



'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

AUGUST 2023



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WHO are we?

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

WHAT do we do?

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

WHERE do we do it?

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

www.adscharity.com



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

Note from the CHAIRMAN

Hello Everyone,

I hope you are still managing to take advantage of the summer sunshine and you are spending lots of time quality outdoors with friends and family.

As you may know, we held our 'ADS' AGM on the 10th of July which was well attended and it represented a good opportunity for the Trustees to chat with the team and engage with some of our Members. It also allowed us to discuss our future plans in a relaxed atmosphere. Our new much anticipated Dementia Information HUB begins next month and I'm sure it will work really well for you.

Our 'ADS' Team of Advisors are working as hard as ever to deliver the best possible quality of Services to keep you interested, please spare a thought for their dedication and optimism as they continue with their great work. I know you would wish to join me in telling them how much they are appreciated.

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 them in the company of your friends.

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.

Headlines



THE 'ADS' ANNUAL GENERAL MEETING

On 10th July we had our first in-person Annual General Meeting since the pandemic. We welcomed more than 20 people - members of the 'ADS' Community, but also representatives of local businesses.

The AGM provided a platform for open dialogue, allowing participants to voice their thoughts, concerns, and suggestions.



It was an opportunity to showcase the Charity's financial performance, growth strategies and other important activities that we've done over the past years. After the official presentations, everyone enjoyed some delicious pizza while exchanging ideas about how we can all work together and support the Charity better.

We would like to thank again to everyone present at the venue or on Zoom. It was wonderful to be able to meet you again, after all this time!



REGISTRATIONS ARE OPEN FOR THE 'ADS' SANTA FUN RUN 2023

We're excited to announce that registrations are now open for the much-anticipated Santa Fun Run which takes place on 26th November 2023!



Whether you're an experienced runner or simply looking for a fun and festive way to get active, the Santa Fun Run is perfect for all ages and abilities.

Don't miss out on this jolly opportunity and secure your spot today. Scan this QR code for more information.

FIONA PHILLIPS: PRESENTER REVEALS SHE HAS ALZHEIMER'S AT 62

The journalist and broadcaster discovered she had the disease a year ago after suffering months of brain fog and anxiety.

Source & full article: <https://bit.ly/431Ylsb>

LACK OF SLEEP LESSENS COGNITIVE BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity may protect against cognitive decline, but this may be diminished for people who are not getting enough sleep.

Source & full article: <https://bit.ly/3PTi4MT>



Introducing...

THE 'ADS' SERVICE ADVISORS TEAM

We would like to take a moment to introduce you to our incredible team of Dementia Advisors. In a world where Dementia affects millions of individuals and their families, our Advisors are here to offer support, guidance, and compassion.



Meet **Terrie**, our Senior Dementia Advisor. Terrie helped care for her Mother who suffered from Alzheimer's. While caring for her Mother, she discovered that there was little or no support available to help, her, her Mum or others in her family. In January 2012, Terrie joined 'ADS' as an Advisor and she is committed to guiding and supporting those who are affected by Dementia in our local community.

This is **Sandra**, our Out & About Service Leader. Sandra has worked in the care sector for 20 years, joining ADS in 2012 to launch our Out & About Service. She is passionate about enabling People with Dementia to continue to enjoy their lives ensuring they feel respected and included. Building strong relationships with their Carer is an integral part of getting to know our "Out & Abouters". She is always available for support and guidance on this difficult journey.



And this is **Santok**, our Multi-Lingual Service Advisor who sadly is retiring at the end of this month after being with 'ADS' for 7 years!

We would like to thank Santok for her dedication and hard work running our Services in Langley and supporting our Members.



"Santok's dedication 'ADS', to her fellow team members and to those whom she has supported from within the Asian

community, has been exemplary. Santok has the most wonderful nature and I would like to add my personal thanks to her for everything she has done for us and in her retirement I wish for her the most wonderful future dedicating her time with her family - well deserved." - David D. Jannetta, Voluntary Chairman, Founder, MD & Trustee.

