

Dementia Information Service

The **Dementia Information Service** is commissioned by Milton Keynes council and the CCG. Our Dementia Support Workers deliver support and information to people living in Milton Keynes and work closely with the Specialist Memory Service, to provide support for people following a diagnosis. Dementia Support Workers can also support people with memory concerns to live well. For further information please contact Safia Khatoun or Michelle Marsh on 01908 669404.

Service	Location	Frequency	Time
NEW SERVICE Activity Group 'Out and About' (Please see reverse)	Please contact office on 01908 232612 for programme and meeting points.	1st & 3rd Thursday 4 & 18 Apr 2 & 16 May 6 & 20 Jun	10am -12pm
Activity Group	Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA	Every Tuesday	10am -12pm
Activity Group (For people with dementia)	Shenley Wood Village, Chalkdell Drive, Shenley Wood, MK5 6GJ	Last Tuesday of the month 30 Apr 28 May 25 Jun	2pm – 4pm
Activity Group	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	Wednesday fortnightly 3 & 17 Apr 1, 15 & 29 May 12 & 26 Jun	12.45pm – 2.45pm
Activity Group	Springfield Centre, Springfield Boulevard, MK6 3JH	2nd & 4th Thursday 11 & 25 Apr 9 & 23 May 13 & 27 Jun	NEW TIME 10am –12pm
Carer Support Group	The Three Trees, 144 Buckingham Road, Bletchley MK3 5JB	Wednesday, fortnightly 10 & 24 Apr 8 & 22 May 5 & 19 Jun	10.30am - 12.30pm
Singing for the Brain	Herons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	8 & *29 Apr (*Bank hol extra session) 20 May 3 & 17 Jun	10.30am - 12.15pm
Singing for the Brain	The Peartree Centre, Chadd Lane, Milton Keynes MK6 3EB.	8 Apr (last date at Peartree centre venue). *29 April, 20 May, 3 & 17 Jun to be held at Herons Lodge 2 – 3.45pm**	2 - 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

Service descriptions

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.

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.

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 SERVICE

Out & About

This is a new activity group for people with dementia and their carers who are physically fit and want to maintain an active lifestyle. The group will be facilitated by a staff member and volunteers but will be peer led so participants need to be able to contribute to the ethos of the group. Please register your interest and we will be in touch with the programme and meeting points. Times may vary according to the activity.

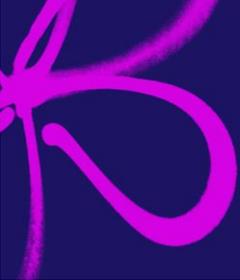
Alzheimer's Society 40th anniversary

Since 1979, we have reached hundreds and thousands of people with our services, changed the conversation on dementia, invested millions in research and campaigned hard for people affected by the disease to have the support they deserve.

Thank you!

Our 40th anniversary provides the ideal opportunity to say 'thank you' for your support so far. The time you have given and the money you have donated has enabled us to challenge perceptions, fund research, and provide care and support.

There will be a special Singing for the Brain at Heron's Lodge on Monday 3rd June morning session. Tim McLaughlin (Operations Director Alzheimer's Society) will be our special guest. We look forward to seeing you there.



Dementia
Action Week
20-26 May 2019

Dementia Action Week is the Society's opportunity to get everyone involved in taking action to create a more dementia-friendly UK. **This year's theme is Inclusion.**

Over a third of people with dementia that the Society spoke to as part of the Turning Up the Volume report said they felt lonely recently and over a third have lost touch with their friends following a diagnosis.

Alzheimer's Society is urging everyone to unite with us and take action so people living with dementia can stay connected to the things they love for longer. **So come along to any of our events during the week.**

Please contact us on 01296 331722 for more information about any of the above events.

Registered Charity number 296645