

# Services

Buckinghamshire Autumn 2019

40 years  
2019



Do you need help and support following your diagnosis of dementia?  
Then why not attend the

## Dementia information and support sessions

A group based support service for people in the early to mid-stages of dementia run for **6** mornings starting on **Monday 28 October** at Buckingham Community Centre, Cornwalls Meadow, **Buckingham**, MK18 1RP

Please contact **Angela Walshe** on **01296 331749** to find out more information dates and times of sessions.



## Memory information sessions

For people worried about their memory. Are you worried about your own memory or know someone else who is? Information covered includes understanding memory, tips and coping strategies and local help available.

**Tuesday 17 September** at Poplar Grove Practice, Meadow Way, Aylesbury, HP20 1XB 1.30 – 3.30pm

**Tuesday 15 October** at Amersham Museum, 49 High Street, **Old Amersham**, HP7 0DP 10am – 12 noon

Please contact **Angela Walshe** on **01296 331749** for more information and to **register a place**.

## 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!



## 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](http://alzheimers.org.uk/sidebysidevolunteer)  
[volunteers@alzheimers.org.uk](mailto: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**

**Over 2.5 million people**  
have become Dementia Friends.

**WILL YOU JOIN THEM?**

**Visit [dementiafriends.org.uk](http://dementiafriends.org.uk) to get involved**

## Dates for your diary.....

**Wednesday 2 October 11.15am. Dementia Friendly Screening – Gentlemen Prefer Blondes.** Regal Picture House, **Henley**. Open to all but especially for people with dementia and their family, friends or carers. Join them for free tea, coffee & biscuits and a chance to socialise for 30 minutes before the film (the film starts at 11.15am). Tickets, £4 per person with a free place for accompanying carers, may be booked in person at the cinema or in advance over the telephone on 0871 902 5738. The lights are left on low, there will be no adverts and people are free to move around, take a break if needed or sing along to any musical numbers. Spaces for wheelchairs are limited so please book in advance.

Details are provided for your own information and groups and events here are not recommended or endorsed by the Alzheimer's Society.

## Activity groups

### Aylesbury

Join us for 45 minutes of gentle seated exercise followed by light refreshments.

The Salvation Army, Meadow Way, Aylesbury, Bucks, HP20 1XS.

First Tuesday of the month: 10.15 – 12pm

**1 Oct 5 Nov 3 Dec**

### Chesham

Join us for 45 minutes of seated exercise followed by light refreshments and time to chat at Chesham Community Hall, Chesham Town Hall, 14 High Street, Chesham, HP5 1EP

Last Monday of the month: 2.00 – 4pm

**28 Oct 25 Nov 16 Dec (3<sup>rd</sup> Monday of the month due to Christmas)**

**For more details on these groups and to register your place please contact us on 01296 331722**

## Carer support groups

These groups are for carers of people with dementia who would like to meet with other carers for support. **If you are new to the groups and would like to come along, please contact the Aylesbury Office to check availability.**

### Amersham

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ

1<sup>st</sup> Tuesday of each month: 10:30am – 12 noon

**1 Oct 5 Nov 3 Dec**

### Aylesbury

Meeting Room 1, The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury Bucks, HP21 8TJ

3<sup>rd</sup> Monday of each month: 10.30 – 12 noon

**21 Oct 18 Nov 16 Dec**

### High Wycombe

Downley Community Centre, The Library, School Close, Downley, High Wycombe, HP13 5TR

4<sup>th</sup> Wednesday of each month 10:30am – 12 noon

**23 Oct 27 Nov No group in December**

**Aylesbury & Buckingham  
Ardenham Court  
Oxford Road  
Aylesbury, Bucks, HP19 8HT  
Tel: 01296 331722  
aylesbury@alzheimers.org.uk**

**South Bucks  
Seeleys House, Campbell Drive  
Beaconsfield  
Bucks, HP9 1TF  
Tel: 01296 331722  
sbuckinghamshire@alzheimers.org.uk**

## Memory support service

The service offers one-to-one support for people with dementia and their carers and screening and support for people who are concerned about their memories. Our Memory Support Workers can provide information and support over the phone or at a home visit to help you live well.

Please contact us on **01296 331749** or email at [memorysupport@alzheimers.org.uk](mailto:memorysupport@alzheimers.org.uk) for more information.



## Singing for the Brain®

This service is a structured group session for people with a diagnosis of dementia and their carers to meet regularly and actively participate in singing in an enjoyable environment. Refreshments are provided.

**For people who would like to come to the group for the first time, please contact the offices for availability.**

**Aylesbury** – Most Tuesdays 10.15am – 12noon

**Oct 8, 15, 22 & 29; Nov 12, 19 & 26; Dec 10 & 17**

The Salvation Army, Meadow Way, Aylesbury, Bucks, HP20 1XS

**Beaconsfield** – Most Fridays 10.15 – 12noon  
The Fitzwilliam's Centre, Windsor End, Beaconsfield, HP9 2JW.

**Oct 4, 11 & 18; Nov 1, 8, 15 & 22; Dec 6, 13 & 20**

**Buckingham** – 2nd & 4th Tuesdays 2.15 – 4pm

Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP.

**Oct 8 & 22; Nov 12 & 26; Dec 10**