



# 'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

SEPTEMBER 2023



JOIN US!  
SINGING  
FOR PLEASURE  
ONLINE  
P. 13

NEW SERVICE!  
DEMENTIA  
INFORMATION  
HUB  
P. 13

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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](http://www.adscharity.com)



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

# Note from the CHAIRMAN

Hello Everyone,

I hope you have had an enjoyable month in the company of family and friends despite the wet weather.

Here are a couple of reminders for your diaries during September. Our new monthly Dementia Information Hub starts on Monday 18th featuring various interesting guest speakers. BCA will be starting up again as their new term begins again, allowing us to return to a regular programme of services from this great venue.

The preparations are gathering pace ahead of our 'ADS' Annual Santa Fun Run, which is scheduled for Sunday 26th November this year so get ready!!! Lot's of work goes into this, our main annual fundraising event and we hope that everyone will make an extra special effort to help us spread the word far and wide. We would ask that you help us by encouraging your family, friends and their circle of contacts to enter into the spirit by sponsoring this fun Event. Please get involved and help us to keep on delivering for you.

Our great 'ADS' Team of Advisors are working as hard as ever to deliver our various high quality services to keep you interested, they continue to do such wonderful work and they are much 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

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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# Headlines



## THE DEMENTIA INFORMATION HUB – A NEW 'ADS' SERVICE

We are delighted to announce the launch of an upcoming **NEW Service beginning on Monday, September 18th**. With great excitement, we would like to introduce to you **The Dementia Information Hub**.

Mark your calendars for the 3rd Monday of every month, as we gather from 19:00 to 21:00 at Dedworth Green Baptist Church, Smiths Lane, Windsor SL4 5PE. Each session will feature a guest speaker, and our Advisors will be on hand to offer guidance and information. This service is designed for individuals impacted by any form of Dementia, providing an opportunity to connect with others facing similar circumstances.

Our inaugural guest speakers in September are Belinda Dixon, Senior Dementia Advisor at Optalis, who offers adult social care on behalf of the Royal Borough of Windsor & Maidenhead and Rumana Azeem, Dementia Advisor from Slough Memory Clinic.

No reservations are required—simply join us at the venue. Light refreshments will be available throughout the evening. For additional details, feel free to reach out to Terrie at 07516 165647. Get ready for an insightful and supportive experience!



## BERKSHIRE BIRDS OF PREY RETURNS

We're thrilled to announce the return of Berkshire Birds of Prey, who will once again be joining us on **Wednesday, September 6th, from 10 am to 12 noon** at the Methodist Church, High St, Maidenhead SL6 1EF.

This is an opportunity not to be missed, so make sure you secure your place by reserving in advance. As spots are limited, kindly reach out to Terrie at 07516 165647 or Rachel at 07706 324372 to confirm your attendance.



### HEART ATTACKS INCREASE RISK OF COGNITIVE DECLINE FOR YEARS

Researchers looked at a pool of more than 30,000 people and found that after a heart attack, the risk of cognitive decline increased.

Source & full article: <https://bit.ly/3OGt8eb>

### BEING LONELY LINKED TO BRAIN SHRINKAGE

Socially isolated participants also had more small areas of damage in the brain, called white matter lesions, than people with frequent social contact.

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



# 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 **Rachel**, our lovely Service Advisor. She grew up caring for her mother and it was a passion for caring that led to a change in career, becoming a domiciliary Carer in the community around Maidenhead. She obtained the NVQ2 in Health and Social Care and completed courses specialising in Dementia to become her Companies Dementia Champion so that she could help create individual, Dementia specific care plans.

Rachel finds great fulfillment in assisting and providing support to our Members, and this has motivated her to seek opportunities to contribute even further. She pursued training to conduct Seated Exercises sessions, aiming to offer enhanced wellness experiences.

This is **T J**, our youngest and awesome Service Advisor. When not teaching rugby to children, T J helps to care for a family member that has Dementia.



He enjoyed coming to the 'ADS' Services so much that he joined the Team! T J is a natural with our Members and is looking forward to increasing his knowledge through courses and training from the Team.

T J leads the Singing for Pleasure sessions on Zoom every Monday, while also taking on the responsibility of organizing the new Dementia Information Hub Service.



Rachel and T J together run the monthly Moves & Grooves sessions, bringing a positive energy that participants thoroughly enjoy. This Service has become a much enjoyed experience for all who attend.

