

Services

Buckinghamshire Spring 2017



WELCOME – NEW LOOK- NEW STRATEGY

Welcome to our new brand – **United Against Dementia** – which will help us to deliver on the **New Deal for Dementia**. The many people affected by dementia who were involved in developing our brand agreed that we need to be bolder, more distinctive and more visible.

Alzheimer's Society is launching an ambitious new five year strategy. The strategy has three pillars – the **New Deal for Support**, the **New Deal for Society** and the **New Deal for Research**.

The New Deal for Support will join up the health and social care system for people affected by dementia, connecting them to information, support and services.

The New Deal for Society means we will lead a movement to recognise the rights of people affected by dementia by creating change in people's streets and towns, breaking down stigma and shifting attitudes such as encouraging Dementia Action Alliances and leading to Dementia Friendly Communities.

Through the New Deal for Research, the Society will lead the dementia research agenda by bringing the research community together, including being a founding partner of the Dementia Research Institute. We will also put the knowledge and experiences of people affected by dementia at the centre of research.

CAN YOU HELP?

Are you musical, can you play the piano or guitar? We desperately need a musician to volunteer at Singing for the Brain at the Community Centre in Buckingham to help lead the group singing and joining in with familiar and favourite songs. This would be for approximately 2 hours on a Tuesday afternoon, twice a month. There will always be a member of staff present and other volunteers to support you. If you think you could spare a few hours, please contact Heather Donnelly on 01296 331722 or aylesbury@alzheimers.org.uk. Thank you.

CARERS DISCOUNT CARD

Carers Bucks has launched its first Carers Discount Card for unpaid carers living in Buckinghamshire. The Card offers discounts at a range of local and national businesses including Arriva Buses, Lloyds Pharmacy, Butlins, Virgin Experience Days and many more. Over 250 carers have already signed up for the card following its launch during Carers Week. For more information or to apply for the card online (you will need to provide a passport style photo of yourself if applying online)

visit: <http://www.carersbucks.org/services/carers-discount-card/> or call 0300 777 2722.'

PREVENTION MATTERS

Prevention Matters is a free and friendly short term intervention service linking eligible adults in Buckinghamshire to social activities, volunteers and community services. It is a service which is delivered by Buckinghamshire County Council through a partnership of organisations including the NHS, District Councils and a variety of voluntary and community sector organisations. Prevention Matters can support people if they are struggling to remain independent in their own homes, having difficulty getting out and about, feeling lonely and isolated, feeling anxious or lacking in confidence or recovering from an illness. A Community Practice Worker will be allocated and will work with clients to help them by signposting to suitable services and activities that the client may enjoy or need. To make a referral, please call 0300 666 0159 or visit <http://www.buckscc.gov.uk/social-care/care-for-adults/prevention-matters/prevention-matters-referral-form/>.

ALZHEIMER'S SOCIETY INFORMATION SESSIONS

Wednesday 29th March 10.30 – 12.30pm. Memory Information Session. Are you worried about your own memory or know someone else who is? Information covered includes understanding memory, tips and coping strategies and access to a wide range of information. To be held at Universal Care, Chester House, 9 Windsor End, **Beaconsfield**, HP9 2JJ. Telephone 01296 331749 for more information.

Wednesday 26th April 10.30 – 12.30. Dementia Information and Support Sessions. A programme for people with dementia comprising of six sessions on consecutive Wednesdays to be held at Downley Community Centre, School Close, Downley, **High Wycombe**, HP13 5TR. Sessions will include how to live well with dementia, information, practical tips and coping strategies for everyday living, creating and maintaining a support network. To book a place or for more information, please contact the Memory Support Service on 01296 331749.

Thursday 18th May 2 – 4pm. Memory Information Session. For people worried about their memory. As above to be held at Rectory Meadow Surgery, School Lane, **Amersham**, HP7 0HG

Monday 22nd May 10.30 – 12.30pm. Memory Information Session. For people worried about their memory. As above to be held at Buckingham Library, Verney Close, **Buckingham**, MK18 1JP.

