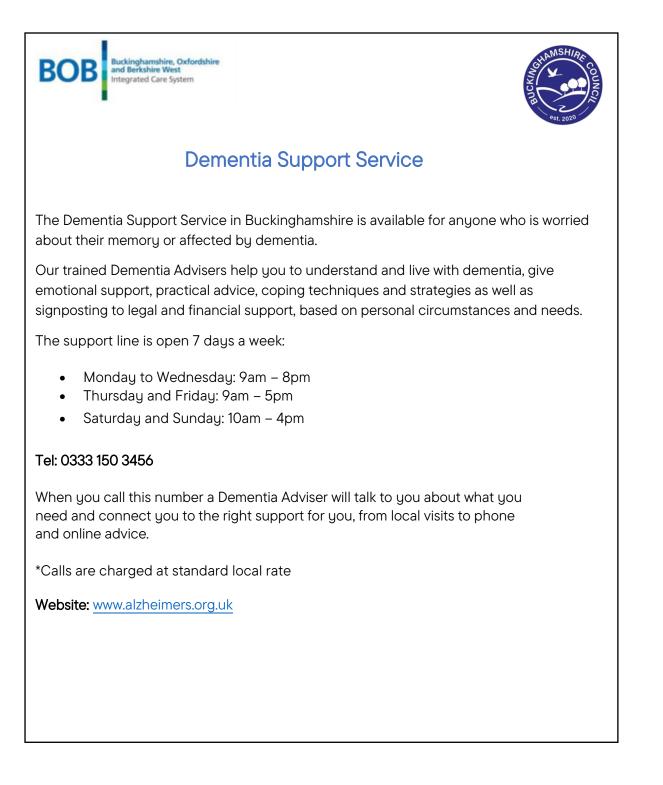
Services, Groups and Activities in Buckinghamshire



Together we are help & hope for everyone living with dementia



Please see over for additional services

Alzheimer's Society is a registered charity in England and Wales (296645) and the Isle of Man (1128) A company limited by guarantee, registered in England and Wales (2115499) and the Isle of Man (5730F) Registered office: 43-44 Crutched Friars, London EC3N 2AE.

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: 2 nd 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 : 3 rd 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: <u>bucks.memorysupport@nhs.net</u> for times, availability and access
Momo	ry 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.
Sinain	g 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: sftbbbomk@alzheimers.org.uk to find out more.

Services are **free** however donations can be made by going to <u>www.alzheimers.org.uk</u> 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.