

'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

MAY 2024



Remember
a loved one
this spring

More info at p. 5

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.

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www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



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ADSlocalsupport

Note from the Chairman

Hello everybody,

I hope you have had a pleasant time since our last newsletter and have joined your friends at some of our great Services.

As springtime is upon us again, this is a good time to be outdoors and to enjoy the fresh air whilst improving your fitness.

National Dementia Awareness Week will be taking place from 13th - 19th May and we are planning to do our bit to increase awareness of the condition in our local community. Let's hope this annual initiative will encourage the wider community to gain a better understanding of the issues we encounter.

Our 'ADS' fundraising funnel is now a standard feature of our newsletter and will be updated every month to illustrate the challenges 'ADS' faces to continue providing support. We are always grateful for the help we receive from organisations of all types and hope to reach out to more. If you know of anyone involved with a company and think that they might be encouraged to support us, please let us know so that we can reach out to them as we would be happy to engage with them, to explain the work we do to assist those in need.

You can also help us to continue to deliver our Services by donating to 'ADS' via standing order on a monthly, quarterly or annual basis. Your support would be enormously appreciated.

Also if you, or anyone you know, would like to volunteer and devote a little time to us at 'ADS', our team would be pleased to provide advice related to the many ways such help can be utilised to assist.

Within this newsletter we have lots of fun things detailed for you to enjoy this month. I wish you an enjoyable time in good company.

Stay safe and look after each other.



David

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

Headlines



DEMENTIA & DENTAL CARE

People living with Dementia are at high risk of tooth decay and gum disease and they may need additional support from Carers to maintain good oral health. It is important that they continue to see their own dentist regularly so they can spot any problems early on treating them while the person is still co-operating. The Dentist can also advise on how to prevent any dental disease from deteriorating (like use of a high fluoride toothpaste, applications of protective fluoride varnish every 3-4 months to prevent decay).

People with Dementia cannot always express their pain so look for any signs of change in behaviour when refusing hot or cold foods and drinks, if they are not eating on one side of the mouth or getting agitated, waking up in the night pointing at their mouth.



As Dementia progresses and the person cannot cope with dental care at their normal Dentist, they can be referred by their Dentist or Carer to the Community Dental Service in Berkshire.

If the Carer is referring a person directly then a form can be obtained from Berkshire Healthcare NHS Foundation Trust's website: www.berkshirehealthcare.nhs.uk and search Dental care.

This service is an NHS service and the dentist can come out to visit you in your own home if the person is unable to leave their house. A limited amount of dental care can be provided to keep the person comfortable. If you do not have internet access, you can call the Community Dental Headquarters on 0118 904 1524 for help and advice.

If the person with Dementia is not registered with a dentist and struggling to get an NHS Dentist then the Community Dental Service will accept them via a referral from their GP or Memory Clinic. If the person with Dementia is not registered with a dentist and they are in pain then call NHS 111 and they will guide you to a local emergency dental service for treatment.

AIR POLLUTION IS ASSOCIATED WITH INCREASED RISK OF DEVELOPING ALZHEIMER'S DISEASE

Source & article: <https://bit.ly/3vRtAkm>

NEW MECHANISM UNCOVERED IN EARLY STAGES OF ALZHEIMER'S DISEASE

Source & article: <https://bit.ly/4aBf4wf>

Fundraising for 'ADS'



FUNDING OUR WORK

We are a local Charity that operates independently, focusing all our efforts on helping our community. From support groups like Connection Café to educational programs like Dementia Information Hub, everything we do is designed to assist those living with Dementia and their Carers right here in our area. By staying independent, we make sure that every resource and effort goes towards supporting our community.

In the heart of our fundraising efforts lies a crucial reality: the annual costs of sustaining our Charity's impactful work total £400,000.

We are not a part of, nor do we receive funding from, any national charities. We have had one small Council grant in two years.

Could you, a member of your family or friends help us to raise the funds that will ensure our continued delivery of support to local people?

