



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

Services, groups, and activities in Milton Keynes

Summer 2023

At Alzheimer's Society, the Dementia Information and Support Service in Milton Keynes is here to help you and to ensure that support is available to all – please contact us.

📞 Call **01908 232612 /01908 669404** to contact a Dementia Advisor.

📞 **0333 150 3456** Dementia Support Line: open 7 days a week and some evenings for information, support and advice.

✉️ MiltonKeynes@alzheimers.org.uk

🌐 www.alzheimers.org.uk

Dementia Information and Support Service

The Milton Keynes **Dementia Information and Support Service** is here to support people living with dementia, people with memory concerns and their carers. Dementia Advisors are experienced, trained Alzheimer's Society staff who can give information, practical advice, emotional support and tips and strategies based on your personal circumstances and support needs. Support, information and guidance are delivered by phone, email, or face-to-face visits.

The Alzheimer's Society office in Milton Keynes has now closed but we can still be reached by calling the **Dementia Information and Support Service** on 01908 669404/01908 232612 or emailing us at MiltonKeynes@alzheimers.org.uk

The Companion Call service was started during the Coronavirus pandemic. This is a service for anyone who usually accesses Alzheimer's Society services and would like a friendly chat. The informal calls are made by trained volunteers who call on a regular basis. If you would like to know more about Companion Calls, please call 01908 669404.

Please see over for further services.

Registered Charity number 296645

Virtual Carers Peer Support Group

What? Carers meet to share what they are going through with others who understand. There is the option to ask questions, get information and share experiences in a safe and supportive environment.

When? 4th Wednesday of each month 10.30am or 2nd Wednesday each month by Zoom

Contact: **Michelle** 01908 669404 or **Yvonne** 01908 232612

Singing for the Brain ® - Face to Face

What? A friendly, fun and social environment for people living with 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? Twice a month on a Monday afternoon at Herons Lodge.

Contact: **Chelsea or Nicki** 01908 232612

Virtual Singing for the Brain ®

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When? Sessions take place currently by Zoom online on Mondays.

Contact: **Chelsea or Nicki** 01908 232612

Empowerment Group for people with dementia (Dementia Voice)

What? A monthly face-to-face group for people living with dementia to have their voice heard on a variety of different subjects, influencing and impacting local services.

When? 3rd Tuesday of each month.

Contact: **Chelsea** 01908 232612

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 have supplied 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.