

Buckinghamshire

Services, groups and activities



Important: Coronavirus update to Services as of 2nd April 2020

The **Memory Support Service** team at Alzheimer's Society are **still here** to support people with dementia, people with memory concerns and carers by telephone, email or Skype. 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 about dementia. We can also give you tips if dementia makes 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.

We will stay in touch with all service users who will be contacted by telephone in future weeks.

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 list of local community support during this time and a description of local services provided by the Society when current restrictions allow.

Emergency appeal: Please donate

People affected by dementia are reaching out to us every day. The coming months are set to be tough, and coronavirus will hit people affected by dementia the hardest. We simply cannot let people with dementia and their carers face this alone.

Donations are the only way we can keep going to support them. If our information and services are helping you, please – if you can – help to keep us here for you and everyone affected by dementia.

Text UNITE to 70660 to give £10

Visit our appeal webpage: www.alzheimers.org.uk/coronavirus-appeal

Aylesbury & Buckingham
Ardenham Court
Oxford Road
Aylesbury, Bucks, HP19 8HT
Tel: 01296 331722

South Bucks
Seeleys House, Campbell Drive
Beaconsfield,
Bucks, HP9 1TF
Tel: 01296 331722

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. The Carer Support groups are currently suspended but usually take place in the morning at Amersham on the first Tuesday of the month, Aylesbury on the third Monday of the month and Downley on the fourth Tuesday of the month. 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. These sessions are currently suspended. 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. These sessions are currently suspended. 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. These sessions are temporarily suspended but usually take place on most Friday mornings in Beaconsfield, most Tuesday mornings in Aylesbury and fortnightly on a Tuesday afternoon in Buckingham. These sessions will be replaced with digital sessions where service users have access to a computer, tablet or smart phone. Please contact Sue on 07712 692467 if you would like to find out more.

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COMMUNITY SUPPORT IN BUCKINGHAMSHIRE

Age UK are offering help with getting practical support. Please contact 01296 431911 or email age@ageukbucks.org.uk

Buckinghamshire County Council have set up a 24-hour emergency contact number for calls related to coronavirus and extremely vulnerable people: **01296 383204**.

For those living in the **Stoke Mandeville** area who need help with shopping and prescriptions call: **01296 914068**

Bidfood Home Delivery. Bidfood usually supply food and supplies to pubs, restaurants, hotels etc. They have now set up a home delivery service so any member of the public can sign up and book a delivery: <https://www.bidfood.co.uk/become-a-customer/>

Seerah Today deliver food parcels in the **High Wycombe** area 07512 321949

Cook (National) www.cookfood.net deliver ready meals 01732 759000

Oakhouse Foods (National) deliver frozen ready meals: 0333 370 2516

Wiltshire Farm Foods (National) deliver ready meals: 0800 077 3100

Sainsbury's Phone Shopping Service. If you are over 70yrs old or extremely vulnerable and shopped with Sainsbury's before you are allowed to book a priority delivery service: 0800 328 1700

TESCO stores The elderly and most vulnerable are given priority to shop for one hour between 9am and 10am every Monday, Wednesday and Friday: 0800 505 555

Anyone who has a medical condition which makes them high risk should have had a letter from the NHS explaining they are extremely vulnerable to coronavirus. You can call the Government helpline to register for help e.g. help getting shopping: 0800 028 8327