

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
Activity Group 'Out and About' (Please see reverse)	Please contact office on 01908 232612 for programme and meeting points.	Temporarily Suspended. Further details to follow	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 Jul 27 Aug 24 Sep	2pm – 4pm
Activity Group	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	Wednesday fortnightly 10 & 24 Jul 7 & 21 Aug 4 & 18 Sep	1.30pm – 3.30pm
Activity Group	Springfield Centre, Springfield Boulevard, MK6 3JH	Temporarily Suspended. Further details to follow	10am –12pm
Carer Support Group	The Three Trees, 144 Buckingham Road, Bletchley MK3 5JB	Wednesday, fortnightly 3, 17 & 31 Jul 14 & 28 Aug 11 & 25 Sep	10.30am - 12.30pm
Singing for the Brain Morning	Heron's Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	Monday fortnightly 1, 15 & 29 Jul 12 Aug 9 & 23 Sep	10.30am - 12.15pm
Singing for the Brain Afternoon	Heron's Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	Monday fortnightly 1, 15 & 29 Jul 12 Aug 9 & 23 Sep	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

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

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.

Memory Walk is back and bigger than ever.



Unite against dementia this autumn by joining people across 38 locations for Memory Walk. Absolutely everyone is welcome at Memory Walk whether you're a solo stroller, leading a team or bringing along a four legged friend. You can share stories, create memories and remember loved ones. It's all about who you walk for.

Whether you've taken part in Memory Walk before or are looking for a brand new challenge our longer walks – Memory Walk Plus – are the perfect opportunity for people who want to go the extra mile

for a world without dementia. **Visit memorywalk.org or call 0300 330 5452 (local rate) to find out more.**

Join us at:-

Milton Keynes, Willen Lake

9.30am (walk starts at 11am)

Sunday 22nd September 2019

Meeting point is at the Events lawn next to Splash 'n' play. Walks are either 3 or 5 km.

Dementia Revolution: Marathon Millions

A huge **THANK YOU** to everyone who ran, donated or volunteered for the Dementia Revolution at this year's Virgin Money London Marathon. You've helped us raise over £3 million and counting towards groundbreaking dementia research.

Alzheimer's Society 40th Anniversary Celebrations

Singing for the Brain Milton Keynes.

Members celebrated the 40th anniversary of the Alzheimer's Society with the new Mayor of Milton Keynes, Sam Crooks. Visiting the service in June he witnessed first hand how music can have a positive impact on people living with dementia and met regular members, staff and volunteers who make the group such a success

Please contact us on 01908 232612 for more information about any of the above events.

Registered Charity number 296645