# Special 'ADS' news



## COLOURED OVERLAYS FOR PEOPLE WITH DEMENTIA

A number of studies have shown that using colour overlays can help those with learning disabilities read and see more clearly. This method sounded interesting to Rachel, our Service Advisor and she decided to carry out her own research to see if it will be helpful to any of our Members.

Tinted overlays, which are thin tinted sheets placed over white paper, make reading more accessible to people with visual processing disorders. They work by changing each color's wavelength, revising how fast signals are sent from the eye to the brain.



Rachel did some tests with some of our Members and most of them found it easier and clearer to read and focus with a yellow overlay, with the blue overlay coming in close second.

Given these results, we are now offering coloured overlays to everyone who would like to use them during our Services.



## ETON ACTION FAIR 11:00 – 16:00, SATURDAY 16TH SEPTEMBER 2023

Eton Action transforms Eton College's grounds into a community fair every year to fundraise for five chosen charities.

Games, stalls and performances are organised by the students and staff of Eton College to raise money for charities supported by Eton Action.



'ADS' will attend the event, ready to raise awareness of Dementia and the support available from 'ADS'. Come to meet us and discover how you can contribute to our cause.



# 'ADS' Santa Fun Run 2023

A JOLLY DAY OUT FOR THE WHOLE FAMILY

**RUN, WALK OR PUSH  
AROUND DORNEY LAKE!**



**26TH NOVEMBER 2023  
10:30 AM**



We invite you to participate in a charitable 5k Run or Walk / Wheel / Jog (approximately 3.1 miles) around Dorney Lake, joining the company of numerous Santas.

Registration includes a FREE full Santa suit for the adults and FREE Santa hat for the children – all you need to become a real Santa. You may prefer to get creative and enter our fancy dress competitions – we welcome elves, reindeer, snowmen or anything Christmasy! Dogs are very welcome to join in.

We have medals and certificates and lots of prizes and surprises!

*We are offering the option of having the registration pack delivered straight to your door through the Royal Mail.*



**SCAN  
ME** 

## **SCHOOLS ARE INVITED TO JOIN THE CHALLENGE!**

An excellent chance to engage your school in an enjoyable, Christmas-themed charitable occasion!

Annually, the 'ADS' Santa's Team extends an invitation to schools to join our Santa Fun Run event. It would be fantastic if you could arrange your own event within your premises, even considering incorporating the 'ADS' Santa Fun Run into your PE Curriculum.

*'ADS' will provide FREE Medals & Certificates for you to present to all participants.*



**WIN  
£500**

**FOR THE SCHOOL WITH  
HIGHEST NUMBER OF  
PARTICIPANTS**

Sponsored by



Please send us an email at [marketing@adscharity.com](mailto:marketing@adscharity.com) or call 07513 762900 to discuss more details about how can we support you organise this event.

## **COMPANIES & RUNNING CLUBS ARE WELCOME TOO!**

Could you influence your co-workers to form a team and set up your own JustGiving page? Or maybe, you are part of a running club? Either way, we have a special prize for the Best Dressed Team so get X-Mas creative and come to Dorney Lake!

# Fundraising for 'ADS'

## THROUGH YOUR EVERYDAY SHOPPING

Are you thinking of booking a holiday, flights or a hotel? Are you planning to brighten up your home? Or is your car insurance due for renewal?

Whatever your plans are, we invite you to consider making a difference in the lives of People living with Dementia by making your everyday purchases through Give as You Live Online or Easy Fundraising.



When making a purchase through Give as you Live (an application that you download), you are given the opportunity to choose Alzheimers Dementia Support as your preferred charity.

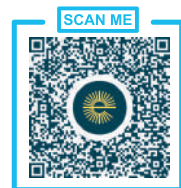


To sign up to Give As You Live Online, please visit <https://bit.ly/44hdVWr> or scan this QR code!

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



Donating through EasyFundraising is also a simple and easy way to support 'ADS' while making purchases you were already planning to make. This is again an application that you download.



To sign up to Easyfundraising, please visit <https://bit.ly/449Ya3M> or scan this QR code!

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

## RBWM LOTTERY

The community lottery is a great opportunity for residents across the Royal Borough to directly support, in a fun way, the Alzheimers Dementia Support 'ADS' Charity.



From every £1 ticket you buy, 60p will go to local good causes and you will have the opportunity to select 'ADS'. Draws are held every Saturday with a jackpot of £25,000, along with prizes of £2,000, £250, and £25. Tickets can be purchased here:

[www.windsorandmaidenheadcommunitylottery.co.uk](http://www.windsorandmaidenheadcommunitylottery.co.uk)

## 'ADS' CHARITY SHOP RAFFLES



We also have a new concept at our Charity Shop that aims to engage our customers and provide us additional support.

