

'ADS' Newsletter

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

WINDSOR | ASCOT | MAIDENHEAD | SLOUGH | LANGLEY

NOVEMBER 2023



26TH NOVEMBER
10:30 AM

**A fun day out for
the whole family!**

RUN, WALK OR PUSH AROUND DORNEY LAKE!

SUBSCRIBE

to get this by email



SCAN HERE

www.adscharity.com

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.



AlzheimersDementiaSupport



alzheimers-dementia-support



adscharity



ADSlocalsupport

Note from the CHAIRMAN

Dear friends,

I hope you have had a pleasant month in the company of family and friends.

Since our last newsletter we have all been very busy preparing for our 'ADS' Annual Santa Fun Run to be held on Sunday 26th November.

As you know this is our main annual fundraising event and we hope you will help us by encouraging your family, friends and all of their contacts to enter into the spirit by running and sponsoring this fantastic event - so please join in the fun and let's make this one the best ever. Remember to tell everyone that even if they are unable to attend in person they can still donate to us via Just Giving.

We would love it if you and all your contacts could help us to continue delivering our Services for you by giving a donation through standing order on a monthly basis. Since the local authorities do not provide us with any financial support it is becoming more difficult to obtain funds, so please help us to help you. Read on for more details of all of the Services we offer and do continue to enjoy them to the full.

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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IMPORTANT DATES FOR YOUR CALENDAR



All of our Members are invited to the 'ADS' New Year Lunch 2024 which will take place on Monday, 29th of January at Maidenhead Golf Club! We would be delighted to welcome you to this special event and celebrate together the New Year!

We kindly ask for a donation of £26 per person which includes a 2-course lunch with tea and coffee.

Please keep in mind that places are limited, so booking is required. To register your interest and book your place, please contact Rachel on 07706 324372 or one of our Advisors.



MOVES & GROOVES

Music and social interaction have a positive impact on anyone's mood, but for People with Dementia, the impact is HUGE! It helps them keep their mind and body active.

Add a cup of tea and some gentle dancing and you have the perfect activity for a lovely afternoon.

Everyone joining this Service is welcome to participate as much or as little as they feel like or are able on the day.

The 'ADS' Moves & Grooves Service is especially designed for People with Dementia and their Carers to get together for a fun social event. This Service is highly effective in stimulating social interaction, enhancing mood, reducing anxiety and symptoms of depression, increasing self-awareness and self-expression.



Please check page 16 for more useful information.

STUDY DISCOVERS LINK BETWEEN INTERNET USE AND DEMENTIA

It has been suggested that there is correlation between excessive internet usage and development of dementia

Source & full article: <https://bit.ly/495F9TR>

ADULTS WITH ADHD ARE AT INCREASED RISK FOR DEVELOPING DEMENTIA

Researcher explores ADHD's link to dementia and if risks can be mitigated with ADHD treatment.

Source & full article: <https://bit.ly/3M9ugg8>



Santa Fun Run 2023



**FROM 10.30 ON 26TH NOVEMBER
AT ETON DORNEY LAKE!**

The 'ADS' Santa Fun Run is our most significant fundraising event of the year, and this year we have lots of new surprises!

Our team is working as tirelessly as Santa's elves to prepare all the fun activities for the day, so book your tickets and come along and join in the festivities!

The 'ADS' Santa Fun Run is more than just another fundraising event - it is a jolly family day out!

We have special visitors, games, competitions, musical entertainment and photo opportunities.

Everyone is welcome, no matter the age and ability. Santa Suits are included in the adult packs and hats for children, but you may like to get creative and compete for the Best Dressed Family prize.



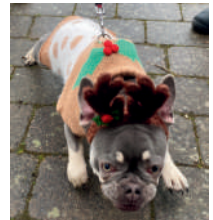
Make sure that you decorate your scooter/wheelchair/buggy. You may get the Best Dressed Wheel special prize!