Thank You FOR SUPPORT & DONATIONS

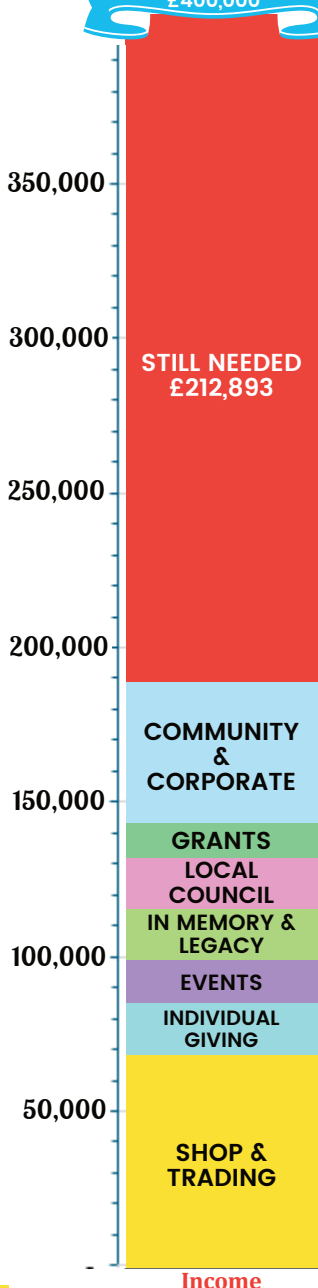
We can't thank you enough for all your support and for your trust in our Services and Guidance in the local community!

- Howdens Maidenhead
- Patricia Islip
- Rumana Azeem
- St Edmund Campion RC Church
- Molly, one of the Cox Green school pupils for volunteering on Wednesdays with our Members, bringing enthusiasm and dedication to each session.



Thank You FOR DONATIONS IN MEMORIAM

Mike Harris
Alan Campbell



Income

Updated: 15/04/24

Figures illustrated are correct at the time of printing.

Fundraising for 'ADS'

HAVING A SPRING CLEAR OUT?

Donate your quality unused items

Have you had a spring clear out or do you plan to have one? We are always looking for good quality, unwanted items and gifts for our summer fundraising events and charity shop.

Please donate:

- Unused gift sets, toiletries and fragrances
- Bric-a-Brac – Unchipped china, glass sets and ornaments
- Clean men's and women's clothes, footwear, hats and bags
- Jewellery and empty jewellery boxes
- Good condition paperback novels

Bring your donations to our Shop on Maidenhead High Street or arrange a collection by calling 07707 531689.



DID YOU KNOW? *For just £12 a month, 'ADS' can provide 30 mins of advice to someone when they need it most*

Support our often life changing Advice Services by setting up a regular standing order today to Alzheimers Dementia Support, A/C# 49303589, Sort Code: 60-13-35 (NatWest Bank) and reference 'Regular Giving 24'.

COULD YOU VOLUNTEER A FEW HOURS A WEEK TO HELP US FUNDRAISE IN THE COMMUNITY?

As we approach the summer season, we need help to attend, raise awareness and fundraise at the community events taking place in the local area. Could you volunteer some time to help run a stall, set up a tombola or ask around for raffle prizes. Why not get in touch and see how you can help this summer by emailing fundraising@adscharity.com or by calling Dee on 07887 993313.

REMEMBER A LOVED ONE THIS SPRING

Remember a loved one this spring by sharing their story and leaving a gift in their memory by visiting:
<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, Berkshire, SL6 1HZ.



Out & About

by Sandra Williams
Out & About Service Leader



Basil & Crew's Creepy Crawlies recently visited. There was no gentle introduction.

In complete contrast to other reptile sessions, which started with holding a stick insect whilst nervously spying a snake from afar, discreetly covered by a towel, three snakes were immediately introduced.

No one batted an eyelid. If anyone should think a snake is slimy, they are wrong. Their skin is shiny and textured.