We will be hosting a farewell party for Santok on Thursday 24th August from 5.30pm to 7.30pm at Gardeners Hall, 213 St Leonards Road, Windsor SL4 3DR. If you would like to join us in wishing Santok well, can you please contact Terrie by 10th August on 07516 165647 or at terrie.hall@adscharity.com.



In our next Newsletter, we'll introduce to you Rachel, T J and Claire - the rest of the amazing Advisors Team.

Special 'ADS' news



SAVE THE DATE

We are delighted to welcome back Berkshire Birds of Prey who will be joining us again on [Wednesday 6th September from 10am to 12 noon](#) at Methodist Church, High Street, Maidenhead SL6 1EF.

This is an experience you won't want to miss, so be sure to secure your spot by booking in advance. With limited places available, please contact Terrie on 07516 165647 or Rachel on 07706 324372 to confirm your presence.



THE DEMENTIA INFORMATION HUB - A NEW 'ADS' SERVICE

We are thrilled to announce the launch of a [new Service starting Monday, 18th of September](#). With great excitement and anticipation, we would like to introduce to you [The Dementia Information Hub](#).

We will be meeting on the 3rd Monday evening of each month from 7pm to 9pm at Dedworth Green Baptist Church, Smiths Lane, Windsor SL4 5PE. Each month there will be a guest speaker and our Advisors will be available for information and advice. The Service is for anyone who is affected by any type of Dementia and who would also like to meet others who are in similar situations.

September's guest speaker will be Belinda Dixon, Senior Dementia Advisor at Optalis who provide adult social care on behalf of the Royal Borough of Windsor & Maidenhead and Rumana Azeem, Dementia Advisor from Slough Memory Clinic.

No need to book - just turn up. Refreshments served throughout the evening. For further information please call Terrie on 07516 165647.



WEEKEND AWAY WITH THE 'ADS' MEMBERS 2024

This getaway is organised for Carers, their loved one and for Former Carers. The coach departs from Stafferton Lodge Maidenhead for a 3-night weekend break at Sinah Warren Coastal Hotel, Hayling Island. The price includes, Travel, Accommodation, Breakfast & Evening meal, Entertainment, Indoor and Outdoor Activities.

Our [next trip to Hayling Island will be 31st May to 3rd June, 2024](#). To register your interest please contact Terrie at 07516 165647.

A Kid's Guide to Dementia

A BOOK ESPECIALLY CREATED FOR YOUNG PEOPLE

Back in August 2020, we launched our special book 'A Kid's Guide to Dementia', written by the then 18-year-old author Tegan Harris who has kindly donated all proceeds of sale to 'ADS'.

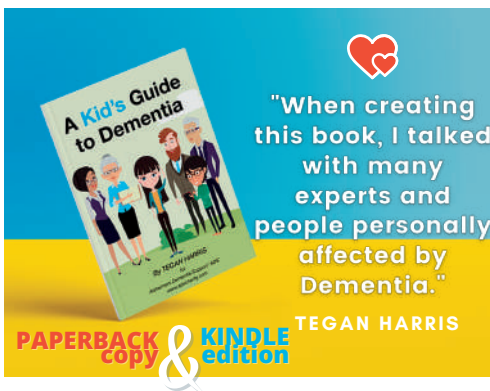
Available as a paperback from our Charity Shop in the High Street, to purchase online from our new website, or as an e-book downloadable from Amazon, 'A Kid's Guide to Dementia' is the culmination of 2 years of work for Tegan.



'A Kid's Guide to Dementia' is primarily for 8-11-year-olds to help them understand what to expect when someone they are close to develops Dementia, however, adults new to Dementia can also find it very useful. The book, which Tegan began researching when she was 16, has already received glowing reviews from children and adults alike who found it a simple, fun and informative way to understand Dementia.

The book is a part of the Youth Initiative project 'ADS' is developing to educate young people about Dementia. This exciting new initiative is aimed at identifying and extending our current support network to an ever-growing number of young Carers in our community.