This is an event suitable for all ages and abilities, so register all your family members, from the youngest to the oldest. If they ride a scooter or will be using a pushchair or wheelchair, make sure to decorate them. You have a chance at winning one of the special competitions!

Please keep in mind that no electric transportation devices are allowed.

Four paws are welcome at the 'ADS' Santa Fun Run!

The 'ADS' Santa Fun Run is a family-friendly event that includes even your furry friends. When we say that this event is for the whole family, we truly mean it! Bring your dogs along and dress them up, as there is a unique competition just for them - Best Dressed Dogs! We only ask that you keep them on a lead and clean up after them.



Ready? Steady? Row-row-row!



Every year, Dorney Boat Club supports our charity with reindeer and Santas on the lake! There will be two jolly rows full of Santa's little helpers 'running' their own way on the lake. It will be something fun to watch!

JustGiving 'ADS Santa Fun Run' fundraising pages with donations over £50 will be entered into a free Prize Draw!



Running Clubs & other organisations are more than welcome!

Serious runners can start off at the front of the 'pack' and check their time. Or you may like to gather a team, dress up and represent your club or company while competing for the Best Dressed Team prize competition.

Santa Fun Run comes to your school!

It is not too late to register your school for this year's 'ADS' Santa Fun Run! The school with the highest number of participants will win £500 offered by our Sponsor, Craufurd Hale Group and a special feature in our monthly Newsletter and our Social Media. Send us a message at marketing@adscharity.com for more information.



Bring your little ones to meet the 'ADS' Santa in his Grotto

Come and check out Santa's Grotto – a delightful place to take a special photo! Children can visit Santa, chat with him, take some lovely pictures and receive a surprise gift from his magical bag.

There will be also a huge inflatable Santa in the S-elfie spot with our jolly Elf ready to help you with that photograph.

Magical Friends will be there to greet you!

Princess Elsa and Spiderman will be there to welcome the children!



Our wonderful friends from [Berkshire Birds of Prey](#) will be joining the Santa Fun Run, bringing their incredible birds with them! You'll have the opportunity to capture photos and learn fascinating facts about these majestic creatures making your Santa Fun Run experience even more magical!



This year, we're thrilled to have the fantastic Absolute Mobility team joining us, and they will be helping us with the fun games for all.



The 'Santa's Trail' will keep younger children engaged while running their own way. Knowing a bit about Christmas will help! All children will receive the game pack in their registration pack.



REGISTERING FOR THE 'ADS' SANTA FUN RUN 2023

There are two easy ways to register:

- visit our website at www.adscharity.com/santa-fun-run.
- Alternatively, you can scan the provided QR code, which will take you directly to our dedicated page on the 'ADS' website.



If you cannot join us in person on the day but still wish to show your support for our event, please consider making a donation via JustGiving. Scan this QR code.



Every contribution, no matter the size, is greatly appreciated and brings us one step closer to creating a wonderful event for all. Thank you for your support!

Out & About

by Sandra Williams
Out & About Service Coordinator

After a summer of disappointing weather, Out & About has thankfully enjoyed some good weather in September and October. Below are three highlights:

The first, a visit to Waltham Place where we went Apple Scrumping, before taking our turn at a hand press, making apple juice. The only complaint was that the apple juice wasn't cider, but nevertheless it was delicious! Waltham Place's Chef made us Cottage Pie cooked entirely with organic produce from the farm, even the tomato sauce!



The second outing was a boat trip from Henley. The weather forecast was a bit iffy, but the sun shines on the righteous.



On arrival we were told there was a change of boat. We clambered onboard a 12-seater boat, taking up position in the bow, enjoying a trip toward Marsh Lock before turning to go to Temple Island. To have such a personal commentary was a bonus.

Being so low to the water, made the experience so therapeutic, enhanced by the sun which broke through the clouds.