Two Royal Pythons called William and Harry were handed to us. It was left up to us to decide who was who. Possibly Harry steadily glided up Alan's torso, emerging on the other side of his coat collar, greeting us with a few whips of the tongue. A Mustard Bullnose Snake made itself comfortable curling up on Ann's lap for much of the session; a sign that it was relaxed in our company.

A Bearded Dragon made its entry, to which an Out & About, who will remain anonymous, cried out "I also have a Bearded Dragon at home". Shrieks of laughter ensued.



Throughout the session Carlos, The Chameleon, sat perched on a branch of a plant. His only movement was his beady eyes which continuously swept the room, observing us. When handled, it was fascinating to see it change colour to reflect the colour of our clothes.

Other beasts included geckos, a millipede with feet that felt like Velcro, a Land Snail which had been an unwanted pet, along with a 2 month old tarantula were introduced to us.

Three tortoises clambered around a pen whilst chomping on lettuce and courgette. The largest, an 11 year old Sulcata Tortoise, weighing 2 kg, emitted loud groans. Apparently, it was looking for a mate ... and clearly needed a trip to Specsavers. There was no potential mate in sight.

In amazement and horror, followed by more screams of laughter, we watched its male appendages grow and grow – not a pretty sight. Talk about letting it all hang out!

I spied another tortoise in the corner but proved I also needed a trip to Specsavers. I thought it was a bit inactive. The shell was handed around, along with a bag of relics for us to piece together what was a tortoise.

We held the skin of a snake which had been shed naturally. This led us to Google, to discover how snakes' skin is harvested in the wild and made into posh handbags and shoes. Appalled by what we learnt we concluded there is no reason for such cruelty today.

All the creatures at Basil & Crew have been rescued and it was very evident that they had fallen on their feet or in some cases, safely in their skin or shell.



The Importance of Staying Active for People with Dementia and Their Carers

In the journey that is Dementia, staying active is not just beneficial but vital for both People with Dementia and their Carers. While it may seem challenging at times, going out and engaging in activities can significantly enhance quality of life and well-being.

For People with Dementia, staying active helps stimulate cognitive function and memory recall. Whether it's a walk in the park, a visit to a local museum or participation in group activities, these experiences can provide mental stimulation and promote social interaction, reducing feelings of isolation and depression.

Staying active also contributes to physical health and mobility. Simple exercises, such as gentle walks or chair-based movements, can improve strength, balance, and flexibility, reducing the risk of falls and enhancing overall well-being.



For Carers, staying active is equally important. Engaging in activities outside of caregiving responsibilities can help alleviate stress, boost mood, and prevent burnout. Taking breaks, pursuing hobbies or attending support groups can provide much-needed respite and support for Carers, enabling them to better cope with the demands of caregiving.

Together, staying active and going out and about create opportunities for meaningful connections, shared experiences, and moments of joy amidst the challenges of Dementia. By prioritising physical and social engagement, People with Dementia and their Carers can cultivate a richer and more fulfilling life together.



Services highlights

DEMENTIA INFORMATION HUB – TUESDAY 21ST MAY 2024

At our April Hub, Faye Pearce from Right at Home Maidenhead gave an excellent presentation on Falls Prevention and gave advice for preventing falls, what to do when a person falls and common causes of falls.

To find out more about their services or to get in contact with them, please visit their website at www.rightathome.co.uk/maidenhead/.



Our next Dementia Information Hub session is on 21st May and we'll be welcoming Katie Cinque and her Team of Social Prescribers. Social Prescribers connect people to activities, groups and services in their community to meet the practical, social and emotional needs that can affect their health and wellbeing. [More information about the Hub can be found on page 13.](#)

THE 'ADS' CONNECTION CAFÉ

A friendly place for People with Dementia and their Carers

Our Connection Café isn't just a get-together; it's a place where People with Dementia and their Carers can feel welcome and understood. Here, you can meet others who are going through similar experiences, share stories and get support. It's like having a big family that's there for you when you need it.



At our Connection Café, you'll have fun while keeping your mind active and feeling good emotionally. We do different activities that help you think and remember things better.

And if you're a Carer, you can talk to other Carers who understand what you're going through.

