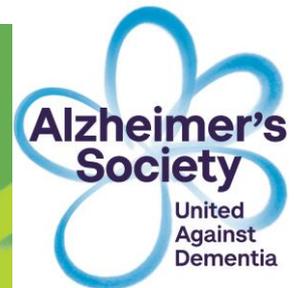


# Milton Keynes

Services, Groups and Activities Spring 2018



## 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, Fortnightly</b> 16 & 30 Apr 14 & 28 May 11 & 25 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> 24 Apr, 29 May, 26 Jun	2pm – 4pm
<b>Activity Group</b>	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	<b>Wednesday fortnightly</b> 4 & 18 Apr 2, 16 & 30 May 13 & 27 Jun	1.30 – 3.30pm
<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> 11 & 25 Apr 9 & 23 May 6 & 20 Jun	10.30am - 12.30pm
<b>Singing for the Brain</b>	Herons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	<b>Monday, fortnightly</b> 9 & 23 Apr 21 May 4 & 18 Jun	10.30am - 12.15pm
<b>Singing for the Brain</b>	The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB.	<b>Monday, fortnightly</b> 9 & 23 Apr 21 May 4 & 18 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\*

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

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,  
Central Milton Keynes, MK9 3BN

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

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

## Dementia Awareness week is changing to Dementia Action Week Monday 21<sup>st</sup> May to Sunday 27<sup>th</sup> May 2018

This year we are excited to tell you that the Society is renaming the week **Dementia Action Week**. The Society will use the week to call for action, getting people to engage in the dementia movement and build upon the work to create dementia friendly communities.

People affected by dementia will be at the heart of the week and we are asking them to help define the actions they want to see in communities.

We aim to host lots of events, hold fundraisers, work with external partners and spread the word to show what support we have to offer and what we need the public to do

**For more information on how you can help or become involved please visit [alzheimers.org.uk](http://alzheimers.org.uk)**

## Are you eligible for a refund on your power of attorney application?

**Did you know that you can get part of your application fee back if you applied to register a power attorney from 1 April 2013 to 31 March 2017?**

This applies to lasting powers of attorney (LPA) and enduring powers of attorney (EPA). Find out more via this [link](#).

## Consultations - have your say

The government is proposing to extend the **Blue Badge Scheme** to people with 'hidden disabilities' such as dementia. They are currently consulting on the proposal, you can respond via this [link](#).

The consultation closes on 18 March.

## Thanks to everyone who has updated their mailing preferences.

**Have you?**

On 25 May 2018, data protection laws will change. This means that unless our charity can show that you have chosen to receive the Service Information Sheet, then we may have to stop sending it to you. Please complete your details [HERE](#)