To find out more about the Youth Project, please visit our website at <http://bit.ly/3F9GiLS>



If you would like to learn more about Dementia, you can buy our book as a Paperback copy or as a Kindle edition directly from our website: www.adscharity.com/kids-guide/ and choose which version you would like to have.

Or if you are visiting our High Street Maidenhead Charity Shop, you can buy it from there.

Fundraising for 'ADS'

MUCH LOVED



We work in partnership with MuchLoved, the UK's leading online tribute charity, to provide a free tribute service where you can remember someone special, and fundraise in their memory.

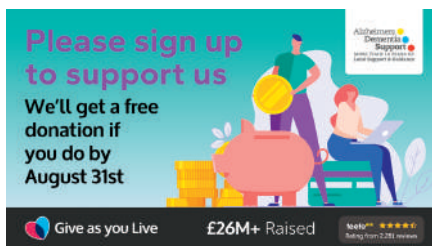
You can create a special, personalised tribute page for your loved one, where you can share memories, photos, stories, music and videos to celebrate their life and donate to our work in their honour.

EASY FUNDRAISING

Please remember to use easyfundraising every time you shop online. Over 7,000 brands will donate to us, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for us no matter what you're buying.



GIVE AS YOU LIVE



Also, if you sign up to Give as you Live Online and select us as your chosen charity by 31st August, we'll receive a bonus of £1 donation for every new supporter.

Use this promotional link to sign up and start shopping: <https://bit.ly/3rxPiag>

If you haven't signed up to support us yet, it's easy and completely FREE. These donations really help us, so it would be great if you could take a moment to get started!

THE 'ADS' SHOP RAFFLES

We're thrilled to announce an exciting new concept at our Charity Shop that aims to engage our customers and provide us additional support.

Every now and then, Cathy - the Shop Manager - organises a special raffle with amazing prizes generously donated by individuals or local businesses.

The funds raised from ticket sales go directly to supporting our charity's mission and initiatives.



Special Thanks to...

MAIDENHEAD ROTARY CLUB

We would like to thank Maidenhead Rotary Club for choosing 'ADS' as one of the Charities to receive some of the raised funds at the Maidenhead Bikeathon event.

Our team was there to talk about our Charity and raise awareness amongst the participants. It was lovely to be part of this event again and meet everyone.



SLOUGH CRIBBAGE

We would also like to thank Slough Cribbage for choosing 'ADS' as one of the three Charities chosen to receive a donation.

Terrie, our Senior Dementia Advisor, was there for the cheque presentation. In the picture, she is with Paul the President of Slough Cribbage and Mandy Gunn from Special Voices.



"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!

KEN & MAY SEALY
K. THOMPSON
CV & SA GRANT

ANN & FRANK MCLAUGHLIN
PHYLLIS & JOHN GILLOOLY

Also, thank you to everyone setting up JustGiving fundraising pages for 'ADS'.

Donations in memoriam

PATRICIA SMITH
EDWARD CHIPPER

CHRISTINE RICHARDS
SANDRA ASHTON

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:

- £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)

Slough Dementia Advisor: 0300 247 3001

All Out of Hours Access Team: 01344 786 543

Our Getting Together Services

AUGUST CALENDAR



TUE	1st	10:30	LANGLEY	SEATED EXERCISES
TUE	1st	13:00	WINDSOR	SINGING FOR PLEASURE
WED	2nd	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	2nd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	2nd	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	3rd	13:30	ASCOT	SEATED EXERCISES
FRI	4th	10:30	ASCOT	SINGING FOR PLEASURE
MON	7th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	7th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	8th	10:30	LANGLEY	SEATED EXERCISES
TUE	8th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	9th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	9th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	9th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	9th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	10th	13:30	ASCOT	SEATED EXERCISES
FRI	11th	10:30	ASCOT	SINGING FOR PLEASURE
MON	14th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	14th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	15th	10:30	LANGLEY	SEATED EXERCISES
WED	16th	10:00	MAIDENHEAD	FAB - FUN AT BCA
WED	16th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	16th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	16th	13:00	LANGLEY	AAP KE SEHAT KE SANGH - WELLBEING THROUGH MUSIC
THU	17th	13:30	ASCOT	SEATED EXERCISES
FRI	18th	13:30	ASCOT	SINGING FOR PLEASURE
MON	21st	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	21st	13:30	ZOOM	SINGING FOR PLEASURE

