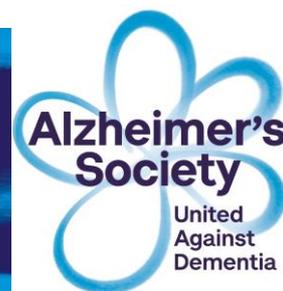


Milton Keynes

Services, Groups and Activities Autumn 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>
'All Hands on Deck' Activity Group (for people with dementia under 65)	Margaret Powell House, Central Milton Keynes MK9 3BN and various locations	Monday, Fortnightly 2, 16 & 30 Oct 13 & 27 Nov 11 Dec	2pm - 4pm
Activity Group	Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA	Every Tuesday	10am - 12pm
Activity Group	Shenley Wood Village, Chalkdell Drive, Shenley Wood, MK5 6GJ	Last Tuesday of the month 31 Oct, 28 Nov 19 Dec	2pm - 4pm
Activity Group	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	Wednesday fortnightly 4 & 18 Oct 1, 15 & 29 Nov 13 & 27 Dec	1.30 - 3.30pm
Activity Group	Springfield Centre, Springfield Boulevard, MK6 3JH	Every Thursday	1.30pm - 3.30pm
Carer Support Group	Margaret Powell House, Central Milton Keynes MK9 3BN	Wednesday, fortnightly 11 & 25 Oct 8 & 22 Nov 6 & 20 Dec	10.30am - 12.30pm
Singing for the Brain	*Change of Venue* Herons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	Monday, fortnightly 6 & 20 Nov 4 & 18 Dec 15 & 29 Jan 18	10.30am - 12.15pm
Singing for the Brain	The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB.	Monday, fortnightly 9 & 23 Oct 6 & 20 Nov 4 & 18 Dec	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.

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.

Fix Dementia Care.

The Society is calling on supporters to sign our online petition to end the injustice of families having to spend everything they have on dementia care.

The 'Dementia Tax' may have been a major issue during the general election campaign but it is nothing new for people affected by dementia.

The Society has welcomed the pledge for a consultation on social care, as outlined in the Queens Speech. However, this should not be used to delay workable solutions to the crisis in dementia care.

To fight this unfair system, where people with dementia in England don't get free care on the NHS as they would if they had other conditions, we would like supporters to add their names to the petition and to share it with family and friends.

Sign the petition to end the dementia tax at alzheimers.org.uk/fixdementiacare

Helping to Avoid Falls and Trips

A third of people over the age of 65, and half of those over 80, will suffer a fall at least once a year. Falls can cause head injuries, hip fractures, kidney failure or even hypothermia. They can shake confidence, boosting the risk of anxiety, depression and isolation, and therefore may have serious long-term health consequences. And yet around half of all falls affecting older people are preventable.

A presentation at <https://www.youtube.com/watch?v=lrFvkzHWU3o> aims help improve your understanding of what issues can cause a fall and how best to prevent them. People living with dementia can be at particular risk – indeed, a fall can actually be an underlying symptom of that condition.

Gentle muscle-strengthening exercise can help – whether walking, dancing, balance exercises or simply standing up from your chair regularly The website www.activebucks.co.uk is full of other ideas for exercise.

For more information, go to <http://www.nhs.uk/conditions/Falls>