After our Café, we also have Seated Exercises. These are gentle exercises you can do while sitting down. They're easy and help you stay healthy. By coming to both of these Services and doing exercises together, you'll feel happier and more connected with others. [More about this Service at page 12.](#)

Special 'ADS' News



THE DEMENTIA AWARENESS WEEK

Dementia Action Week is a national event that sees the UK public taking action to improve the lives of People affected by Dementia. In 2024, the Week will take place on the 13th – 19th May.

On Friday 17th May, the 'ADS' Team will be present in the reception of Wexham Park Hospital from 10am to 4pm to offer information and advice to visitors and patients. If you would like to find out more about our Charity and work, do come and meet with us.

Also, as a big 'THANK YOU' for being one of our amazing Members, together with Berkshire College of Agriculture, we are organising a special picnic on the 15th May. We're excited to have you join us for a fun day together in the beautiful outdoors.



For more information, please contact Terrie Hall on 07516 165647 or send an email at info@adscharity.com.

SANTA FUN RUN 2024

Join us for the annual 'ADS' Santa Fun Run – a festive 5k run, walk or push around Dorney Lake! This joyful, family event isn't just about getting active – it's about spreading holiday cheer and making a difference in the lives of those living with Dementia.

We'll soon be launching the registration page, so keep an eye on our social media channels. The next 'ADS' Santa Fun Run will take place on 24th November 2024 at Eton Dorney Lake!



24th November 2024

We're also reaching out to local businesses with an exciting opportunity to make a meaningful impact in our community and join us as sponsors.

By supporting us and sponsoring our popular Santa Fun Run, you'll not only gain valuable exposure for your brand but also demonstrate your commitment to supporting families affected by Dementia in our local area.

For more information about this, please send an email to Andreea at marketing@adscharity.com.

The 'ADS' Services Calendar

MAY

MONDAY	TUESDAY	WEDNESDAY
		1st 10:00 – Maidenhead Fun & Activities at BCA 13:00 – Maidenhead Singing for Pleasure 13:00 – Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music
6th BANK HOLIDAY NO SERVICES	10:30 – Langley Seated Exercises 13:00 – Windsor Singing for Pleasure	7th 8th 10:00 – Maidenhead Fun & Activities at BCA 12:30 – Maidenhead Members' Lunch 13:00 – Maidenhead Singing for Pleasure 13:00 – Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music
13th 10:00 – Maidenhead Connection Café with Seated Exercises 13:30 – Online on ZOOM Singing for Pleasure	10:30 – Langley Seated Exercises 13:00 – Windsor Singing for Pleasure	14th 15th 13:00 – Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music
20th 10:00 – Maidenhead Connection Café with Seated Exercises 13:30 – Online on ZOOM Singing for Pleasure	10:30 – Langley Seated Exercises 13:00 – Windsor Singing for Pleasure 19:00 – Windsor Dementia Information Hub	21st 22nd 13:00 – Maidenhead Singing for Pleasure 13:00 – Langley Aap Ke Sehat Ke Sangh – Wellbeing Through Music
27th BANK HOLIDAY NO SERVICES	10:30 – Langley Seated Exercises 13:00 – Windsor Singing for Pleasure	28th 29th 13:00 – Maidenhead Singing for Pleasure 13:00 – Langley Warzish Taal Ke Saath – Moves to Melody

The 'ADS' Services Calendar

MAY

THURSDAY	FRIDAY
<p style="text-align: right;">2nd</p> <p>10:00 – Maidenhead Fun & Activities at BCA</p> <p>13:30 – Ascot Seated Exercises</p>	<p style="text-align: right;">3rd</p> <p>10:30 – Ascot Singing for Pleasure</p>
<p style="text-align: right;">9th</p> <p>13:30 – Ascot Seated Exercises</p>	<p style="text-align: right;">10th</p> <p>10:30 – Ascot Singing for Pleasure</p>
<p style="text-align: right;">16th</p> <p>12:30 – Maidenhead Mates with Plates & Ladies that Lunch</p> <p>13:30 – Ascot Seated Exercises</p>	<p style="text-align: right;">17th</p> <p>10:30 – Ascot Singing for Pleasure</p>
<p style="text-align: right;">23rd</p> <p>13:30 – Ascot Seated Exercises</p> <p>14:00 – Windsor Moves & Grooves</p>	<p style="text-align: right;">24th</p> <p>10:30 – Ascot Singing for Pleasure</p>
<p style="text-align: right;">30th</p> <p>13:30 – Ascot Seated Exercises</p>	<p style="text-align: right;">31st</p> <p>10:30 – Ascot Singing for Pleasure</p>

