

'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

JUNE 2023



SAVE
THE DATE

'ADS' AGM on
10th July
6.30 pm

more details in the next newsletter

SUBSCRIBE

to get this by email



SCAN HERE

WHO are we?

A local independent Charity that assists, guides and actively supports people living with Dementia and their Carers, in our local community.

WHAT do we do?

Provide a wide range of Services and interactive activities designed and delivered to improve the lives of the people we support.

WHERE do we do it?

Windsor, Ascot, Maidenhead, Slough, Langley & surroundings.



www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope you enjoyed the pageantry surrounding the Coronation of King Charles III and you were able to join in with some of the teas, cakes quiche and camaraderie on offer around your local area. The weather could have been a little more clement on the day, but it certainly didn't dampen the spirits of the cheering crowds - what an amazing spectacle it was!

On the previous afternoon, my wife Christine and I were delighted to join in with the Members and Team for the 'ADS' Coronation afternoon tea at Maidenhead Golf Cub. It really was great fun with everyone entering the event in their red, white and blue finery (and crowns of course).

We also attended the picnic at BCA which was a roaring success and much fun and laughter was had by all.

This month we are featuring a new section which presents our new 'ADS' Ambassadors.

Please read on for full details and information related to these and all of our other great Services and activities - so 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

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IMPORTANT CONTACTS

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.

Highlights of the month



CELEBRATING THE CORONATION TOGETHER WITH OUR MEMBERS

To celebrate the Coronation of His Majesty King Charles III, 'ADS' held a Coronation Afternoon Tea at Maidenhead Golf Club. 70 of our members joined in the celebrations wearing red, white and blue and some of the ladies wore tiaras. The sun shone all afternoon and they were entertained by singer, Gary Roman. A wonderful, memorable time was had by all!



The Memory Clinic at Slough held a Street Party with staff serving refreshments, cakes and sandwiches. Attendees enjoyed a Coronation Quiz and a raffle. There was a photo opportunity with a life sized cut-out of His Majesty King Charles!



LEE HOUSE SURGERY VISIT



On the 14th of April, we were invited to Lee House Surgery in Windsor to join their monthly Carers' group meeting

We would like to thank Justyna Kaminska, Practice Manager at Lee House Surgery, Windsor for giving us the opportunity to share with everyone how they can benefit from the Services that we offer within the 'ADS' Charity.

AIR POLLUTION MAY INCREASE RISK OF DEMENTIA

Exposure to ambient air pollution is associated with a measurably greater risk of developing dementia over time.

Source and full article:
<https://bit.ly/3BqzO9X>

REDUCE THE CHANCE OF DEVELOPING DEMENTIA

Seven healthy habits and lifestyle changes that may help cut the risk of Dementia, a study suggests.

Source and full article:
<https://bit.ly/42WjIRx>



Introducing...

THE 'ADS' AMBASSADORS

In this edition, we would like to welcome our lovely Ambassadors whose unwavering dedication and influential voices will impact our work. Jo and Pam generously offered their skills, support and personal commitment to our cause, using their platforms to help raise both awareness and funding and to assist with our Membership information.

JO HOLDEN

We first met Jo at Maidenhead Golf Club, where as the Ladies' Captain, she helped to raise significant funds for 'ADS'. She will now be using her IT and HR experience to assist with our own Member database and to help us to raise further funding.

Look out for Jo at our events and do please get in touch if you have any contacts in local organisations that we could approach.



PAM WARREN

Although Pam now lives in South Bucks, she very much considers herself a "Maidonian" having lived around the area for her first 30 years.

Pam joins us with a wonderful history of volunteering with BucksVision and an extensive understanding of Dementia. She attended many of our Services when she and her brother were caring for their Mum who was diagnosed with a rare frontotemporal Dementia.

At first helping our Connection Café on Mondays, she now also attends external meetings representing 'ADS' and helps with raising awareness. More recently she has visited the BCA service and hopes to familiarise herself with all our regular calendar events over the summer.

We would like to thank Jo and Pam for volunteering with us and offering their invaluable support and commitment as ambassadors for our Charity. We are very excited to be working with them.

In our next edition, we will introduce you to our lovely Charity Shop Volunteers.

Fundraising for 'ADS'

Going on holiday this year? As you plan your next adventure, we invite you to consider making a difference in the lives of People living with Dementia by booking your holidays through Give as you Live platform.



Sign up using this link and once you've raised your first £5, easyfundraising will double it: <https://bit.ly/3o1qVR4>

It won't cost you any extra and it will help us raise more funds for the Charity. Your donation will go towards supporting People with Dementia and their Carers and Families.

