

# Alzheimers Dementia Support

Local support and guidance



Local support, guidance and services for people with dementia, their carers and families in **Maidenhead, Windsor, Ascot, Slough & Langley**.

## Drop In Centres

An informal chance to catch up and meet new friends...Come in and have a friendly cup of coffee and a chat.

- Advice and information is available on all aspects of Dementia.
- Private one-to-one talks are also available.

**(Maidenhead)** *Drop-In Centres* are held twice a week on *Mondays* from 10am-12.30pm & *Thursdays* from 10am – 12pm. Come and join us at the United Reformed Church Hall, West Street, Maidenhead SL6 1RL

**(Slough)** *Drop-In Centres* are held twice monthly on the *2nd and 4th Tuesdays* of the month from 10am to 12pm. Come and join us at the Kingsway United Reformed Church, Church Street, Slough SL1 1SZ

**(Langley)** *Drop-In Centres* are held twice monthly on the *1st and 3rd Tuesdays* of the month from 1pm to 2.30pm. Come and join us at the Holy Family Church (*St Joseph's Room*) Trelawney Avenue (*opposite the Library*), Langley SL3 7RE

**Lunch Clubs** (*must be prebooked*)

**(Maidenhead Lunch Club)** Held on the *2nd Monday* of each month from 12.15pm at the United Reformed Church, West Street, Maidenhead. SL6 1RL.

**(Mates with Plates)** A monthly men only lunch club giving the opportunity to chat about male type pursuits while their carers are being hosted in another part of the venue or for them to have a brief period of respite with the Ladies that Lunch. Held on the *3<sup>rd</sup> Wednesday* of every month 12.30pm at

Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL6 1BN.

**(Ladies that Lunch)** A monthly ladies only lunch for carers on *3<sup>rd</sup> Wednesday* of every month 12.30pm at Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL6 1BN.

**(Former Carers Lunch)** A friendly social lunch for past carers on the *1st Wednesday* of each month 12.30pm Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL6 1BN.

**(Slough & Langley Lunch Club)** Our lunches are an enjoyable social event in a relaxed safe environment – held *every other month*, please contact us for further information.

## Moves & Grooves

For people with dementia and their carers and former carers. Our tea dance afternoon is an enjoyable, fun social event where people can participate as much as they like. Refreshments will be provided.

## Ascot Moves & Grooves

Takes place on the *3rd Thursday* of each month from 2pm to 4pm at King Edwards Hall, King Edwards Road, Ascot SL5 8PD

## Windsor Moves & Grooves

Takes place on the *4th Thursday* of each month from 2pm to 4pm at Gardeners Hall Community Centre, 213 St Leonards Road in Windsor SL4 3DR

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## Multi Lingual Advice & Services

Multi Lingual Dementia Awareness Trainer, Yasmeen Mahmood, is fluent in Punjabi, Hindi and Urdu and will be attending a number of surgeries in Maidenhead, Slough and Langley on a *weekly* basis. Please contact us for details.

## AAP KI SEHAT SANGEET KE SANG

### (Your Wellbeing through Music)

A new service for Asian people with Dementia & their carers.

Can help to improve your mood and wellbeing through stimulation and gentle exercise. Refreshments Available at Age Concern, The Village, 102-110 High Street, Slough, Berkshire, SL1 1HL. Each Wednesday from 11am to 1pm (term time only)

## WARZISH TAAL KE SAATH

### (Moves to Melody)

A New Monthly Service for Asian people with dementia and their carers. Come and join us for a fun activity to promote your health & wellbeing. Meeting at the Studio (*2nd Floor with lift*), Age Concern, High Street, Slough SL1 1HL. Refreshments available. Every 2nd Thursday of the month, 11.30am to 1.30pm.

## Singing for Pleasure

For People with dementia and their carers. Term time only. This is a light-hearted, fun and interactive get together for people with dementia accompanied by their carers.

### Langley – Mondays

Refreshments from 1pm. Singing starts at 1.30 to 2.30pm each Monday afternoon. We meet at Slough Mencap, Spitfire Close (*off Common Road*) Langley SLB 8JU.

### Windsor – Tuesdays

Refreshments from 1pm. Singing starts at 1.30 to 2.30pm each Tuesday afternoon. We meet at All Saints Church, Dedworth, Dedworth Road, Windsor SL4 4JW.

### Maidenhead – Fridays

Singing starts at 10.30-11.30am each Friday Morning. We meet at Boyn Grove Dementia Resource Centre, Courthouse Road, Maidenhead, SL6 6JE.

## Out & About

Our aim is to provide stimulating, fun days out for mobile people with early stage dementia, In doing so, we hope we can provide their carers with a welcome break. Our popular *Out & About* Service offers People with Dementia the opportunity to enjoy a wide variety of outings and activities on a regular basis.

This Service is delivered by *Sandra Williams*, our Out & About Service Coordinator and is supported by a team of dedicated volunteers. There are eight places on both our Maidenhead and our Windsor (*Dedworth*) service.

This is an opportunity to make new friends with people who face similar challenges, with the promise of much fun and laughter

## Alzheimer Café

We welcome those who are affected by any type of Dementia or memory loss, their families and friends and any others interested. There will be a presentation on a Dementia related theme. There will be an opportunity to meet and talk to health and social professionals and Advisor's from **Alzheimers Dementia Support** on an informal basis.

1st Wednesday evening of each month (*exc. August*) 7:30pm-9:30pm at: Windsor Age Concern, Spencer Denney Centre, off Clewer Hill Road, Windsor, SL4 4EB.

## 'ADS' Contact Information

### Telephone

07516 165647 Terrie Hall  
07516 165665 Nancy Thorn

### Email

info@alzheimersdementiasupport.co.uk

### Website

www.alzheimersdementiasupport.co.uk

### Postal Address

Alzheimers Dementia Support, Unit 113,  
5 High Street, Maidenhead, Berks, SL6 1JN

**Registered Charity Number:** 1143867