everyone hopes to see you in fine fettle at this fun-filled event. As I said in the last issue be sure to save the date and attend this special day, you won't regret it. I am certainly looking forward to seeing you there, so read on for full details.

As ever, full information related to our other Services/activities is included in this newsletter - please get involved and enjoy the company.

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

With best wishes,



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>.

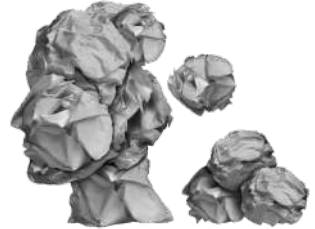
Disclaimer: 'ADS' does not promote or declare endorsement for any individual or organisation.

Worldwide news



FIRST TREATMENT HOPES FOR TARGETING STROKES LINKED TO DEMENTIA

Two cheap and common drugs could be repurposed as the first specific treatment for people who experience a type of stroke linked to nearly half of all dementias, according to the results of a trial led by Prof Joanna Wardlaw (UK DRI at Edinburgh), presented at the American Heart Association International Stroke Conference.



"Up until now, lacunar strokes have been treated just like other types of stroke, but lacunar stroke is clearly different. Now we understand more about what is triggering these strokes to attack the brain, we've been able to focus our efforts on treatments that can put a halt to this damage.", said Prof Joanna Wardlaw, Group Leader at the UK DRI at Edinburgh

Source and full article: <https://bit.ly/41dwcY>



RECOMMENDATIONS FOR NEW GENERATION OF BRAIN HEALTH SERVICES, TO HELP PREVENT DEMENTIA



A European Task Force involving the University of Exeter has created an evidence-based road map for Brain Health Services, new services designed to support people in keeping their brains healthy and reducing their risk of developing Dementia.

Professor David Llewellyn, of the University of Exeter Medical School, said:

"These international Task Force recommendations represent an important step forwards in our fight to combat dementia. Indeed, we now recognise that this fight begins many decades earlier than anyone previously realised. Brain health Services provide us with a fundamentally new approach to help protect our ageing brains at a much earlier stage."

These four pillars detailed in the Lancet Regional Health - Europe article will enable newly developed Brain Health Services to reach out to the segment of the population whose memory is still functioning well and who wish to preserve or improve it. This goes well beyond what current diagnostic memory clinics offer.

Source and full article: <https://bit.ly/3KqVL1p>

Please note that whilst we are bringing these articles to your attention, they are already in the public domain and we take no credit or responsibility for their content.



'ADS' news & Events

THE 'ADS' ANNUAL PICNIC ORGANISED BY BCA FOR OUR MEMBERS



24TH MAY 2023



The Students of the Berkshire College of Agriculture from Health and Social Care and Business departments are delighted to invite all of our Members to join the 'ADS' Team at a special Summer Picnic!

BCA will provide a beautiful venue, entertainment and lots of fun activities!

If you are an 'ADS' Member and you would like to join us, please contact Terrie on 07516 165647.



WELLBEING EVENT AT MAIDENHEAD LIBRARY

We attended the Health & Wellbeing Fayre at Maidenhead Library on 22nd March organised by Mens Matters and Housing Solutions.

Look who we met!

Our lovely Members Paul & Rhona pictured here with Dee & Terrie.



Support 'ADS' through your online shopping

Easyfundraising and Give as you Live partner with over 6,000 brands who will donate part of what you spend to a cause of your choice.



It won't cost you any extra and it will help us raise more funds for the Charity.

All you have to do is to sign up to easyfundraising and/or to Give as you Live, choose to support Alzheimers Dementia Support 'ADS' Charity and do your shopping through this platform by choosing your favourite retailers.

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!



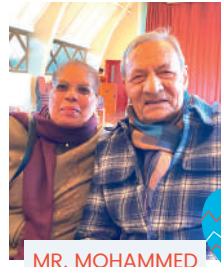
MR. BHUPINDER



MRS. SHAMIM



MR. MIAN



MR. MOHAMMED



Happy birthday, everyone!



Supporting 'ADS' through

Our Amazon Wishlist is a great way to help support us and to buy items that we need throughout the year. You can purchase any of the items as a gift and it will be delivered directly to us.

Our Amazon Wishlist contains items such as:

A4 printing paper

C5 envelopes

Glue sticks

A4 10 tabs file dividers

Printer cartridges

Address labels

(21 stickers/A4)

Antibacterial wipes

You can see our full Amazon Wishlist here: <https://amzn.to/3Kxv9ae>.

We don't automatically get told of your kind gift, so please include a message for us on your order so that we can thank you.



Save the date for our next Santa Fun Run: 26 November 2023

It's that time of the year again when you have to mark your calendars for the next 'ADS' Santa Fun Run!

