



Services, groups and activities in Buckinghamshire Spring 2021



Buckinghamshire Memory Support Service



The Bucks Memory Support Service is delivered by Alzheimer's Society and commissioned by Bucks County Council and Bucks CCG. It is available for anyone who is worried about their memory or affected by dementia.

Memory Support Workers are experienced, trained Alzheimer's Society Advisors who can give information, practical advice, tips and strategies as well as signposting to legal and financial support, based on your personal circumstances and support needs. Support and guidance are delivered by phone and online and if a face-to-face visit is required, where it is impossible to deliver support remotely, the government guidelines are followed and in-depth risk assessments conducted.

For anyone who is concerned about their memory, we now deliver Memory Screening assessment appointments virtually for people who have access to the Zoom video conferencing platform. The results of the assessment are submitted to the GP who then decides if a referral to the Memory Clinic is required.

The Alzheimer's Society offices in Beaconsfield and Aylesbury have now closed but we can still be reached by calling the Memory Support Service telephone number: 01296 331749 or emailing us at bucks.memorysupport@nhs.net

The Companion Call service was started during the Coronavirus pandemic and is for anyone who usually accesses Alzheimer's Society services but are feeling isolated due to the current restrictions. The informal calls are made by trained volunteers who call for a friendly chat and can help people with dementia and their carers feel more connected and less lonely during this time. For more information call 01296 331749.

Please see over for further services.

Registered Charity number 296645

Carer support groups

What? The group provides the option for carers to ask questions, get information and share experiences in a safe and supportive environment and is facilitated by a Group Coordinator.

When? Meetings take place online by Zoom on the 2nd Tuesday of each month, 2.00-3.30pm

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 will take place online by Zoom Tuesday mornings commencing 30th March 2021 or starting Tuesday 29th June 2021.

Contact: **Angela 07483 122466**

Dementia information and support sessions for carers

What? Do you care for someone 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 will take place online by Zoom Tuesday mornings commencing 11th May 2021.

Contact: **Angela on 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 relevant services and information.

When? Meetings will take place online by Zoom Tuesday 4th May 2021, 10am – 12pm and Tuesday 8th June 2021, 2pm – 4pm.

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? Three Sessions take place online by Zoom on Mondays at various times.

Contact: **Sue on 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.