

# Milton Keynes

## Services, Groups and Activities Winter 2016/17

|                         |  |
|-------------------------|--|
| <b>Dementia Support</b> | 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. |
|-------------------------|--|

| <u>Service</u>   | <u>Location</u>  | <u>Frequency</u>  | <u>Time</u>       |
|--|--|---|-------------------|
| <b>'All Hands on Deck' Activity Group</b><br>(for people with dementia under 65) | Margaret Powell House, Central Milton Keynes MK9 3BN and various locations | <b>Monday, fortnightly</b><br>9 & 23 Jan<br>6 & 20 Feb<br>6 & 20 Mar        | 2pm - 4pm         |
| <b>Activity Group</b>  | Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA                 | <b>Every Tuesday (starting 3<sup>rd</sup> January)</b>                      | 10am - 12pm       |
| <b>Activity Group</b>  | Shenley Wood Village, Chalkdell Drive, Shenley Wood, MK5 6GJ               | <b>Last Tuesday of the month</b><br>31 Jan, 28 Feb, 28 Mar                  | 2pm - 4pm         |
| <b>Activity Group</b>  | West Bletchley Community Centre, Porchester Close, Bletchley MK3 6BH       | <b>Wednesday, fortnightly</b><br>11 & 25 Jan<br>8 & 22 Feb<br>8 & 22 Mar    | 1.45pm - 3.45pm   |
| <b>Activity Group</b>  | Springfield Centre, Springfield Boulevard, MK6 3JH                         | <b>Every Thursday (starting 5<sup>th</sup> January)</b>                     | 1.30pm - 3.30pm   |
| <b>Carer Support Group</b>   | Margaret Powell House, Central Milton Keynes MK9 3BN                       | <b>Wednesday, fortnightly</b><br>4 & 18 Jan<br>1 & 15 Feb<br>1, 15 & 29 Mar | 10.30am - 12.30pm |
| <b>Singing for the Brain</b>   | The Peartree Centre, Chadd Lane, Central Milton Keynes MK6 3EB.            | <b>Monday, fortnightly</b><br>16 & 30 Jan, 13 & 27 Feb, 13 & 27 Mar         | 10.30am - 12.15pm |
| <b>Singing for the Brain</b>   | Abbey Hill Golf Centre, Monks Way, Two Mile Ash, Milton Keynes, MK8 8AA    | <b>Monday, fortnightly</b><br>16 & 30 Jan, 13 & 27 Feb, 13 & 27 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\*

**Alzheimer's National Helpline Number 0300 222 1122**

# 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.

## 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.

## 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.

## LOOKING FORWARD TO 2017 – THE NEXT STAGE

As the Society gets to the end of its current 5 year strategy, we have been working with people affected by dementia to set the direction for the next stage of the journey.

The Society will launch the new 5 year strategy in April 2017. At the beginning of the year the new look and feel will be unveiled. From January we will be sharing more about the changes you can expect to see.

Additionally the Society will be calling for mandatory dementia training for all homecare workers in England. The most recent strand of the **Fix Dementia Care Campaign** focuses on homecare and the Society's latest report reveals that only 2 per cent of people affected by dementia feel that homecare workers have enough dementia training. It also found that 1 in 3 homecare workers have no training in dementia. The Society is calling for minimum training standards and for the Care Quality Commission to include checks on the quality of dementia training when inspecting homecare providers.

**Sign the petition at [alzheimers.org.uk/fixdementiacare](http://alzheimers.org.uk/fixdementiacare)**

## NUDGU REMINDER SERVICE

Nudgu (as in I'm going to nudge you about that) is a telephone reminder service mobile phone app that helps carers balance their ever increasing commitments. Carers record their reminder messages in advance when they aren't busy, for delivery when they can't ring in person. Carers need a smart phone but the person needing the reminder just need their normal phone – no other equipment is needed. As it uses your voice it's great for people with dementia and related issues.

It doesn't matter if your phone is out of charge, credit or coverage your message is delivered. It's great for daily medication reminders or one off appointments. It takes 5 minutes to set up and it's easy to use. The carer gets a notification of successful or failed delivery.

Nudgu is free for 30 days then starts from £8 per month.

Please see [www.nudgu.com](http://www.nudgu.com) for full details. Please note the Society does not recommend or endorse this product.