

# Services

Buckinghamshire Autumn 2017



## Fix Dementia Care.

The Society is calling on supporters to sign our online petition to end the injustice of families having to spend everything they have on dementia care.

The 'Dementia Tax' may have been a major issue during the general election campaign but it is nothing new for people affected by dementia.

The Society has welcomed the pledge for a consultation on social care, as outlined in the Queens Speech. However, this should not be used to delay workable solutions to the crisis in dementia care.

To fight this unfair system, where people with dementia in England don't get free care on the NHS as they would if they had other conditions, we would like supporters to add their names to the petition and to share it with family and friends.

**Sign the petition to end the dementia tax at [alzheimers.org.uk/fixdementiacare](http://alzheimers.org.uk/fixdementiacare)**

## MEMORY INFORMATION SESSIONS

**Tuesday 21<sup>st</sup> November 10.30 – 12.30pm. Memory Information Session.** For people worried about their memory. Are you worried about your own memory or know someone else who is? Information covered includes understanding memory, tips and coping strategies and access to a wide range of information. To be held at Marlow Community Hospital, Victoria Road, **Marlow**, SL7 1DJ.

**Tuesday 28<sup>th</sup> November 10.30 – 12.30pm Memory Information Session.** As above but to be held at Thame Community Hospital, East Street, **Thame**, OX9 3JT  
Please contact Angela Walshe on 01296 331749 to register your interest or just turn up on the day.

## Dementia and Information Support Sessions for people with dementia

Starting Thursday 26<sup>th</sup> October 2017 until Thursday 30<sup>th</sup> November 2017.

**Where** Garden Room  
The Healthy Living Centre  
Walton Court Shopping Centre  
Hannon Road  
**Aylesbury**  
Bucks. HP21 8TJ.

**Time:** Please contact the office for details  
Dementia and Information Support Sessions are informal but structured groups for people in the earlier stages. They aim to provide you with information and support to help you live well with the condition, provide an opportunity for you to meet with others in a similar situation and share experiences in a safe, non-clinical environment. You will also be able to ask questions and share your perceptions of living with dementia.

## Helping to Avoid Falls and Trips

A third of people over the age of 65, and half of those over 80, will suffer a fall at least once a year. Falls can cause head injuries, hip fractures, kidney failure or even hypothermia. They can shake confidence, boosting the risk of anxiety, depression and isolation, and therefore may have serious long-term health consequences. And yet around half of all falls affecting older people are preventable.

A presentation at <https://www.youtube.com/watch?v=IrFvkzHWU3o> aims help improve your understanding of what issues can cause a fall and how best to prevent them. People living with dementia can be at particular risk – indeed, a fall can actually be an underlying symptom of that condition.

Gentle muscle-strengthening exercise can help – whether walking, dancing, balance exercises or simply standing up from your chair regularly The website [www.activebucks.co.uk](http://www.activebucks.co.uk) is full of other ideas for exercise.

For more information, go to <http://www.nhs.uk/conditions/Falls> Also see Dates for your Diary 15<sup>th</sup> September below.

## DATES FOR YOUR DIARY.....

**Thursday 15<sup>th</sup> September 11-12pm. Falls Talk** by GP Dr Raj Thakkar including hints and tips of how to help reduce falls. To be held at Princes Risborough Library, Bell Street, **Princes Risborough**, HP27 0AA. Contact Sophia Wilson on 01494 586708 or [sophiawilson@nhs.net](mailto:sophiawilson@nhs.net) for further information and to register your place.

**Sunday 17<sup>th</sup> September 2pm. Dementia Friendly Screening of Calamity Jane at Aylesbury Waterside Theatre.** The musical includes a score of much-loved songs. Tickets are £6 per person with 1 carer free. Phone 0844 8717627.

**Monday 18<sup>th</sup> September and then every two weeks. Forget Me Knot Café Chinnor Village Centre 10.30 – 12.30pm.** Music for fun. Aimed to help with general health and wellbeing for people with dementia, mental health issues, old age or isolation. For more information contact 01844 353733 or Michele on 01844 353154 or mobile 07779 732097.

**Monday 18<sup>th</sup> September (and every 3<sup>rd</sup> Monday and Wednesday of the month) 2.30 – 4pm.** Share your Memories session run by Winslow Big Society for people with dementia to be held at Winslow Community Library, Park Road, **Winslow**, Buckingham, MK18 3DN. Telephone 01296 713106.

**Thursday 21<sup>st</sup> September 10.30 – 11.30am** (and every third Thursday of the month). **Reminiscence Coffee Morning.** **Address for September only is** The Red House, Main Street, Maids Morton, Buckingham, MK18 1QL. Telephone 01296 387855/6 for further information. Theme – Household Items.

**Aylesbury & Buckingham**  
Ardenham Court  
Oxford Road  
Aylesbury, Bucks, HP19 8HT  
Tel: 01296 331722  
aylesbury@alzheimers.org.uk

**South Bucks**  
Seeleys House, Campbell Drive  
Beaconsfield  
Bucks, HP9 1TF  
Tel: 01494 670909  
southbuckinghamshire@alzheimers.org.uk

### 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](mailto:memorysupport@alzheimers.org.uk) if you would like further information 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  
1<sup>st</sup> Tuesday of each month: 10:30am – 12 noon  
3 Oct 7 Nov 5 Dec

#### Aylesbury

Meeting Room 1, The Healthy Living Centre,  
Walton Court Shopping Centre, Hannon Road,  
Aylesbury Bucks, HP21 8TJ  
3<sup>rd</sup> Monday of each month: 10.30 – 12 noon  
16 Oct 20 Nov 18 Dec

#### High Wycombe

Downley Community Centre, The Library, School  
Close, Downley, High Wycombe, HP13 5TR  
4<sup>th</sup> Wednesday of each month 10:30am – 12 noon  
25 Oct 22 Nov 27 Dec

#### Stoke Poges

We are sorry to announce that the Stoke Poges group has now closed due to low numbers.

### 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 Oct 7 Nov 5 Dec

#### Chesham

Chesham Community Hall, Chesham Town Hall,  
Chesham, HP5 1DS.  
Last Monday of the month: 1.45 – 4pm  
30 Oct 27 Nov 18 Dec (3<sup>rd</sup> Monday)

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

### 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 Oct; 14, 21 & 28 Nov;  
12 & 19 Dec

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

6, 13 & 20 Oct; 3, 10 & 17 Nov; 1, 8 & 15 Dec

**Buckingham** – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 2.15 – 4pm  
Buckingham Community Centre, Cornwalls  
Meadow, Buckingham, MK18 1RP.

10 & 24 Oct; 14 & 28 Nov; 12 Dec (There will be no group on Tuesday 26<sup>th</sup> December)