



Services, groups and activities in Buckinghamshire Winter 2021/22

📞 **01296 331749** To speak to a Memory Support Worker in Buckinghamshire

✉️ bucks.memorysupport@nhs.net

📞 **0333 150 3456** Alzheimer's Society Dementia Connect support line: open 7 days a week and some evenings for information, support and advice

🌐 www.alzheimers.org.uk



Buckinghamshire Memory Support Service



The Bucks Memory Support Service is delivered by Alzheimer's Society and commissioned by Buckinghamshire 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 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 Covid 19 guidelines are followed and in-depth risk assessments conducted.

Please note the Memory Support Service is no longer open to receiving referrals for memory screening assessments. If you are concerned about your memory, please speak to your GP.

Please see over for additional 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: **01296 718956 email: aylesbury@alzheimers.org.uk**

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? Sessions will take place online by Zoom Tuesdays commencing **Tuesday 11th January 2022** for 5 sessions.

Contact: **07712 692467 email: suzanne.strange@alzheimers.org.uk**

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? Sessions will take place online by Zoom Tuesday mornings commencing **Tuesday 8th March 2022** for 4 sessions.

Contact: **07712 692467 email: suzanne.strange@alzheimers.org.uk**

Memory information sessions

What? These two-hour, free sessions are open to members of the public and cover understanding memory, memory tips, coping strategies and where you can find useful services and information.

When? Sessions will take place online by Zoom **Tuesday 25th January 2021, 2 - 4pm or Tuesday 8th March 2 - 4pm.**

Contact: **07712 692467 email: suzanne.strange@alzheimers.org.uk**

Singing for the brain ®

What? This is 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: **01296 718956 email: aylesbury@alzheimers.org.uk**

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 organisation 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.