

# Buckinghamshire

Services, groups and activities: Winter 2019/20

40 years  
2019



## Memory Support Service

The service provides one to one support for people with dementia and carers and can be provided face to face, over the telephone or via written communication. Dementia Support Workers provide information, guidance and practical support to help people understand dementia, cope with day to day living with dementia and prepare for the future. The service also supports people with memory concerns and Dementia Support Workers are available to do Memory Screening assessments if required. The service is commissioned by Bucks County Council and Bucks Clinical Commissioning Group.



Please call **01296 331749** Monday-Friday to speak to a Dementia Support Worker or email at [memorysupport@alzheimers.org.uk](mailto:memorysupport@alzheimers.org.uk)



Service	Location	Frequency	Time
<b>Activity Group Aylesbury</b>	The Salvation Army, Meadow Way, Aylesbury, HP20 1XS	<b>First Tuesday of the month</b> 7 Jan 4 Feb 3 Mar	10.15 - 12pm
<b>Carer Support Group Amersham</b>	Amersham Free Church, Woodside Road, Amersham, HP6 6AJ	<b>First Tuesday of the month</b> 7 Jan 4 Feb 3 Mar	10.30 - 12pm
<b>Carer Support Group Aylesbury</b>	Meeting Room 1, The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ	<b>Third Monday of the month</b> 20 Jan 17 Feb 16 Mar	10.30 - 12pm
<b>Carer Support Group High Wycombe</b>	Downley Community Centre, The Library, School Close, Downley, High Wycombe, HP13 5TR	<b>Fourth Wednesday of the month</b> 22 Jan 26 Feb 25 Mar	10.30 - 12pm
<b>Carer's Dementia Information and Support Sessions</b>	The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, <b>Aylesbury</b> , HP21 8TJ	<b>Every Friday Morning for 5 weeks</b> Starting 17 Jan	To be confirmed
<b>Memory Information Sessions</b>	The Chapter House, St Mary's Church, Church Lane, <b>Princes Risborough</b> , HP27 9AW	<b>Tuesday 18<sup>th</sup> February</b>	10.30 – 12.30pm
<b>Singing for the Brain Aylesbury</b>	The Salvation Army, Meadow Way, Aylesbury, HP20 1XS	<b>Most Tuesdays</b> 14, 21 & 28 Jan 11, 18 & 25 Feb 10, 17, 24 & 31 Mar	10.15 - 12pm
<b>Singing for the Brain Beaconsfield</b>	The Fitzwilliam's Centre, Windsor End, Beaconsfield, HP9 2JW	<b>Most Fridays</b> 3, 10, 17 & 24 Jan 7, 14 & 21 Feb 13, 20 & 27 Mar	10.15 - 12pm
<b>Singing for the Brain Buckingham</b>	Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP	<b>Second &amp; Fourth Tuesdays</b> 14 & 28 Jan 11 & 25 Feb 10 & 24 Mar	2.15 – 4pm

If you are interested in attending any of these groups, please contact the office on 01296 331722 to register your interest.

\*See reverse for a description of the services available\*

[alzheimers.org.uk](http://alzheimers.org.uk)

Alzheimer's National Helpline Number 0300 222 1122

Aylesbury & Buckingham  
Ardenham Court  
Oxford Road  
Aylesbury, Bucks, HP19 8HT  
Tel: 01296 331722

South Bucks  
Seeleys House, Campbell Drive  
Beaconsfield,  
Bucks, HP9 1TF  
Tel: 01296 331722

# Service descriptions

## Activity group

Activity groups give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator, who encourages and supports people to take part, the groups are also a chance to relax and socialise. Some of these activities include arts and crafts, seated exercise and music.

## Carer support groups

These peer support groups give people the opportunity to meet with others who understand some of what they are going through. Run by a facilitator, the sessions offer a chance to ask questions, get information and share experiences in a safe and supportive environment.

## Carers dementia information and support sessions

Are you caring for someone who has recently been diagnosed with dementia? These sessions aim to inform and educate you on the condition of dementia; Give practical tips to help with everyday issues and planning for the future; signpost to local organisations and services; discuss coping mechanisms for the person with dementia and yourself.

## Memory information sessions

Are you worried about your memory? Memory information sessions are free, last for about two hours and include understanding memory, memory tips, coping strategies, access to a wide range of information and signposting to other services and organisations.

## Singing for the brain ®

Singing for the Brain brings people, who are affected by dementia, together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs. **For people who would like to come to the group for the first time, please contact the office to check availability.**



## Memory Walk 2019

Thousands united against dementia in 2019's Memory Walk -thank you!

Society supporters joined forces with famous faces and people living with dementia to walk for their loved ones and a better future.

**Our night-time GLOW walks continue at various venues around the country in March 2020. Suitable for all ages and abilities, registration is open now – find out more at [memorywalk.org.uk/glow](http://memorywalk.org.uk/glow) or call 0300 330 5452 (local rate).**

## We're here to help

Contact us with all your questions or concerns about dementia. In addition to the local services mentioned overleaf Alzheimer's Society offer:-

### Online

Visit our website for information and advice or to find details of local support services from other organisations on our **Dementia Directory**. You can also talk to others with our online community, **Dementia Talking Point** [alzheimers.org.uk/get-support](http://alzheimers.org.uk/get-support)

### Phone

Our specialist dementia advisers are here to listen, offer tailored information and provide you the right support. Call our **National Dementia Helpline** on **0300 222 1122**. Open 9am-8pm Monday to Wednesday, 9am-5pm Thursday and Friday and 10-4pm Saturday and Sunday. Or email [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

### Information and publications

We produce a wide range of resources covering all aspects of dementia and dementia care. Order or download for free. [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications).

**Please contact us on 01296 331722 for more information about any of the above events.**