

# Milton Keynes

## Services, Groups and Activities Spring 2017



### 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.

<u>Service</u>	<u>Location</u>	<u>Frequency</u>	<u>Time</u>
<b>'All Hands on Deck' Activity Group</b> (for people with dementia under 65)	Margaret Powell House, Central Milton Keynes MK9 3BN and various locations	<b>Monday, monthly</b> 3 April 15 May 12 Jun	2pm - 4pm
<b>Activity Group</b>	Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA	<b>Every Tuesday</b>	10am - 12pm
<b>Activity Group</b>	Shenley Wood Village, Chalkdell Drive, Shenley Wood, MK5 6GJ	<b>Last Tuesday of the month</b> 25 Apr, 30 May, 27 Jun	2pm – 4pm
<b>Activity Group</b>	West Bletchley Community Centre, Porchester Close, Bletchley MK3 6BH	<b>Wednesday, fortnightly</b> 5 & 19 Apr 3, 17 & 31 May 14 & 28 Jun	1.45pm - 3.45pm
<b>Activity Group</b>	Springfield Centre, Springfield Boulevard, MK6 3JH	<b>Every Thursday</b>	1.30pm - 3.30pm
<b>Carer Support Group</b>	Margaret Powell House, Central Milton Keynes MK9 3BN	<b>Wednesday, fortnightly</b> 12 & 26 Apr 10 & 24 May 7 & 21 Jun	10.30am - 12.30pm
<b>Singing for the Brain</b>	<b>***CHANGE OF DETAILS – SEE OVERLEAF***</b> Abbey Hill Golf Centre, Monks Way, Two Mile Ash, Milton Keynes, MK8 8AA	<b>Monday, fortnightly</b> 10 & 24 Apr, 8 & 22 May, 5 & 19 Jun	10.30am - 12.15pm
<b>Singing for the Brain</b>	<b>***CHANGE OF DETAILS – SEE OVERLEAF***</b> The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB.	<b>Monday, fortnightly</b> 10 & 24 Apr, 8 & 22 May, 5 & 19 Jun	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**

Alzheimer's Society,  
Suite 433, 2<sup>nd</sup> Floor,  
Margaret Powell House  
401-447 Midsummer Boulevard,

T:01908 232612  
E: [miltonkeynes@alzheimers.org.uk](mailto:miltonkeynes@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.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.

## 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.

## Notice of changes to Milton Keynes Singing for the Brain®

From Monday the 10<sup>th</sup> of April the time and venues will be swapping around. This is due to the fact we are unable to use the Age UK venue at the Peartree centre in the mornings. As both Age UK and Abbey Hill golf club let us use their venues free of charge, this is the best solution we were able to come up with. We apologise for any inconvenience caused and hope you will still be able to continue to sing with us at either venue.

### New Venue times starting Monday 10<sup>th</sup> April 2017, fortnightly.

<b>Abbey Hill Golf Centre, Monks Way, Two Mile Ash, Milton Keynes, MK8 8AA.</b> <i>(Brick club house building, back entrance via slope)</i>	<b>Monday, fortnightly</b> <b>10.30pm - 12.15pm</b>
<b>The Peartree Centre, Chadd Lane, Milton Keynes, MK6 3EB.</b>	<b>Monday, fortnightly</b> <b>2pm – 3.45pm</b>

## Activity Group, Porchester – Wednesday 19<sup>th</sup> April



The MKlele band will be playing for us so come along and enjoy the music, sing-a-long, dance and have some tea and cakes.

1.45 – 3.45pm