

### Dementia Information Service

The service provides one to one support for people with dementia and carers and can be provided face to face, over the telephone or via written communication. Dementia Support Workers provide information, guidance and practical support to help people understand dementia, cope with day to day living with dementia and prepare for the future. The service also supports people to access other services. The service is commissioned by Milton Keynes council and the Clinical Commissioning Group. Please call 01908 669404 Monday-Friday 10-4 to speak to a Dementia Support Worker.

| Service                                    | Location   | Frequency   | Time                 |
|--|--|---|----------------------|
| <b>Activity Group</b>                      | Swinfen Harris Hall, London Road,<br>Stony Stratford MK11 1JA                          | <b>Every Tuesday</b><br>Starting from 7 Jan 2020                                      | 10am -12pm           |
| <b>Activity Group</b>                      | The MARC and Frank Moran Centre<br>Melrose Avenue<br>Bletchley, MK3 6PA                | <b>Wednesday fortnightly</b><br>8 & 22 Jan 2020<br>5 & 19 Feb 2020<br>4 & 18 Mar 2020 | 1.30pm –<br>3.30pm   |
| <b>Carer Support Group</b>                 | The Willows Care Home,<br>Heathcroft, Gt Linford MK14 5EG                              | <b>Wednesday monthly</b><br>Please telephone the<br>office for dates.                 | 10.30am -<br>12.30pm |
| <b>Singing for the Brain<br/>Morning</b>   | Hérons Lodge Guide Centre,<br>Bradwell Road, Loughton Lodge,<br>Milton Keynes, MK8 9AA | <b>Monday fortnightly</b><br>13 & 27 Jan 2020<br>10 & 24 Feb 2020<br>9 & 23 Mar 2020  | 10.30am -<br>12.15pm |
| <b>Singing for the Brain<br/>Afternoon</b> | Hérons Lodge Guide Centre,<br>Bradwell Road, Loughton Lodge,<br>Milton Keynes, MK8 9AA | <b>Monday fortnightly</b><br>13 & 27 Jan 2020<br>10 & 24 Feb 2020<br>9 & 23 Mar 2020  | 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](http://alzheimers.org.uk)

Alzheimer's National Dementia 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.



## Memory Walk 2019

Thousands united against dementia in this year's Memory Walk - thank you!

Society supporters joined forces with famous faces and people living with dementia to walk for their loved ones and a better future.

**Our night-time GLOW walks continue at various venues around the country in March 2020. Suitable for all ages and abilities, registration is open now – find out more at [memorywalk.org.uk/glow](http://memorywalk.org.uk/glow) or call 0300 330 5452 (local rate).**

## We're here to help

Contact us with all your questions or concerns about dementia. In addition to the local services mentioned overleaf Alzheimer's Society offer:-

### Online

Visit our website for information and advice or to find details of local support services from other organisations on our **Dementia Directory**. You can also talk to others with our online community, **Dementia Talking Point** [alzheimers.org.uk/get-support](http://alzheimers.org.uk/get-support)

### Phone

Our specialist dementia advisers are here to listen, offer tailored information and provide you the right support. Call our **National Dementia Helpline** on **0300 222 1122**. Open 9am-8pm Monday to Wednesday, 9am-5pm Thursday and Friday and 10-4pm Saturday and Sunday. Or email [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

### Information and publications

We produce a wide range of resources covering all aspects of dementia and dementia care. Order or download for free. [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications).

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

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