

# Services

Buckinghamshire Spring 2018



## MEMORY INFORMATION SESSIONS

For people worried about their memory. Are you worried about your own memory or know someone else who is? Information covered includes understanding memory, tips and coping strategies and local help available.

**Tuesday 8<sup>th</sup> May 2018 10am – 12pm.** St Laurence Room, Market Square, **Winslow**, MK18 3AB.

**Tuesday 15<sup>th</sup> May 2018 10.30am – 12.30pm.** St Michaels Hall, Grenfell Road, **Beaconsfield**, HP9 2BP.

**Tuesday 22<sup>nd</sup> May 2018 10.30am – 12.30pm.** Hazlemere Library, 312 Amersham Road, **Hazlemere**, High Wycombe, HP15 7PY.

Please contact **Angela Walshe on 01296 331749** to find out more information or just turn up on the day.

## Dementia Information and Support Sessions for people with dementia

Dementia Information and Support Sessions are informal but structured groups for people in the earlier stages. They last for 2 hours and aim to provide you with information and support to help you live well with dementia, provide an opportunity for you to meet with others in a similar situation and share experiences in a safe, non-clinical environment. You will also be able to ask questions and share your perceptions of living with dementia.

**Friday 6<sup>th</sup> April - Friday 11<sup>th</sup> May.** Aylesbury Healthy Living Centre, Walton Court, Shopping Centre, Hannon Road, **Aylesbury**, HP21 8TJ. **(These sessions are specifically for people under the age of 65 with a diagnosis of dementia)**

**Thursday 31<sup>st</sup> May - Thursday 5<sup>th</sup> July** St Michael's Hall, Grenfell Rd, **Beaconsfield**, HP9 2BP.

Please contact the office for further information and to register.

## Dementia Awareness Week is changing to Dementia Action Week Monday 21<sup>st</sup> May to Sunday 27<sup>th</sup> May 2018

This year we are excited to tell you that the Society is renaming the week **Dementia Action Week**. The Society will use the week to call for action, getting people to engage in the dementia movement and build upon the work to create dementia friendly communities.

People affected by dementia will be at the heart of the week and we are asking them to help define the actions they want to see in communities.

We aim to host lots of events, hold fundraisers, work with external partners and spread the word to show what support we have to offer and what we need the public to do

**For more information on how you can help or become involved please visit [alzheimers.org.uk](http://alzheimers.org.uk)**

### Are you eligible for a refund on your power of attorney application?

**Did you know that you can get part of your application fee back if you applied to register a power attorney from 1 April 2013 to 31 March 2017?**

This applies to lasting powers of attorney (LPA) and enduring powers of attorney (EPA). Find out more via this [link](#).

### Consultations - have your say

The government is proposing to extend the **Blue Badge Scheme** to people with 'hidden disabilities' such as dementia. They are currently consulting on the proposal, you can respond via this [link](#).

The consultation closes on 18 March.

### Thanks to everyone who has updated their mailing preferences. Have you?

On 25 May 2018, data protection laws will change. This means that unless our charity can show that you have chosen to receive the Service Information Sheet, then we may have to stop sending it to you.

Please complete your details [HERE](#)

## DATES FOR YOUR DIARY.....

**Friday 13<sup>th</sup> April 11.00am – 2pm and every second and last Friday of the month. Memory Pathways.** Come along and enjoy the healing gardens at Lindengate – a local health charity that specialises in gardening and social therapy. Meet up with people in similar situations who enjoy nature and gardening, make new friends, have a relaxing and stimulating time and get support. Activities include indoor and outdoor gardening, arts, crafts, cooking, singing, reminiscing and poetry. The Old Allotment Site, Wendover Road, **Wendover**, HP22 6BD 01296 622443.

Details are provided for your own information and groups and events here are not recommended or endorsed by the Alzheimer's Society.

## MEMORY SUPPORT SERVICE

The service offers one-to-one support and screening for people who are concerned about their memories. Memory Support Workers also provide support to people with a diagnosis of dementia and their carers helping people to live well with dementia.

Please contact us on **01296 331749** or email at [memorysupport@alzheimers.org.uk](mailto:memorysupport@alzheimers.org.uk) for more information.

## BEFRIENDING

The Bucks Befriending service connects people with a diagnosis of dementia with a trained volunteer to enable people to do more of the things they enjoy out and about or at home.

**Please call Sam for more information on 01296 331722.**

## CARER SUPPORT GROUPS

These groups are for carers of people with dementia who would like to meet with other carers for support. **If you are new to the groups and would like to come along, please contact the Aylesbury Office to check availability.**

### Amersham

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

1<sup>st</sup> Tuesday of each month: 10:30am – 12 noon  
3 Apr 1 May 5 Jun

### Aylesbury

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

3<sup>rd</sup> Monday of each month: 10.30 – 12 noon  
16 Apr 21 May 18 Jun

### High Wycombe

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

4<sup>th</sup> Wednesday of each month 10:30am – 12 noon  
25 Apr 23 May 27 Jun

**Aylesbury & Buckingham  
Ardenham Court  
Oxford Road  
Aylesbury, Bucks, HP19 8HT  
Tel: 01296 331749  
[aylesbury@alzheimers.org.uk](mailto:aylesbury@alzheimers.org.uk)**

## ACTIVITY GROUPS

### Aylesbury

Join us for games and quizzes and during February 45 minutes of gentle seated exercise all followed by light refreshments.

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

First Tuesday of the month: 10.15 – 12pm  
3 Apr 1 May 5 Jun

### Chesham

Join us for 45 minutes of seated exercise followed by light refreshments and time to chat at Chesham Community Hall, Chesham Town Hall, Chesham, HP5 1DS.

Last Monday of the month: **2.00 – 4pm (Please note new time)**

30 Apr 28 May 25 Jun

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

## 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

**Apr 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> May 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>  
Jun 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>**

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

**Apr 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup> May 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> Jun 8<sup>th</sup>,  
15<sup>th</sup> & 22<sup>nd</sup>**

**Buckingham** – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 2.15 – 4pm  
Buckingham Community Centre, Cornwalls  
Meadow, Buckingham, MK18 1RP.

**Apr 10<sup>th</sup> & 24<sup>th</sup> May 8<sup>th</sup> & 22<sup>nd</sup> June 12 & 26<sup>th</sup>**

**South Bucks  
Seeleys House, Campbell Drive  
Beaconsfield  
Bucks, HP9 1TF  
Tel: 01296 331749  
[sbuckinghamshire@alzheimers.org.uk](mailto:sbuckinghamshire@alzheimers.org.uk)**