

### Important updates due to Coronavirus as at 2 April 2020

The **Dementia Information Service** at Alzheimer's Society is still able to support people with dementia, people with memory concerns and carers. Please call 07784 224494 or 07484 516433 to speak to a Dementia Support Worker. Alternatively you can email the team at [dementiainformation.service@nhs.net](mailto:dementiainformation.service@nhs.net) Our Dementia 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 home support visits but we will endeavour to deliver information and guidance by telephone, email or Skype.

**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](http://www.alzheimers.org.uk) and the Dementia Connect telephone support line is open 7 days a week for information, support and advice on

0333 150 3456.

**Please see over for a list of local community support during this time, the Society's Emergency Appeal and a description of local services provided by the Society when current restrictions allow.**

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

# Services in Milton Keynes

## 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 the activities include arts and crafts, quizzes and games. Activity groups usually take place weekly on a Tuesday morning in Stony Stratford or fortnightly on a Wednesday afternoon in Bletchley. The groups are currently suspended due to the Coronavirus outbreak but please call Anita, Group Coordinator, on 07718 168642 for ideas on activities to do at home or for more information.

## 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 groups usually meet monthly on a Wednesday morning at The Willows Care Home but are temporarily suspended due to the Coronavirus outbreak. Please call Michelle on 07484 516433 or Safia on 07784 224494 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 sessions usually take place at Herons Lodge Guide Centre in Loughton every fortnight on a Monday morning and afternoon but are now temporarily suspended due to the Coronavirus outbreak. These sessions will be replaced with digital sessions where service users have access to a computer, tablet or smart phone. More details to follow. Please contact Anita, Group Coordinator on 07718 168642.

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

## COMMUNITY SUPPORT IN MILTON KEYNES

**Age UK** are offering help with getting **emergency** shopping and collecting prescriptions. Please contact 01908 550700. This service is free but donations are accepted. Costs for the shopping are required up front or volunteers can use your bank card and use up to the contactless amount.

**Independent Living Services** help with essential shopping for older people who need support. Please call 01908 557 874 or email [ilt@ageukmiltonkeynes.org.uk](mailto:ilt@ageukmiltonkeynes.org.uk). The cost is £18 per hour.

**We Were Soldiers Cleaning Company** offer a chat over the phone, dog walking and picking up prescriptions. Please call 07856 324109 for more information.

**The Brothers Supper** offer food delivery for those in need on Mondays and Thursdays. Free meals for the over 65's. Please call 07867 426461 or go to [www.thebrotherssupper.com](http://www.thebrotherssupper.com)

**Dreamsai Milton Keynes:** support elderly people over 65 in self isolation in MK. They can deliver essential packs such as food and toiletries. Please call 07864 982635.

**Milton Keynes Hindu Association** – offer help to all over 65 and in self isolation. Help with grocery shopping, prescription, medicine collection, posting letters or need of any advice. Contact: 0300 365 1008 or email [covid\\_support@mkha.org](mailto:covid_support@mkha.org)

## 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](http://www.alzheimers.org.uk/coronavirus-appeal)