

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 Lee hee shiong on 01908 669404.

Service	Location	Frequency	Time
Activity Group	Swinfen Harris Hall, London Road, Stony Stratford MK11 1JA	Every Tuesday	10am -12pm
Activity Group	The MARC and Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	Wednesday fortnightly 2, 16 & 30 Oct 13 & 27 Nov 11 Dec (No meeting on the 25)	1.30pm – 3.30pm
Carer Support Group	The Willows Care Home, Heathercroft, Gt Linford MK14 5EG	Wednesday, fortnightly 9 & 23 Oct 6 & 20 Nov 4 & 18 Dec	10.30am - 12.30pm
Singing for the Brain Morning	Hérons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	Monday fortnightly 7 & 21 Oct 4 & 18 Nov 2 & 16 Dec	10.30am - 12.15pm
Singing for the Brain Afternoon	Hérons Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes, MK8 9AA	Monday fortnightly 7 & 21 Oct 4 & 18 Nov 2 & 16 Dec	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.

Cupcake Day 2019

This year's Cupcake Day has raised over £1 million and counting in the fight against dementia. It was the biggest Cupcake Day yet.

Huge congratulations and the biggest of thank yous to everyone who hosted or attended a Cupcake Day this year. We hope you all had a deliciously good day!



Over 2.5 million people
have become Dementia Friends.

WILL YOU JOIN THEM?

Visit dementiafriends.org.uk to get involved

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

Registered Charity number 296645

Volunteers Needed



Help someone with dementia to keep on doing the things they love.

Side by Side is our fun, friendly, super-flexible volunteering opportunity for someone like you to help someone with dementia.

Sign up for Side by Side today:

alzheimers.org.uk/sidebysidevolunteer
volunteers@alzheimers.org.uk
Or telephone Mike Askew on
01908 232612 or 07516 105809

'Side by Side has made a huge difference to his attitude; it's helping to increase his confidence and he has regained some of his independence.'
Side by Side volunteer