

Services, Groups and Activities in Buckinghamshire



Dementia Support Service

The Dementia Support Service in Buckinghamshire is available for anyone who is worried about their memory or affected by dementia.

Our trained Dementia Advisers help you to understand and live with dementia, give emotional support, practical advice, coping techniques and strategies as well as signposting to legal and financial support, based on personal circumstances and needs.

The support line is open 7 days a week:

- Monday to Wednesday: 9am – 8pm
- Thursday and Friday: 9am – 5pm
- Saturday and Sunday: 10am – 4pm

Tel: 0333 150 3456

When you call this number a Dementia Adviser will talk to you about what you need and connect you to the right support for you, from local visits to phone and online advice.

*Calls are charged at standard local rate

Website: www.alzheimers.org.uk

Please see over for additional services

Carer Support Groups

What? Facilitated by a Dementia Adviser, the 1.5 hour sessions offer carers the opportunity to ask questions, get information and share experiences in a safe and supportive environment.

When? **Amersham:** 2nd Tuesday of each month at the Amersham Community Centre, Chiltern Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH (*waiting list in place)

Aylesbury: 3rd Wednesday of each month at the Community Wellbeing Hub, Bucks New University 59 Walton Street, HP21 7QG

High Wycombe: 3rd Tuesday of each month at High Wycombe Library, 5 Eden Place, High Wycombe, HP11 2DH

Virtual: 2nd Wednesday of each month online via Zoom

Contact: 01296 718956 or email: bucks.memorysupport@nhs.net for times, availability and access

Memory Information Session

What? During this free 2 hour session which is open to members of the public, a Dementia Adviser will deliver information about memory, causes of memory loss, useful coping strategies, memory aids, how to stay healthy and planning for the future.

When? Friday 27 September: Community Wellbeing Hub, Bucks New University, 59 59 Walton Street, HP21 7QG

Contact: 01296 718956 or email: bucks.memorysupport@nhs.net to find out more.

Singing for the Brain ®

What? This is a friendly, fun, social activity for those affected by dementia and their carers. 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? Face to face sessions:

The Fitzwilliams Centre, Windsor End, Beaconsfield, HP9 2JW 10:30am-12.30pm on fortnightly Fridays: 20 Sept; 4 & 18 Oct; 1, 15 & 29 Nov; 13 Dec.

Community Wellbeing Hub, Bucks New University, 59 Walton Street, Aylesbury, HP21 7QG 2.00-4.00pm on fortnightly Tuesdays: 18 Jun; 2, 16 & 30 Jul; 13 & 27 Aug; 10 & 24 Sept; 8 & 22 Oct; 5 & 19 Nov; 3 & 17 Dec.

Virtual sessions take place weekly online by Zoom on Mondays at 11am.

Contact: 01296 718956 or email: sftbbomk@alzheimers.org.uk to find out more.

Services are **free** however donations can be made by going to www.alzheimers.org.uk or you can make a donation over the phone: 0330 333 0804.

Alzheimer's Society will not pass your details on to any other organisations, and we will use the information you supply to communicate with you in line with the GDPR and Data Protection Act 2018.

Equality, Diversity and Inclusion at Alzheimer's Society – What you can expect of us.

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.