

We are open and here to support you – please contact us

Are you worried about your memory?

Join us for a **Virtual Memory Information Session**

Tuesday 28th July 10am – 12pm or **Tuesday 4th August 10am – 12pm**

The sessions can be accessed from a computer or tablet or you can call in by telephone. The session will include information on Understanding Memory; Memory Tips and Coping Strategies; Learning what you can do to promote good memory; Signposting to other services and organisations.

To register your interest, please email **Angela Walshe** at angela.walshe@alzheimers.org.uk or call for more information on 01296 331749



Do you need help and support following your diagnosis of dementia?

Come to our Virtual Dementia information and support sessions

These sessions can be accessed from a computer, tablet or you can call in by telephone. They will take place on **6 consecutive Tuesday mornings commencing 25th August 2020**. Please call for timings and joining instructions.

The Alzheimer's Society is pleased to offer this group-based support service for people in the early to mid-stages of dementia. Over 6 sessions we will provide you with information and share discussions on how to live well with the condition.

To find out more information, including timings or to book a place call **Angela Walshe on 01296 331749** or email memorysupport@alzheimers.org.uk

Important: update to Services as of 25th June 2020

The **Memory Support Service** team at Alzheimer's Society are here to support people with dementia, people with memory concerns and their carers by telephone or email. Please ring **01296 331749** and leave a message and your call will be returned as soon as possible (the messages are checked several times daily). Alternatively, you can email the team at bucks.memorysupport@nhs.net. Our Memory Support Workers can answer your questions and give you tips if you are finding it difficult to follow NHS or government advice about coronavirus.

We cannot offer personalised medical advice but we will direct you towards other reliable sources.

Apologies that we are temporarily unable to accept referrals for Memory Screening Assessments or home visits.

The **Alzheimer's Society website** is packed with information: www.alzheimers.org.uk and the Dementia Connect telephone support line is open 7 days a week for information, support and advice: **0333 150 3456**.

Please see over for a description of local Alzheimer's Society services.



Memory Walk 2020

Memory Walk is a series of sponsored walks for all ages and abilities to come together to raise money to defeat dementia, taking place every year in September and October.

It is an unmissable and uplifting occasion for the whole family and a fantastic way to make a real difference.

To keep our supporters and everyone affected by dementia safe, the format of Memory Walk 2020 has changed to keep in line with social distancing regulations.

People can now choose to complete their own walk **wherever** and **whenever** they like in their own special way. It's easy to get involved and entirely up to you how you complete it - it's your walk, your way. **And it's also completely free to sign up!**

Walkers can purchase their t-shirts and other merchandise from [our online shop](#).

If you have any questions, please email us at MemoryWalk@alzheimers.org.uk }

Services in Buckinghamshire

Activity group

Activity groups give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator, who encourages and supports people to take part, the groups are also a chance to relax and socialise. Some of these activities include arts and crafts, seated exercise and music. The Activity Group in Aylesbury is currently suspended but usually takes place on the first Tuesday morning of the month. Please call Sue on 07712 692467 if you would like more information or to find out about activities you can do at home.

Carer support groups

These peer support groups give people the opportunity to meet with others who understand some of what they are going through. Run by a facilitator, the sessions offer a chance to ask questions, get information and share experiences in a safe and supportive environment. At present we are running conference call support groups for existing members. This is being organised on a month by month basis. If you would like to join a Carers Support Group when we resume our normal services, please do get in touch and we will register your interest. Please contact Angela on 07483 122466 if you would like to find out more.

Dementia information and support sessions

Have you recently been diagnosed with dementia? These sessions aim to inform and educate you on the condition of dementia; give practical tips to help with everyday issues and planning for the future; signpost to local organisations and services and discuss coping mechanisms. There is also the opportunity to meet with others in the same situation. The face to face sessions are currently suspended but have been replaced with virtual sessions via Zoom for service users who have access to a computer, tablet or smart phone. and will take place on 6 consecutive Tuesday mornings commencing 25th August. Please contact Angela on 07483 122466 if you would like to find out more.

Memory information sessions

Memory information sessions are free, open to members of the public and last for about two hours. They include understanding memory, memory tips, coping strategies, access to a wide range of information and signposting to other services and organisations. The face to face sessions are currently suspended but virtual sessions are taking place via Zoom for those who have access to a computer, tablet or smart phone. on Tuesday 28th July and Tuesday 4th August in the morning. Please contact Angela on 07483 122466 if you would like to find out more.

Singing for the brain ®

Singing for the Brain brings people, who are affected by dementia, together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs. The face to face sessions usually take place on most Friday mornings in Beaconsfield, most Tuesday mornings in Aylesbury and fortnightly on a Tuesday afternoon in Buckingham. These sessions have been replaced temporarily with virtual sessions by Zoom for service users who have access to a computer, tablet or smart phone. Please contact Sue on 07712 692467 to find out more.

We will continue to stay in touch by telephone with all service users who would like us to.

NATIONAL SUPPORT FOR COVID-19

UK Government information about areas of concern;

<https://www.gov.uk/find-coronavirus-support> or call **0800 0288327**, the Government's COVID-19 helpline

NHS COVID-19 website;

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Buckinghamshire Healthcare NHS Trust COVID-19 patient information;

<https://www.buckshealthcare.nhs.uk/coronavirus/information-for-patients.htm>

Coping with worry about COVID-19 from Healthy Minds;

<https://www.oxfordhealth.nhs.uk/healthyminds/covid/> or call **01865 901 600** to self-refer.