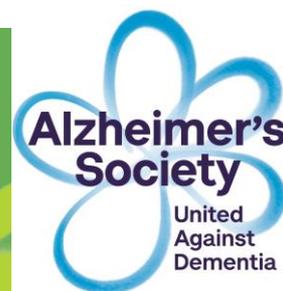


Milton Keynes

Services, groups and activities: Winter 2018/19



Dementia Information Service

The new **Dementia Information Service** is commissioned by Milton Keynes council and the CCG. Dementia Support Workers will be delivering support and information to people living in Milton Keynes and working closely with the Specialist Memory Service to provide support for people following a diagnosis. Dementia Support Workers can also support people with memory concerns to live well. For further information please contact Safia Khatoun on 01908 669404.

| Service | Location | Frequency | Time |
|---|--|---|----------------------|
| NEW SERVICE Activity Group 'Out and About' (Please see reverse) | Please contact office on 01908 232612 for programme | Monday, Fortnightly | 2pm - 4pm |
| Activity Group | Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA | Every Tuesday Starting 8 th Jan | 10am -12pm |
| Activity Group | Shenley Wood Village, Chalkdell Drive, Shenley Wood, MK5 6GJ | Last Tuesday of the month 29 Jan, 26 Feb 26 Mar | 2pm – 4pm |
| Activity Group | The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA | Wednesday fortnightly 9 & 23 Jan 6 & 20 Feb 6 & 20Mar | 12.45pm – 2.45pm |
| Activity Group | Springfield Centre, Springfield Boulevard, MK6 3JH | Every Thursday Starting 3 rd Jan | 12.45 - 2.45pm |
| Carer Support Group | The Three Trees, 144 Buckingham Road, Bletchley MK3 5JB | Wednesday, fortnightly 2, 16 & 30 Jan 13 & 27 Feb 13 & 27 Mar | 10.30am - 12.30pm |
| Singing for the Brain | Herons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA | Monday, fortnightly 14 & 28 Jan 11 & 25 Feb 11 & 25 Mar | 10.30am - 12.15pm |
| Singing for the Brain | The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB. | Monday, fortnightly 14 & 28 Jan 11 & 25 Feb 11 & 25 Mar | 2pm - 3.45pm |

If you are interested in attending any of these groups, please contact the office on 01908 232612 to register your interest.
See reverse for a description of the services available

alzheimers.org.uk

Alzheimer's National Helpline Number 0300 222 1122

Alzheimer's Society,
Suite 433, 2nd Floor,
Margaret Powell House
401-447 Midsummer Boulevard,
Central Milton Keynes, MK9 3BN

T: 01908 232612
E: miltonkeynes@alzheimers.org.uk
alzheimers.org.uk

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 quizzes.

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.

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.

Dementia Support

Dementia support workers provide information and support to people with dementia and their carers by telephone and face to face. Visits can be arranged in people's homes or at our office. If you would like to speak to someone, please telephone to arrange a suitable appointment.

Information

Alzheimer's Society provides a wide range of quality information for people with dementia, carers, family, friends and health professionals. Topics include getting a diagnosis, types of dementia, emotional and practical support, legal and financial information, and choosing a care home.

NEW SERVICE

Out & About

This is a new activity group for people with dementia and their carers who are physically fit and want to maintain an active lifestyle. The group will be facilitated by a staff member but will be peer led so participants need to be able to contribute to the ethos of the group. Please register your interest and we will be in touch with a new programme and start date.

Side by side

Side-by-Side is now **OPEN**. People living with a diagnosis of dementia are paired up with volunteers who share similar interests so that they can access their local communities and continue to do regular activities and things they love. It can be as simple as meeting at someone's house for a chat and a cup of tea. If you are interested in Side by side, please give Eve Roberts a call on 01296 331722 or email at sidebysidebucksandmk@alzheimers.org.uk

Have you got time to Help?

Side by Side is run in Buckinghamshire and Milton Keynes. It aims to combat some of the loneliness and social isolation often experienced by people living with dementia by pairing them up with a volunteer who shares a similar interest or hobby so that with their support, the person with dementia can continue to access their local community and do the things they love.

We are always looking for more people to become Side by Side volunteers. If you know of anyone who might be interested or can spread the word, we'd be very grateful. **All enquiries to Jane Penton on 01296 331722**