Every month, our Shop Team organises a special raffle with amazing prizes generously donated by individuals or local businesses.

# Special Thanks to...

## WINDSOR COMMUNITY ORCHESTRA

We would like to thank Windsor Community Orchestra for choosing to support our Charity with their Summer Concert.



Also, a big Thank You to all the members and attendees who kindly contributed through generous donations. Your individual efforts collectively amplify the strength of our mission and we are deeply moved by your support!



## CLAIRE COLL & HER FRIENDS

We would like to thank Claire and her friends for their tremendous support of our Charity through their participation in the North Downs 50 Ultra Challenge 2023.



# "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!

ANGIE BARKER  
MRS PE LONG & CE LONG  
STOKENCHURCH LODGE  
PATRICIA ISLIP  
LOUISE DE LISLE

JANE MAY  
OLIVER HOMAN-GREEN  
ROTARACT CLUB MAIDENHEAD  
LIME BLUE SOLUTIONS TEAM  
DOREEN COMPTON OF THE ST JOHNS FELLOWSHIP

## Donations in memoriam

JOYCE O'BRIEN

SUSAN MAYNE & SISTER ANN LEES  
IN MEMORY OF COLIN LEWI



# 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

## SEPTEMBER CALENDAR



FRI	1st	10:30	ASCOT	SINGING FOR PLEASURE
MON	4th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	4th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	5th	10:30	LANGLEY	SEATED EXERCISES
TUE	5th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	6th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	6th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	7th	13:30	ASCOT	SEATED EXERCISES
FRI	8th	10:30	ASCOT	SINGING FOR PLEASURE
MON	11th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	11th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	12th	10:30	LANGLEY	SEATED EXERCISES
TUE	12th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	13th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	13th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	13th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	13th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	14th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	14th	13:30	ASCOT	SEATED EXERCISES
FRI	15th	10:30	ASCOT	SINGING FOR PLEASURE
MON	18th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	18th	13:30	ZOOM	SINGING FOR PLEASURE
MON	18th	19:00	WINDSOR	DEMENTIA INFORMATION HUB
TUE	19th	10:30	LANGLEY	SEATED EXERCISES
TUE	19th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	20th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	20th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	20th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	20th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC

# Our Getting Together Services

## SEPTEMBER CALENDAR



THU	21st	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	21st	13:30	ASCOT	SEATED EXERCISES
FRI	22nd	10:30	ASCOT	SINGING FOR PLEASURE
MON	25th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	25th	13:30	ZOOM	SINGING FOR PLEASURE
TUE	26th	10:30	LANGLEY	SEATED EXERCISES
TUE	26th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	27th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	27th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	27th	13:00	LANGLEY	WARZISH TAAL KE SAATH - MOVES TO MELODY
THU	28th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	28th	13:30	ASCOT	SEATED EXERCISES
THU	28th	14:00	WINDSOR	MOVES & GROOVES
FRI	29th	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



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

# Getting Together

## DETAILED INFORMATION

### 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 Monday of the month

19:00 – 21:00

Dedworth Green Baptist Church, Smiths Lane  
Windsor SL4 5PE



**!** *Next session is on Monday, 18th September.*

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 Hall on 07516 165647 or via e-mail at [terrie.hall@adscharity.com](mailto: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.





# 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, 13th September

**Next Mates with Plates, Ladies that Lunch:**  
Wednesday, 20th September



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, 28th September.*

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 Terrie on 07516 165647.



# 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.



#### 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](mailto: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](mailto: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!**

# Important 'ADS' Contacts



**Terrie Hall**  
Senior Dementia Advisor

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**Rachel Spencer**  
Service Advisor

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**T J Madden**  
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**Sandra Williams**  
Out & About Service Leader

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**Dee Allgood**  
Membership & Funding Specialist

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**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



## 'ADS' SANTA FUN RUN

AN EVENT ORGANISED BY  
ALZHEIMERS DEMENTIA SUPPORT

EARLY BOOKING,  
FAMILY & TEAM DISCOUNTS  
PROMO CODE: EARLYSANTA2023

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

**WALK, RUN OR PUSH AROUND DORNEY LAKE ON  
26TH NOVEMBER 2023**

FOR MORE INFORMATION, VISIT [ADSCHARITY.COM/SANTA-FUN-RUN](https://adscharity.com/santa-fun-run)