







# Services, groups and activities in Buckinghamshire Winter 2020/21

**At Alzheimer's Society the Memory Support Service in Bucks is here to help you and to ensure that support is available to all – please contact us.**  
We support anyone with dementia or memory concerns, as well as carers. Our memory support workers will help to answer your questions.

 <b>01296 331749</b> Leave a message and one of the memory support service team will get back to you quickly
 <b>0333 150 3456</b> Alzheimer's Society Dementia Connect support line: open 7 days a week and some evenings for information, support and advice
 <a href="mailto:memorysupport@alzheimers.org.uk">memorysupport@alzheimers.org.uk</a>
 <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>

We cannot offer personalised medical advice, but we will tell you about other reliable sources. At present we cannot make home visits but can speak over the telephone or arrange an online appointment.



## Are you worried about your memory?



Virtual Memory Information sessions on:

- Tuesday 19<sup>th</sup> January 2021 10am-12pm
- Tuesday 16<sup>th</sup> March 2021 10am-12pm

Join by computer or tablet. Sessions cover understanding memory; memory tips + coping strategies; how to promote good memory and where to find other services and organisations.

To book a place or for more information, email Angela Walshe [angela.walshe@alzheimers.org.uk](mailto:angela.walshe@alzheimers.org.uk) or call 01296 331749

## Do you need support following a diagnosis of dementia?

5 consecutive virtual dementia information and support sessions starting on: -

- Tuesday morning 30<sup>th</sup> March 2021

A group-based support service for people in the early to mid-stages of dementia. Over five sessions, we will provide information and share discussions on how to live well with the condition.

Please call or email for timings and joining instructions: Angela Walshe  
[angela.walshe@alzheimers.org.uk](mailto:angela.walshe@alzheimers.org.uk) or 01296 331749

**Please see over for a full list of services.**

**Registered Charity number 296645**

### Activity group

- What? These are structured activities including arts and crafts, seated exercises and music run by a facilitator.
- When? Currently suspended. (Usually first Tuesday morning each month)
- Contact: **Sue 07712 692467** for more information or to find out about activities you can do at Home.

### Carer support groups

- What? Carers meet to share what they are going through with others who understand run by a facilitator. There is the option to ask questions, get information and share experiences in a safe and supportive environment.
- When? Currently operating by teleconference call. Call for dates and times.
- Contact: **Angela 07483 122466**

### Dementia information and support sessions

- What? Recently diagnosed with dementia? This programme of five sessions will give you information about dementia, provide practical tips on everyday issues and help you to plan for the future. You will also be able to find out more about other local organisations and services and discuss coping mechanisms and meet others in the same situation.
- When? Meetings take place currently by Zoom online on Tuesday mornings commencing 30<sup>th</sup> March 2021
- Contact: **Angela 07483 122466**

### Memory information sessions

- What? Two-hour, free sessions open to members of the public. These sessions cover: understanding memory, memory tips, coping strategies and where you can find other services and information.
- When? Meetings take place currently by Zoom online on Tuesday 19<sup>th</sup> January or 16<sup>th</sup> March 2021 in the morning
- Contact: **Angela on 07483 122466**

### Singing for the brain ®

- What? A friendly, fun and social environment for those affected by dementia. Based on the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs.
- When? Sessions take place currently by Zoom online on Mondays. (Face-to-face sessions were in Beaconsfield, Friday mornings; Aylesbury, Tuesday mornings and Buckingham every other Tuesday afternoon)
- Contact: **Sue 07712 692467**

At Alzheimer's Society we believe everyone affected by dementia has the right to live their life the way they want to live it, whether living with the diagnosis or supporting someone who is. Core to that belief is that everyone has the right to be the person they are, to live without fear or prejudice regardless of race, age, gender, sexual orientation, faith and belief, or a disability, like dementia. Everyone should be able to make a full contribution to society the way they want to make it and live in a world which demonstrates respect and values diversity.