The third outing was a visit to Savill Gardens to see their latest Sculpture Exhibition. I took a remarkable photograph of one sculpture (on the right) and challenge you to work out how many people are featured. The answer is on page 19.



Very sadly, within two weeks of each other, two of our former Out & Abouters, Stanley Brown and Dave Wallis passed away. Both were huge characters leaving indelible marks on this service.

Stanley will be remembered for his humour and singing, especially onboard our minibus. Dave, our longest serving Out & About, who attended for 10 plus years, will be remembered for both his humour and knowledge. He was a "Walking Encyclopaedia" and taught us much. We pray they are at peace, singing, laughing and sharing knowledge together, whilst keeping a watchful eye over us at Out & About. We were honoured to share in your company.

Fundraising for 'ADS'

DONATIONS APPEAL

SOFT TOYS NEEDED

We're on the lookout for good-quality soft toys that we can use as prizes at our events or resell in our Charity Shop. Your donation can add an extra sprinkle of magic to our events and help us raise funds for the Charity's work.

If you have any soft toys looking for a new home, please bring them to our 'ADS' Charity Shop at 75 High St, Maidenhead SL6 1JX for the attention of Andreea Moisa, our Marketing & Events Specialist.



HARDCOVER NOVELS

We are looking for hardcover novels, in good condition, for a unique Christmas fundraising event.

If you have any spare novels that you would like to donate, please take them to our Charity Shop at 75 High St, Maidenhead SL6 1JXF for the attention of Dee Allgood, our Fundraising Specialist.

GENERAL DONATIONS FOR OUR CHARITY SHOP



Last month, our shop window had a spine-tingling makeover for Halloween, thanks to all the amazing donations we've received from our supporters.

Your donations are very much appreciated and help us to continue to support those living with Dementia in our local community.

Please bring them to our Shop at 75 High St, Maidenhead SL6 1JX or call Cathy, the Shop Manager, at 07707 531689 to check if one of our Volunteers could pick them up.

Please note that we cannot accept electrical items

During this time of the year, we are also happy to receive Christmas related decorations or any unwanted gifts that we can sell or use as prizes for our events.



Services highlights



SINGING FOR PLEASURE ONLINE

Please note that from 6th November this Service will now start at 14:30 each Monday.

Every Monday morning, our Members receive the weekly schedule of our Services, which includes the link for joining Singing for Pleasure ONLINE.

DEMENTIA INFORMATION HUB – MONDAY 20TH NOVEMBER

We extend a warm welcome to Harj Gill, the Chartered ALIBF Advising Partner representing Sandringham Financial Partners. Harj will be addressing the topic of 'Exploring Choices for Funding Care.'



Harj has been advising clients since 1996 and set up his own practice over 5 years ago, through Sandringham, a national firm of Independent Financial Advisors.

He is often approached by family members acting as Attorney's and is experienced in dealing with sensitive family situations. Harj helps families to understand their options on how best to pay for care and advise on the best solution for them.

More information about the Hub can be found on page 13.



"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 in the local community!



We would like to thank Imperial Polythene for their generous donation. Spencer Stone joined one of our Connection Café sessions last month to meet our Members and to see first-hand the impact of our work.