More details to come in the following newsletters!



Out & About

by Sandra Williams
Out & About Service Coordinator



When observing the power of music, I recall the 1973 advert slogan "Heineken refreshes the parts that other beers cannot reach". Music does the same! Music has the incredible ability to restore the minds and personalities of those struggling with the cruelty of Dementia. Listening to, or making music increases the blood flow to the regions of the brain which control emotions and memories.

For some strange reason I have noticed that the first positive response to music is the tapping of feet, so that is why you might see me gazing at feet!

In the last month we have both listened to music and played music.

We visited The Museum of Music in Brentford where we enjoyed a private tour. This museum houses a wonderful collection of automated musical instruments, from tiny music boxes to The Mighty Wurlitzer. A gramophone from the early 1900s was demonstrated.



There is no ability to control the sound, apart from "putting a sock in it" which is literally what they did, so that is how this phrase came about. My eyes, focussed on feet, were well rewarded. Yes, those feet were tapping!

We moved onto hear a pianola being demonstrated, equipped with a paper roll. To our surprise we discovered that despite this instrument being automated, skill is required by a person sitting at the pianola, controlling the speed at which the music is played, using the foot pedal. By now the music had permeated through our bodies, just like fizzing champagne.... only from the feet upwards!

There was much clapping to music, singing and even dancing. Margaret reminisced about visits to the dance hall in her youth. Our visit culminated in a visit to the concert hall to hear the Mighty Wurlitzer being played. Smiles beamed from ear to ear, as we watched and listened. The fizz had now reached our heads!

Neil came to me at the end of our visit to say "This tops it... nothing can beat this visit". I had been given a challenge!



Enough of listening to music. This time we made the music! Ray visited us with an array of traditional African Drums. Within 5 minutes we were all accomplished drummers, having been assured that there were no wrong notes and commended as being awesome. It was a true work out.

We learnt rhythms using phrases such as “Fish & Chips”, “Pizza Pizza on my Plate” and accomplished the “American Indian rhythm” which finished with us imitating a cowboy sound “Yeehaw”. Stretching the diaphragm was an essential element, along with stomping of feet, clapping of hands, and wriggling of bottoms before we learnt to sing an African Welcome song. There was much laughter. African Drumming may not have “topped it” but it was certainly as good, invigorating our Souls, Minds and Bodies.




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!




TERRIE HALL
Senior Dementia Advisor




RACHEL SPENCER
Service Delivery Advisor




SANTOK MODHVADIA
Multi Lingual Service
Delivery Advisor



T J MADDEN
Service Delivery Advisor



SANDRA WILLIAMS
Out & About Service
Coordinator



CLAIRE COLL
Service Coordinator (O&A)

We would like to welcome T J into the 'ADS' Team. He has recently joined us and our Members are already very fond of him.

Special Thanks to...

Taeppas Tump West Morris who have kindly chosen 'ADS' as their nominated charity of the year and organised an amazing event for us back in March.



We would like to thank David Williams for making a parachute jump whilst raising funds for our Charity.



His wife was diagnosed with early onset Alzheimer's in her mid to late 50's, so David's goal was to raise awareness and support 'ADS'.



David with with a very famous Mk 9 Spitfire



We would also like to thank Natural Hair Room, Burnham, who invited their customers to make donations instead of paying for and sending Christmas cards.



"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!

PAULA BROWNE
SHAMIN & MOHAMMED SALEH
KNOWL HILL WI

WARGRAVE THEATRE WORKSHOP FUNDED BY
PROCEEDS FROM THEIR 2023 PANTOMIME
PRODUCTION WHICH WAS DIRECTED BY LINDA DAMON.

Donations in memoriam

RAY JEFFRIES

PAMELA ALDRICH

DEREK BELSTEN

Signposting



FREE NUMERACY PROGRAMME TO IMPROVE LIVES

Residents of RBWM could improve their numeracy skills and gain confidence to tackle everyday budgeting or get a new job, with a new free maths programme launched in the Royal Borough in March for people aged 19 years and over who do not have GCSE maths at grade C or the equivalent.

Designed to help with everyday activities like shopping and cost of living issues, the plans are to provide one-off sessions at various locations around the borough, and online. A series of sessions of up to 12 weeks in length are also planned during the three years the assistance is available. These sessions will be designed to improve specific skills, like budgeting, helping children with homework or a particular aspect of a job role.

The government funded Multiply programme is to help adults improve their numeracy skills. This adds to council's work supporting skills and employability.

More information about the Multiply programme, where you can also test yourself with a quick quiz to brush up on your numbers, is here - skillsforlife.campaign.gov.uk/courses/multiply.



