

LOOKING FORWARD TO 2017 – THE NEXT STAGE

As the Society gets to the end of its current 5 year strategy, we have been working with people affected by dementia to set the direction for the next stage of the journey.

The Society will launch the new 5 year strategy in April 2017. At the beginning of the year the new look and feel will be unveiled. From January we will be sharing more about the changes you can expect to see. Additionally the Society will be calling for mandatory dementia training for all homecare workers in England. The most recent strand of the **Fix Dementia Care Campaign** focuses on homecare and the Society's latest report reveals that only 2 per cent of people affected by dementia feel that homecare workers have enough dementia training. It also found that 1 in 3 homecare workers have no training in dementia. The Society is calling for minimum training standards and for the Care Quality Commission to include checks on the quality of dementia training when inspecting homecare providers.

Sign the petition at alzheimers.org.uk/fixdementiacare

BUCKINGHAM & IVER DEMENTIA CAFES

We regret to inform you the Buckingham & Iver Dementia cafés will be closed with effect from the 31st December due to low attendances. We have discussed alternative services available in both locations with service users and any one registered with the service was sent a letter explaining the reasons for the closure. However if either of these effect you personally and you would like to speak to a member of the team, please do not hesitate to give us a call.

NUDGU REMINDER SERVICE

Nudgu (as in I'm going to nudge you about that) is a telephone reminder service mobile phone app that helps carers balance their ever increasing commitments. Carers record their reminder messages in advance when they aren't busy, for delivery when they can't ring in person. Carers need a smart phone but the person needing the reminder just need their normal phone – no other equipment is needed. As it uses your voice it's great for people with dementia and related issues.

It doesn't matter if your phone is out of charge, credit or coverage your message is delivered. It's great for daily medication reminders or one off appointments. It takes 5 minutes to set up and it's easy to use. The carer gets a notification of successful or failed delivery.

Nudgu is free for 30 days then starts from £8 per month.

Please see www.nudgu.com for full details. Please note the Society does not recommend or endorse this product.

VOICES AND CHOICES

Voices and Choices is a new Community Interest Company (CIC) based at the Whitehill Centre in Chesham. It has been set up to provide information and advice to help people living alone to remain in their homes with the help and support of community services and other agencies. It will also provide reassurance to family carers living outside Buckinghamshire. Whatever you need: a trusted tradesman, access to a leisure or social activity, advocacy to talk to a health provider, or any other impartial information, advice and support, they can help you find safe services to maintain your independence in your home. If you are elderly, or have a physical or learning disability, a mental health problem, or you are living alone, and you live in Amersham, Chesham, Gt Missenden or Prestwood and surrounding parishes, Voices and Choices are there to help.

For more information, please contact them on 01494 784566, 07872 600565 or visit <http://voicesandchoices.org.uk/>

DATES FOR YOUR DIARY.....

Thursday 22nd December 2.30 - 4pm Tea Party at Micklefield Community Library, High Wycombe. A cup of tea and natter, meet new friends or catch up with old ones. December's party has a festive theme but the parties are held regularly on the last Thursday of every month. Help with transport may be available. Call either Andrea on 07546 520712 or Parveen on 07990 784304.

Thursday 12th January 10 – 11am Falls Prevention Talk with Dr Raj Thakkar Iver Village Hall, High Street, Iver, SL0 9NX. A falls specialist Occupational Therapist will also be attending. Free refreshments.

Friday 27th January 10 – 1pm. Caring for you Programme organised by Carers Bucks. This is the first of three sessions for carers which aims to help carers gain knowledge and a better understanding of support available. These will be held in Chalfont St Peter. For further information or to book a place, please contact Carers Bucks on 0300 777 2722

Friday 27 January 11.30 – 1.30pm Falls Prevention Talk with Dr Raj Thakkar Downley Community Centre, Downley, High Wycombe, HP13 5TR. A falls specialist Occupational Therapist will also be attending. Free refreshments.

Wednesday 1st February from 10.30am. An American in Paris. A dementia friendly screening, with free tea & coffee, of this classic movie at Regal Picturehouse, 2 Boroma Way, Henley, RG9 2BZ. Telephone 08719 025738 for further information.

MEMORY SUPPORT SERVICE

The service offers one-to-one support from a **Memory Support Worker** for individuals and their carers from their initial concerns about memory loss, through diagnosis, to planning for the future. For those with a diagnosis, support will focus on planning for the future to enable the person to live well at home, as well as signposting to support services for the person caring for them. Please contact us on 01296 331749 or email at

memorysupport@alzheimers.org.uk if you would like to speak to someone about this service.

CARER SUPPORT GROUPS

If you are a carer for someone with dementia and you would like to meet with other carers for support; please come along to one of the following monthly groups facilitated by a trained member of staff.

Amersham

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

1st Tuesday of each month: 10:30am – 12 noon
3 Jan 7 Feb 7 Mar

Aylesbury

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

3rd Monday of each month: 10.30 – 12 noon
16 Jan 20 Feb 20 Mar

Buckingham

Buckingham Town Council Chamber, Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP

3rd Wednesday of each month: 10.30 – 12 noon
18 Jan 15 Feb 15 Mar

High Wycombe

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

4th Wednesday of each month 10:30am – 12 noon

25 Jan 22 Feb 22 Mar

Stoke Poges

St Andrews Church Centre, Rogers Lane, Stoke Poges, Bucks. SL2 4LN

4th Tuesday of each month 10:30am – 12 noon
24 Jan 28 Feb 28 Mar

ACTIVITY GROUPS

Join us for activities such as crafts, exercise and games followed by light refreshments and information and support.

Aylesbury

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

First Tuesday of the month: 10.15 – 12pm
3 Jan 7 Feb 7 Mar

Chesham

Chesham Community Hall, Chesham Town Hall, Chesham, HP5 1DS.

Last Monday of the month: 1.45 – 4pm
30 Jan 27 Feb 27 Mar

For more details on these groups and to register your place please contact us on either of the office numbers below.

BEFRIENDING

This is a scheme for people with dementia who benefit from a regular volunteer visit. All volunteer Befrienders are trained and DBS checked. Please call Sam for more information on 01296 331722.

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

10, 17, 24 & 31 Jan; 14, 21 & 28 Feb; 14, 21 & 28 Mar

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

6, 13 & 20 Jan; 13, 17 & 24 Feb; 10, 17, 24 & 31 Mar.

Buckingham – 2nd & 4th Tuesdays 2.15 – 4pm
Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP.

10 & 24 Jan; 14 & 28 Feb; 14 & 28 Mar

Aylesbury & Buckingham
Ardenham Court
Oxford Road
Aylesbury, Bucks, HP19 8HT

Tel: 01296 331722

Email:

aylesbury@alzheimers.org.uk

South Bucks
Seeleys House, Campbell Drive
Beaconsfield
Bucks, HP9 1TF

Tel: 01494 670909

Email:

southbuckinghamshire@alzheimers.org.uk