DATES FOR YOUR DIARY.....

Thursday 6th April 10.30 – 11.30 Reminiscence Coffee Morning at Hazlemere Library (and every first Thursday of the month). A free coffee morning for people with dementia and their carers organised by library staff. A chance to bring back old memories with pictures and memorabilia over a cup of tea or coffee. April's theme is holidays, the seaside and days out. 01296 382415.

MEMORY SUPPORT SERVICE

The service offers one-to-one support from a Memory Support Worker for individuals and their carers from their initial concerns about memory loss, through diagnosis, to planning for the future. For those with a diagnosis, support will focus on planning for the future to enable the person to live well at home, as well as signposting to support services for the person caring for them. Please contact us on 01296 331749 or email at memorysupport@alzheimers.org.uk if you would like to speak to someone about this service.

CARER SUPPORT GROUPS

If you are a carer for someone with dementia and you would like to meet with other carers for support; please come along to one of the following monthly groups facilitated by a trained member of staff.

Amersham

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ

1st Tuesday of each month: 10:30am – 12 noon
4 Apr 2 May 6 Jun

Aylesbury

Meeting Room 1, The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury Bucks, HP21 8TJ

3rd Monday of each month: 10.30 – 12 noon
Apr no meeting 15 May 19 Jun

Buckingham

Buckingham Town Council Chamber, Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP

3rd Wednesday of each month: 10.30 – 12 noon
19 Apr 17 May 21 Jun

High Wycombe

Downley Community Centre, The Library, School Close, Downley, High Wycombe, HP13 5TR

4th Wednesday of each month 10:30am – 12 noon

26 Apr 24 May 28 Jun

Stoke Poges

St Andrews Church Centre, Rogers Lane, Stoke Poges, Bucks. SL2 4LN

4th Tuesday of each month 10:30am – 12 noon
25 Apr 23 May 27 Jun

ACTIVITY GROUPS

Join us for activities such as crafts, exercise and games followed by light refreshments and information and support.

Aylesbury

The Salvation Army, Meadow Way, Aylesbury, Bucks, HP20 1XS.

First Tuesday of the month: 10.15 – 12pm
4 Apr 2 May 6 Jun

Chesham

Chesham Community Hall, Chesham Town Hall, Chesham, HP5 1DS.

Last Monday of the month: 1.45 – 4pm
24 Apr 22 May (4th Monday) 26 Jun

For more details on these groups and to register your place please contact us on either of the office numbers below.

BEFRIENDING

This is a scheme for people with dementia who benefit from a regular volunteer visit. All volunteer Befrienders are trained and DBS checked. Please call Sam for more information on 01296 331722.

SINGING FOR THE BRAIN

This service is a structured group session for people with a diagnosis of dementia and their carers to meet regularly and actively participate in singing in an enjoyable environment. Refreshments are provided.

For people who would like to come to the group for the first time, please contact the offices for availability.

Aylesbury – Most Tuesdays 10.15am – 12noon
The Salvation Army, Meadow Way, Aylesbury, Bucks, HP20 1XS

11, 18 & 25 Apr; 9, 16, 23 & 30 May; 13, 20 & 27 Jun

Beaconsfield – Most Fridays 10.15 – 12noon
The Fitzwilliam's Centre, Windsor End, Beaconsfield, HP9 2JW.

21 & 28 Apr; 5 & 19 May; 2, 9 & 23 Jun

Buckingham – 2nd & 4th Tuesdays 2.15 – 4pm
Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP.

11 & 25 Apr 9 & 23 May 13 & 27 Jun

Please note this group will be including other activities (quizzes, target games, musical activities) commencing 25th April and we will only be including Singing for the Brain sessions occasionally

Aylesbury & Buckingham

Ardenham Court

Oxford Road

Aylesbury, Bucks, HP19 8HT

Tel: 01296 331722

Email: aylesbury@alzheimers.org.uk

South Bucks

Seeleys House, Campbell Drive

Beaconsfield

Bucks, HP9 1TF

Tel: 01494 670909

Email: southbuckinghamshire@alzheimers.org.uk