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

MAY CALENDAR



MON	1st	BANK HOLIDAY, NO SERVICES		
TUE	2nd	10:30	LANGLEY	SEATED EXERCISES
TUE	2nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	3rd	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	3rd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	3rd	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	4th	10:00	MAIDENHEAD	FAB - FUN AT BCA
THU	4th	13:30	ASCOT	SEATED EXERCISES
FRI	5th	10:30	ASCOT	SINGING FOR PLEASURE
MON	8th	BANK HOLIDAY, NO SERVICES		
TUE	9th	10:30	LANGLEY	SEATED EXERCISES
TUE	9th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	10th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	10th	12:30	MAIDENHEAD	MEMBERS' LUNCH 
WED	10th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	10th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	11th	10:00	MAIDENHEAD	FAB - FUN AT BCA
THU	11th	13:30	ASCOT	SEATED EXERCISES
FRI	12th	10:30	ASCOT	SINGING FOR PLEASURE
MON	15th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	15th	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	16th	10:30	LANGLEY	SEATED EXERCISES
TUE	16th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	17th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	17th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH 
WED	17th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	17th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC

Our Getting Together Services

MAY CALENDAR



THU	18th	10:00	MAIDENHEAD	FAB - FUN AT BCA
THU	18th	13:30	ASCOT	SEATED EXERCISES
FRI	19th	10:30	ASCOT	SINGING FOR PLEASURE
MON	22nd	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	22nd	13:30	 ZOOM	SINGING FOR PLEASURE
TUE	23rd	10:30	LANGLEY	SEATED EXERCISES
TUE	23rd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	24th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	24th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	24th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	25th	10:00	MAIDENHEAD	FAB - FUN AT BCA
THU	25th	13:30	ASCOT	SEATED EXERCISES
THU	25th	14:00	WINDSOR	MOVES & GROOVES
FRI	26th	10:30	ASCOT	SINGING FOR PLEASURE
MON	29th	BANK HOLIDAY, NO SERVICES		
TUE	30th	10:30	LANGLEY	SEATED EXERCISES
TUE	30th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	31st	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	31st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	31st	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY

The Big Help Out Day

9TH MAY 2023

To mark His Majesty The King's Coronation thousands of organisations across the country are getting together to give us all the chance to help out in our own local communities.

On Tuesday, 9th May, we'll have a special stand in the 'ADS' Charity Shop where you can learn more about our volunteering opportunities and perhaps you would like to join our amazing team of volunteers.



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

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



These Services are not running on 1st, 8th & 29th May due Bank Holidays.

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.

! **'Singing for Pleasure' on ZOOM is not running on 1st, 8th & 29th May due Bank Holidays.**

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, 25th May.



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, 10th May

Next Mates with Plates, Ladies that Lunch:
Wednesday, 17th May



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 May

PUZZLE PAGE



R K Y S I A D Q D V G S U C P
 A T J D P E O N Y L I L S B P
 A E S U N F L O W E R G T O O
 M L R F J H Z P R E Y X X E R
 L O L N W R V T S C V C U A D
 Z I M P W O O K B L H S L R W
 L V D A Y A B X Q Z N I U V O
 A I L O N G A M C D H Z D V N
 W T O L F E S O R C N N R Y S
 P U S X P F L A V E N D E R P
 A L W O S R A J A S M I N E P
 N I P T F W B D R Y B R P R K
 S P T G D A N D E L I O N U R
 Y L L I L A C H T N K W Y E U
 S E F A I R E T S I W V K N Q

DAFFODIL
 JASMINE
 LILY
 PANSY
 ROSE
 TULIP
 DANDELION
 LILAC
 ORCHID
 POPPY
 SUNFLOWER
 WISTERIA
 DAISY
 LAVENDER
 MAGNOLIA
 PEONY
 SNOWDROP
 VIOLET



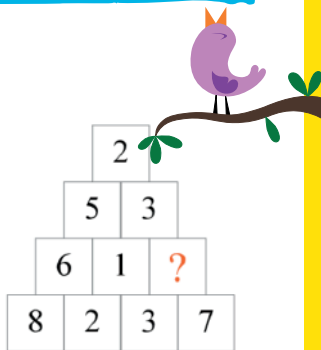
Which bird should you never let inside a jewellery store?
 A robin.

It's allergy season again!
 You've got to be pollen my leg!

Can you fill in the missing numbers so that each row, column or diagonal add up to 34?

			1
	11		14
3	10		
	5	9	4

Finally, my winter fat is gone.
 Now I have **spring rolls**.



What number is missing from the pyramid?

Important 'ADS' Contacts

Terrie Hall

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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

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

Would you like to receive our 'ADS' monthly Newsletter by email?
Visit <https://www.adscharity.com/become-a-part-of-the-ads-community>.