When booking your holiday through Give as you Live, you are given the opportunity to choose Alzheimers Dementia Support as your preferred charity. Every little bit helps and your contribution can make a significant difference to those in need.



Donating through EasyFundraising is a simple and easy way to support 'ADS' while making purchases you were already planning to make.

Many online retailers have partnered with this platform, allowing customers to choose a charity of their choice to donate a percentage of their purchase to. This means that you can make a difference with your everyday purchases without any extra effort or cost to you.

So next time you're shopping online, consider choosing a retailer that supports charity and choose Alzheimers Dementia Support to make your shopping count for more.



If you've lost someone to Dementia, setting up a Muchloved page in their memory is a wonderful way to celebrate their life and make a difference in their honour.

By choosing to fundraise in their name for 'ADS' you can keep their memory alive and make a positive impact in the lives of others living with Dementia. You can help to raise awareness about this condition.

Setting up a Muchloved page is easy and can be done in just a few minutes. Once you have created your page, you can share it with family, friends, and colleagues, and encourage them to make a donation in memory of your loved one.

Out & About

by Sandra Williams
Out & About Service Coordinator

As I reflected upon what Out & About has been up to in May, I recalled the phrase “Variety is the spice of Life, that gives it all its flavour”. This summed up May’s programme of outings, some simple, some special, all engaging, interesting and enjoyable.

Our special outing must be a visit to The Royal Mews, Buckingham Palace, prior to The Coronation of King Charles III. Staff at The Royal Collection made us so welcome. We glided through the archway, expertly driven by Andy our driver, parking in the “Royal area” feeling rather grand.

Katherine, was our superb guide, taking us to meet Launcer, a Charger Horse, who would be walking behind the Gold State Carriage in the Coronation parade. Launcer was adorable. As we toured the Mews we spied the stalls, all prepared ready for the arrival of the other horses.



The Gold State Carriage had been moved into position for the parade. It was a magnificent sight although we were reminded that it didn’t offer the most comfortable of ride.

King George III commissioned this carriage for his Coronation, but it wasn’t ready in time. I wonder how many heads rolled. Instead, he used it for his first State Opening of Parliament and he and Queen Charlotte made do with being carried on sedans to their Coronation.

The Diamond Jubilee Coach was a splendid sight offering 21st Century comforts, being spacious, providing a gentle ride, air conditioning, heating and even a USB port. The door handles are encrusted with diamonds and the lamps glistened. I am not surprised that King Charles and Queen Camilla chose this carriage for their outgoing journey, ensuring comfort prior to such a momentous occasion.



Two large pantechnicons somehow squeezed through the Mews arch, delivering a number of brand-new Range Rovers to ferry the dignitaries to the Coronation. Out of the corner of my eye I spotted arms laden with uniforms, being carried in, in readiness for the big day.

This was a truly wonderful day, seeing upfront some of the preparations for the Coronation procession.

Moving on to a somewhat simpler day, we visited Braywick Nature Reserve for a spot of Pond Dipping. I was warned that Gerry, in his childhood, used to fish for newts and sell them, so I would need to check his pockets – an entrepreneur in the making, who later used his ingenuity to run his own business – no newts involved.

Armed with our nets we gently skimmed and scooped, before emptying our nets into a tray of water, waiting in anticipation to see what emerged from the pond debris. We inspected two creatures, believing one was trying to eat the other, but Tom, The Ranger, informed us that often invertebrates just hop aboard, taking a ride to enjoy “40 winks”. How convivial!



At lunch, Mike said “this was the best day out”. Our outings in May have certainly been varied, providing flavour to all our lives.



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.

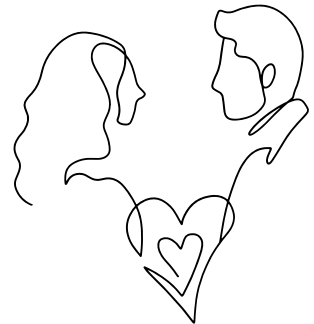


If you would like to know more, please visit our website:
<https://bit.ly/3F7cL5u>.



One of our Members, wrote a lovely poem about his wife which we would like to share with you.

*D. Disoriented to say the least
E. Emptiness, eyes full of tears
M. Mad thoughts going through the mind
E. Even though I try it doesn't mean a thing
N. Now frustration you can tell is setting in
T. The problem to explain is all in vain
J. "I'm going mad, please help" she cries
A. At the moment we hold hands, nothing more to say,
just waiting for another day.*



*"For better, for worse", the words we both spoke
I will not leave, I will not go, you're the one that I love so.*

Special Thanks to...