Our Getting Together Services

AUGUST CALENDAR



TUE	22nd	10:30	LANGLEY	SEATED EXERCISES
TUE	22nd	13:00	WINDSOR	SINGING FOR PLEASURE
WED	23rd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	23rd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	24th	13:30	ASCOT	SEATED EXERCISES
THU	24th	14:00	WINDSOR	MOVES & GROOVES
FRI	25th	10:30	ASCOT	SINGING FOR PLEASURE
MON	28th	BANK HOLIDAY, NO SERVICES		
TUE	29th	10:30	LANGLEY	SEATED EXERCISES
TUE	29th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	30th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	30th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	31st	13:30	ASCOT	SEATED EXERCISES

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



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, 9th August

Next Mates with Plates, Ladies that Lunch:
Wednesday, 16th August



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

Getting Together

DETAILED INFORMATION

MOVES & GROOVES

The 'ADS' Moves and Grooves session is designed for People with Dementia and their Carers to get together for a fun social event where people can participate as much (or as little) as they like.

Whilst we encourage people to join in this gentle exercise, we do understand that you may just like to come along to watch and chat.

WINDSOR

4th Thursday of the month
14:00 - 16:00
Gardeners Hall 213 St. Leonards Rd
Windsor SL4 3DR

! *Next session is on Thursday, 24th August.*

Dancing in particular helps everyone engage their senses. It helps stimulate social interaction, improve depression and anxiety symptoms, and has been shown to improve memory and cognitive functioning.



Every 4th Thursday of the month, we offer a 'Moves & Grooves' Service. The hall is set up so you can sit, enjoy some tea and cake in a totally relaxed atmosphere, whilst watching and joining in if you'd like to. There is no pressure to join in, but we are sure once you hear the music, you'll be eager to get toe tapping.



Come along and see for yourself what music and dance can do to your mood! We're sure you'll leave with a smile on your face and a spring in your step.



Getting Together

DETAILED INFORMATION

ASIAN LANGUAGE & CULTURAL SERVICES

We have designed specific Services for local Asian people with Dementia and their Carers, to help improve mood and wellbeing through music and gentle exercise.

AAP KE SEHAT SANGEET KE SANG WELLBEING THROUGH MUSIC

This free drop-in Service, with refreshments provided, is in a venue which has plenty of parking. We would be delighted to welcome anyone to come and enjoy the music.



WARZISH TAAL KE SAATH MOVES TO MELODY

Music and dance are recognised as helping People with Dementia. A free drop-in monthly activity with music which helps both the Person with Dementia and their Carer recharge their batteries.



Well Being Through Music sessions are held every Wednesday and **Moves to Melody** is every last Wednesday of the month, from 13:00 to 14:30 at St Francis Church, London Road, Langley, SL3 7LN.

Please check the Services Calendar from pages 10-11 for more details.

Pre-booking is not needed, so please just pop along. For more details about the Asian Services contact Santok on 07543243613.

STILL
RUNNING IN
AUGUST!
SEE P. 10 - 11 FOR
MORE INFO.

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 still running without the students for the first half of August. Please see p. 10-11 for more details.



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 July

PUZZLE PAGE



AUGUST HOLIDAYS
BARBECUE ICE CREAM
BEACH JULY
BIKING LAKE
BONFIRES LEMONADE
BOOKS MEMORIES
CAMPING PICNICS
CANOEING POOL
COTTAGE POPSICLES
FAMILY PUZZLES
FRIENDS READING
GAMES RELAX
HAMMOCK ROAD TRIPS
HIKING SPORTS

SPRINKLER
STRAWBERRIES
SUMMER CAMP
SWIMMING
VACATION
WATERMELON

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

There are 8 differences between these two pictures. Can you find them all?



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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
[ADSCHARITY.COM/SANTA-FUN-RUN](https://adscharity.com/santa-fun-run)