

Services

Buckinghamshire Summer 2017



Unite Against Dementia.

The Society is almost 3 months into our new strategy, committed to creating a world without dementia. At present we are launching a new high-profile television campaign that will reach more people than ever before and urge them to unite against dementia.

The attention grabbing adverts will encourage people from all walks of life to join the growing movement against dementia. We want everyone to help improve care, increase understanding and find a cure.

The campaign, which also includes print and outdoor advertising, will challenge people's perceptions of dementia. Supported by our bold new brand, it will make dementia impossible to ignore.

Befriending Volunteers Needed

Do you have a spare hour each week or fortnight?

We are looking for more people to join our team of befrienders in Buckinghamshire to visit someone who is living with dementia. Befriending is all about doing something you enjoy with a person with earlier stages of dementia who enjoys doing the same sort of thing. This might be a hobby, an interest or simply having a chat over a cup of tea.

Please contact Sam Marshall for a friendly chat on 01296 331722 or sam.marshall@alzheimers.org.uk to find out more. This service participates in the local Time Credits scheme.

RemArc from the BBC

The BBC's Reminiscence Archive – RemArc – is designed to help trigger memories for people with dementia using images, audio and video clips from the BBC archive.

Try it out and rate it at

www.bbc.co.uk/taster/projects/remarc.

Available for the next 7 months.



Memory Walk is a sponsored walk for all ages and abilities to unite together to raise money to defeat

Dementia. Each walk will take on a different route through either a city, woodlands or a park.

This year over 100,000 people are set to take part in over 30 walks during September and October including three brand new night-time events. We aim with your help to raise over £9 million.

You must register for the walk in advance; you cannot sign up on the day. Wear your t-shirt and entry band that you will receive in the post a few weeks after completing your registration. All walks will have refreshments available, a fun warm up too – so please arrive in time to enjoy this and remember you can bring your friends, family and dogs with you. Under 16s will need to be with a registered adult. All the walks are suitable for people of all ages and abilities, including those living with dementia. Registration closes the Thursday before each walk.

To find your local walk and to register visit memorywalk.org.uk. You can also support the event by volunteering at a walk or even organising one of your own.

Local walks are taking place in Watford 2nd September, Oxford 24th September and Reading 1st October.

DEMENTIA IN A & E HOSPITAL DEPARTMENTS

Are you living with dementia? Have you a recent experience of attending an A & E department? Could you help by completing either a paper or online survey about your experience which takes about 15 minutes? If so, please let us know or contact Courtney Shaw at c.j.shaw@bradford.ac.uk for further information. Courtney is a Society funded researcher at the Doctoral Training Centre in Bradford.

DATES FOR YOUR DIARY.....

Thursday 20th July 10.30 – 11.30am (and every third Thursday of the month). **Reminiscence Coffee Morning** Buckingham Library, Verney Close, Buckingham, MK18 1 JP. Telephone 01296 387855/6 for further information. Theme – The Seaside.

Thursday 20 July 2.30 – 4.30pm. Afternoon Tea at the holiday Inn, Weston Turville. An event organised by HomeInstead Senior Care to bring people together. For those who are older and would like to meet others or have some fun. Call 3 weeks in advance to book a space on 01296 410029.

Monday 24th July. Forget Me Knot Café Chinnor Village Centre 10.30 – 12.30pm. Music for health. Aimed to help with general health and well being for people with dementia, mental health issues, old age or isolation. For more information contact 01844 353733 or Michele on 01844 353154 or mobile 07779 732097.

Wednesday 2nd August 11 – 1pm (and every first Wednesday of the month) **Coffee Morning** for those with dementia and their carers at Woodland Manor Care Home, Michells Avenue, **Chalfont St Peter**, SL9 0EB. These are friendly and informal gatherings which are free to attend. Contact Gail Davies on 01494 917600 to reserve your place or to find out more.

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 further information 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 Jul 1 Aug 5 Sep

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
17 Jul 21 Aug 18 Sep

High Wycombe

Downley Community Centre, The Library, School
Close, Downley, High Wycombe, HP13 5TR
4th Wednesday of each month 10:30am – 12 noon
26 Jul 23 Aug 27 Sep

Stoke Poges

St Andrews Church Centre, Rogers Lane, Stoke
Poges, Bucks. SL2 4LN
4th Tuesday of each month 10:30am – 12 noon
25 Jul 22 Aug 27 Sep

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

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 Jul 1 Aug 5 Sep

Chesham

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

Last Monday of the month: 1.45 – 4pm
31 Jul 21 Aug (3rd Monday) 25 Sep

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

ALZHEIMER'S SOCIETY MEMORY INFORMATION SESSIONS

Tuesday 1st August 10.30 – 12pm. Memory Information Session. 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 access to a wide range of information. To be held at Denham Garden Village, Denham Green Lane, Denham, UB9 5LB. Please contact Kay Beck on 01895 831681 or kay.beck@btinternet.com to register.

Monday 7th August 10.30 – 12.30pm Memory Information Session. As above but to be held at The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ. Contact 01296 331749 for further information.

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 Jul; 8, 15 & 22 Aug; 12, 19 & 26 Sep
(please note there is no Singing on 29th Aug)

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

7, 14 & 21st Jul; 4, 11 & 18th Aug; 8, 15 & 22nd Sep

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

11 & 25 Jul; 8 & 22 Aug; 12 & 26 Sep

Please note this group will occasionally include other activities (quizzes, target games, musical activities).