DESBOROUGH BOWLING CLUB

We would like to thank Desborough Bowling Club for hosting us last month and allowing us to raise awareness through our special displays.

Pam, our new Ambassador, created a lovely set up introducing people in the world of the ones living with Dementia.



She was also there every day from 15th - 25th May to talk to everyone interested in our Charity and to raise awareness.



"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!

OLIVE LONG
MARGARET WALTERS
MR AND MRS WOODWARD

IMPERIAL POLYTHENE
COOKHAM BRIDGE ROTARY

We would also like to thank everyone setting up JustGiving fundraising pages for our Charity.

Donations in memoriam

PAT GOULD
CYNTHIA WEBB
JANET DOMINY

GRAHAM JONES
BARBARA FAGAN
PAMELA CUMBERLAND

BRIAN CLARK
GLYN CASWELL
JOHN O'NEIL

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.

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:

- £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

JUNE CALENDAR




THU	1st	13:30	ASCOT	SEATED EXERCISES
FRI	2nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	5th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	5th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	6th	10:30	LANGLEY	SEATED EXERCISES
TUE	6th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	7th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	7th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	8th	13:30	ASCOT	SEATED EXERCISES
FRI	9th	10:30	ASCOT	SINGING FOR PLEASURE
MON	12th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	12th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	13th	10:30	LANGLEY	SEATED EXERCISES
TUE	13th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	14th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	14th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	14th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	15th	13:30	ASCOT	SEATED EXERCISES
FRI	16th	10:30	ASCOT	SINGING FOR PLEASURE
MON	19th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	19th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	20th	10:30	LANGLEY	SEATED EXERCISES
TUE	20th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	21st	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	21st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	21st	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	22nd	14:00	WINDSOR	MOVES & GROOVES
FRI	23rd	13:30	ASCOT	SINGING FOR PLEASURE

Our Getting Together Services

JUNE CALENDAR



MON	26th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	26th	13:30	ZOOM 	SINGING FOR PLEASURE
TUE	27th	10:30	LANGLEY	SEATED EXERCISES
TUE	27th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	28th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	28th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	29th	13:30	ASCOT	SEATED EXERCISES
FRI	30th	10:30	ASCOT	SINGING FOR PLEASURE



Information, support & advice

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 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



! *Seated Exercises is not running in Ascot on 22nd June due to Royal Ascot.*

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.

Getting Together

DETAILED INFORMATION

LUNCH CLUBS

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

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



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

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

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



Next Members' Lunch:
Wednesday, 14th June

Next Mates with Plates, Ladies that Lunch:
Wednesday, 21st June



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



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, 22nd June.*



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.

NOT RUNNING
DURING SUMMER
HOLIDAYS.
RESTARTS IN SEPTEMBER.

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.



! This Service is not running during summer holidays. It will resume in September.



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

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 June

PUZZLE PAGE



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

SUNSHINE
 RECREATION
 SUMMER
 GRADUATION
 SWIMMING
 FLAG
 CAMP
 HOLIDAY
 PICNIC
 CELEBRATION
 VACATION
 GARDENING
 MOUNTAIN
 EAGLE
 FATHERS
 OUTDOORS
 GROW
 FAMILY
 TRAVEL
 HIKING
 BASEBALL

Why do bananas use sunscreen?

Because they peel.



Why do fish like to eat worms?

Because they get hooked on them.

Which is the top view?



a b c d

Can you find the missing number?

8 _A	■	6 _B
■	12 _E	■
3 _C	■	1 _D

5 _A	■	3 _B
■	3 _E	■
9 _C	■	4 _D

7 _A	■	5 _B
■	?? _E	■
6 _C	■	3 _D



Important 'ADS' Contacts



Terrie Hall
Senior Dementia Advisor

07516 165647
terrie.hall@adscharity.com



Rachel Spencer
Service Advisor

07706 324372
rachel.spencer@adscharity.com



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'ADS' SANTA FUN RUN

AN EVENT ORGANISED BY ALZHEIMERS DEMENTIA SUPPORT

WALK, RUN OR PUSH AROUND DORNEY LAKE ON

26th NOVEMBER 2023

COME MEET SANTA & HIS HELPERS:
THE JOLLY ELF, ELSA & SECRET SUPERHERO!

FOR MORE INFORMATION, VISIT
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