SARA LOUISE MACKEY

PATRICIA ISLIP

FIFIELD VILLAGE FUN DAY

Donations in memoriam

STANLEY BROWN
NEIL PERROTTET

MAUREEN REDMAN
KEITH ARCHER
KATHLEEN BERROW

JOHN BARBER
JEAN FREEMAN

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

NOVEMBER CALENDAR



WED	1st	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	1st	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	1st	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	2nd	13:30	ASCOT	SEATED EXERCISES
THU	2nd	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
FRI	3rd	10:30	ASCOT	SINGING FOR PLEASURE
MON	6th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	6th	14:30	ZOOM	SINGING FOR PLEASURE
TUE	7th	10:30	LANGLEY	SEATED EXERCISES
TUE	7th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	8th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	8th	12:30	MAIDENHEAD	MEMBERS' LUNCH
WED	8th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	8th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	9th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	9th	13:30	ASCOT	SEATED EXERCISES
FRI	10th	10:30	ASCOT	SINGING FOR PLEASURE
MON	13th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	13th	14:30	ZOOM	SINGING FOR PLEASURE
TUE	14th	10:30	LANGLEY	SEATED EXERCISES
TUE	14th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	15th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	15th	12:30	MAIDENHEAD	MATES WITH PLATES & LADIES THAT LUNCH
WED	15th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	15th	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	16th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	16th	13:30	ASCOT	SEATED EXERCISES
FRI	17th	10:30	ASCOT	SINGING FOR PLEASURE
MON	20th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	20th	14:30	ZOOM	SINGING FOR PLEASURE

Our Getting Together Services

NOVEMBER CALENDAR



MON	20th	19:00	WINDSOR	DEMENTIA INFORMATION HUB
TUE	21st	10:30	LANGLEY	SEATED EXERCISES
TUE	21st	13:00	WINDSOR	SINGING FOR PLEASURE
WED	22nd	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	22nd	13:00	LANGLEY	AAP KE SEHAT KE SANGH – WELLBEING THROUGH MUSIC
THU	23rd	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
THU	23rd	14:00	WINDSOR	MOVES & GROOVES
FRI	24th	10:30	ASCOT	SINGING FOR PLEASURE
MON	27th	10:00	MAIDENHEAD	CONNECTION CAFÉ WITH SEATED EXERCISES
MON	27th	14:30	ZOOM	SINGING FOR PLEASURE
TUE	28th	10:30	LANGLEY	SEATED EXERCISES
TUE	28th	13:00	WINDSOR	SINGING FOR PLEASURE
WED	29th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA
WED	29th	13:00	MAIDENHEAD	SINGING FOR PLEASURE
WED	29th	13:00	LANGLEY	WARZISH TAAL KE SAATH – MOVES TO MELODY
THU	30th	13:30	ASCOT	SEATED EXERCISES
THU	30th	10:00	MAIDENHEAD	FUN & ACTIVITIES AT BCA

INFORMATION, SUPPORT & ADVICE

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.

THIS SERVICE
WILL NOT TAKE PLACE
ON 23rd NOVEMBER.

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, 20th November.*

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 T J Madden on 07516 165665 or via e-mail at tj.madden@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 14:30 – 15:30

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 14:30 - 15:30

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 14:30**. 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 on 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, 8th November

Next Mates with Plates, Ladies that Lunch:
Wednesday, 15th November



All our lunches must be booked in advance by calling Dee on 07887 993313.

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, 23rd November.

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 Shahida on 07543 243613.

THIS SERVICE
WILL NOT TAKE PLACE
ON 22nd NOVEMBER.

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 Rachel Spencer on 07706 324372 or via e-mail at rachel.spencer@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.



There are 3 people featured in the photograph.

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!

Important 'ADS' Contacts



Terrie Hall
Senior Dementia Advisor

07516 165647
terrie.hall@adscharity.com



Rachel Spencer
Service Advisor

07706 324372
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Shahida Khan
Multi-Lingual Service Advisor

07543 243613
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T J Madden
Service Advisor

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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
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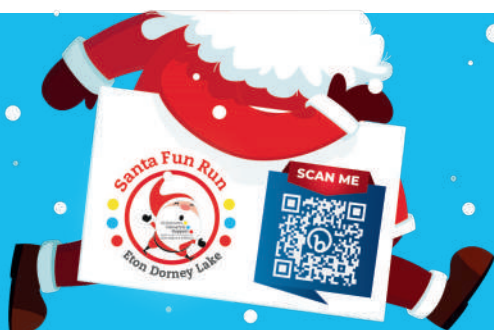
Postal address

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

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)