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.

The 'ADS' Services

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

ASCOT

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

LANGLEY

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



Seated exercises offer a gentle yet effective way for People with Dementia and their Carers to stay physically active and maintain mobility, promoting overall health and wellbeing.

For further information about any of these Services, please contact Terrie on 07516 165647 or at terrie.hall@adscharity.com.

The 'ADS' Services

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, 21st May.

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.



The 'ADS' Services

**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.

Singing together online gives People with Dementia a happy way to express themselves and feel connected. It helps reduce stress and makes them feel better emotionally, all from the comfort of home.

Pre-booking is not required, so please just turn up.
For more information, please get in touch with Terrie on 07516 165647.

The 'ADS' Services

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.

Our **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.

Next Members' Lunch takes place on 8th May.



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.

Next Mates with Plates, Ladies that Lunch takes place on 16th May.

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 £16 per person is requested which includes the carvery meal, ice cream dessert and a soft drink. All our lunches must be booked in advance by calling Terrie on 07516 165647.



MOVES & GROOVES

This Service is designed for People with Dementia and their Carers to get together for a fun social event where people can engage as much (or as little) as they like.

WINDSOR

4th Thursday of the month

14:00 - 16:00

Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

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.

Next Moves & Grooves takes place on 23rd May.

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.



The 'ADS' Services

ASIAN LANGUAGE & CULTURAL SERVICES

The Asian community holds great significance for our Charity and we are delighted to offer support to People with Dementia within this group.

With this in mind, 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 Service is really helpful for both People with Dementia and their Carers. It uses music to bring back memories, ease worries and make them feel happier.

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.

LANGLEY
Every Wednesday of the month
13:00 – 14:30
St Francis Church, London Road
Langley SL3 7LN



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia. It helps them stay active, improves mood and can even trigger memories through familiar tunes and movements.

For carers, it provides a fun and enjoyable activity to share with their loved ones.

A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.

LANGLEY
Last Wednesday of the month
13:00 – 14:30
St Francis Church, London Road
Langley SL3 7LN

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

The 'ADS' Services

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.

Together, we joined forces to promote awareness and support for People affected by Dementia.

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

The FABulous Service at BCA is helpful for People with Dementia and their Carers because it provides fun activities in a friendly environment. The students and the 'ADS' Team offer their constant support which can make participants feel comfortable and more connected.

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

This Service is closed from 8th May until September.



The 'ADS' Services

OUT & ABOUT

This Service offers a wonderful opportunity for People with early-stage Dementia who are still active and their Carers to enjoy new experiences and create cherished memories together in a supportive and inclusive environment.

By participating in outings tailored to their interests and needs, the People with Dementia get to boost their mood while their Carers can enjoy a welcome and very much needed break from daily routines.

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.

She is supported by an amazing 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 on 07593 661848 or via email at sandra.williams@adscharity.com.

There is a waiting list for this popular Service, so please put your name down as soon as possible!

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.

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)

Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Important 'ADS' Contacts



Terrie Hall
Senior Dementia Advisor

07516 165647
terrie.hall@adscharity.com



Rachel Spencer
Service Advisor

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rachel.spencer@adscharity.com



Shahida Khan
Multi-Lingual Service Advisor

07543 243613
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Sandra Williams
Out & About Service Leader

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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

THE 'ADS' SHOP ZONE

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

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 us.

If you would like to know more, please visit our website: <https://bit.ly/3F7cL5u>.

