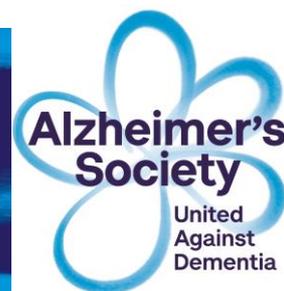


# Milton Keynes

Services, groups and activities: Autumn 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.

Service	Location	Frequency	Time
<b>'All Hands on Deck' Activity Group</b> (for people with dementia under 65)	Please contact office on 01908 232612 for programme	<b>Monday, Fortnightly</b> 1, 15 & 29 Oct 12 & 26 Nov 10 Dec	2pm - 4pm (time may vary)
<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> 30 Oct 27 Nov No December Group	2pm - 4pm
<b>Activity Group</b>	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	<b>Wednesday fortnightly</b> 3, 17 & 31 Oct 14 & 28 Nov 12 Dec	12.45pm - 2.45pm *new start & finish time
<b>Activity Group</b>	Springfield Centre, Springfield Boulevard, MK6 3JH	<b>Every Thursday (closed 11<sup>th</sup> October)</b>	12.45 - 2.45pm *new start & finish time
<b>Carer Support Group</b>	The Three Trees, 144 Buckingham Road, Bletchley MK3 5JB *new venue	<b>Wednesday, fortnightly</b> 10 & 24 Oct 7 & 21 Nov 5 & 19 Dec	10.30am - 12.30pm
<b>Singing for the Brain</b>	Heron's Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	<b>Monday, fortnightly</b> 8 & 22 Oct 5 & 19 Nov 3 & 17 Dec	10.30am - 12.15pm
<b>Singing for the Brain</b>	The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB.	<b>Monday, fortnightly</b> 8 & 22 Oct 5 & 19 Nov 3 & 17 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](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.

## New Dementia Support Workers for Milton Keynes

A warm welcome to **Safia Khatoun and Birgitte Grace** who have joined the team in Milton Keynes working for the new: **Dementia Information Service** which is commissioned by Milton Keynes council. Together they 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.

## Side by Side

Side by Side is a fantastic new service. 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 or as complex as taking a class or learning a new skill.

If you are interested in Side by Side please give Eve Roberts a call on 01296 331722 or email at [sidebysidebucksandmk@alzheimers.org.uk](mailto:sidebysidebucksandmk@alzheimers.org.uk)

## Service evaluation

Please note it is the time of year when we evaluate our services so do please feedback about anything that you think would be helpful for us to improve our groups. If we don't visit the group you attend and you have a comment you would like to make please pop it in the comments box (available at all the groups) or call Nicole Palmer (Services Manager) on **01296 331722**.

## Cupcake Day: A million thank yous!

More than 30,000 supporters across the country have raised over £1million and counting by baking, buying and sharing cakes for this year's cupcake Day which was on 14 June.

As funds from the event continue to come in, the Society has already beaten last year's total – a huge thank you to everyone who took part.