

Alzheimer's & Dementia – Where to go for Information and Support

Social Care (Social Services – Local Council) - If you or someone you care for needs help and support with everyday living you can ask Social Care to carry out an assessment of care and support needs. This may include help with personal care, meal preparation, laundry, residential care or day care, for example.

Carers can also ask Social Care for an assessment in their own right and may be eligible for support, including breaks from their caring role.

For residents of Bucks - Adult Social Care

Tel. 01296 383204
Tel. 0800 999 7677 Out-of-hours emergencies
Email crr@buckscc.gov.uk
Website www.buckscc.gov.uk

For residents of Slough - Adult Social Care

Tel. 01753 475111 (Option 1)
Tel. 01344 786 543 (Out-of-hours emergencies)
Email via online enquiry form on website
Website www.slough.gov.uk/health-and-social-care

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There are also specialist national and local charities and voluntary organisations which provide information, advice and support for people living with dementia and their carers:

Alzheimer's Society

Tel. 0300 222 11 22 National helpline 9am - 8pm Mon to Wed; 9am - 5pm Thu, Fri; 10am - 4pm Sat, Sun
Website www.alzheimers.org.uk Email Enquiries@alzheimers.org.uk

Dementia Friends – a nation-wide Alzheimer's Society initiative to promote greater understanding of dementia and to help build dementia friendly communities

Website www.dementiafriends.org.uk Email dementiafriends@alzheimers.org.uk
Tel. 0300 222 5855

Join Dementia Research – a national service enabling people to register their interest in taking part in dementia research. This service is being delivered by the Alzheimer's Society in partnership with the National Institute for Health Research and other organisations.

Website www.joindementiaresearch.nihr.ac.uk

Dementia UK

Tel. 0800 888 6678 National dementia helpline run by Admiral nurses
9:15am to 4.45pm Mon to Fri and 6pm to 9pm Wed and Thurs.
Website www.dementiauk.org Email direct@dementiauk.org

Alzheimer's Society Memory Support Service (Buckinghamshire) - From April 2016 this county wide service offers a single point of contact for people worried about their memory. Each GP surgery in Buckinghamshire now has a named Memory Support Worker who can do home visits to carry out initial screening for people with memory concerns and provide ongoing support and guidance for people with a diagnosis of dementia and support for carers.

Tel. 01296 331749 Email memorysupport@alzheimers.org.uk

Alzheimer's Society (South Buckinghamshire Branch) - Information, support and advice on all aspects of care, relief care sitting, social activities, befriending, carers' support groups (including a monthly carers' group in Stoke Poges), a drop-in centre for people with dementia and their carers and regular newsletter.

Alzheimer's Society, Seeleys House, Campbell Drive, Beaconsfield, HP9 1TF

Tel. 01494 670909 (Open Monday to Thursday)

Website www.alzheimers.org.uk (Follow link to branch) Email southbuckinghamshire@alzheimers.org.uk

Alzheimer's Society (East Berkshire Services) – Support services for people with dementia, their families and carers living in Slough, Windsor, Maidenhead area - including Singing for the Brain, Dementia Cafes, Seated exercise, Activity groups, Befriending, and Dementia Support Workers

Alzheimer's Society, Maidenhead Office, Highview, 6 North Road, Maidenhead, SL6 1PL
Tel: 01628 626 331 Website www.alzheimers.org.uk (Follow link to branch)
Email berkshire@alzheimers.org.uk

Alzheimer's Dementia Support (Windsor, Maidenhead, Ascot, Slough and Langley)* – Support and advice on all forms of dementia. Regular newsletter gives details of activities which include weekly drop-in centres, monthly lunch clubs, monthly evening Alzheimer's café with speakers and a variety of special events in various locations. *NB Many people from the Burnham area are also supported by this charity.

Alzheimers Dementia Support, Unit 113, 5 High Street, Maidenhead, SL6 1JN
Tel. 07516 165647 Terrie Hall - Senior Advisor Email terrie.hall@alzheimersdementiasupport.co.uk
Tel. 07516 165665 Nancy Thorn – Service Delivery Advisor
Email nancy.thorn@alzheimersdementiasupport.co.uk Website www.alzheimersdementiasupport.co.uk

Carers Bucks – Supports carers in Buckinghamshire of all ages and in different caring roles. Produces newsletter, runs support groups and training sessions, offers advice and information on benefits and services and undertakes advocacy work.

Tel. 0300 777 2722 Website www.carersbucks.org Email mail@carersbucks.org

Slough Carer Support Services – From April 2016 information and support services for carers in Slough are provided by a new organisation Slough Carer Support Service Tel. 01753 303428
www.sloughcarerssupport.co.uk email sloughcarers@gmail.com

Burnham Carers' Support Group – Information, help and support for all carers. Varied programme of speakers and activities. The Group is run jointly by Carers Bucks and Burnham Health Promotion Trust. The Group meets on the last Friday of the month from 12noon to 2pm at Burnham Youth Centre, Minniecroft Road, Burnham , SL1 7DE.

For more details contact Ann Whiteley Carers Bucks 0300 777 2722 or Shirley Shaw Tel. 01628 661441

Local social activities - There are a number of local groups that offer an informal and welcoming environment for everyone, including people with memory loss and/or for people who have had a diagnosis of Alzheimers or dementia. Relatives and carers are also welcome at these groups. They include:

Memory Mondays - Social mornings can help people keep their memories alive. Go along with your partner / carer to revisit and share your memories at May's Chocolate House, 75 Burnham High Street any Monday from 10:30 to noon. For more information please contact Shirley Shaw Burnham Health Promotion Trust Tel. 01628 661441

Singing for the memory - 1st and 3rd Tuesdays of the month from 10.45 to 12 noon Burnham Library, Windsor Lane, Burnham, SL1 7HR. This informal and friendly singing group welcomes people with memory loss and their carers. For more information phone Marion Machen Tel. 01628 602581 or Burnham Health Promotion Trust Tel. 01628 661441

The Meeting Place – Wednesdays 9.30 to 11am. Informal drop in group offers a warm welcome to everyone. Refreshments and activities. Run by "The Well @ Lent Rise" at Burnham Methodist Church, Eastfield Road, Burnham, SL1 7NZ. Contact – Mrs Hilary Evans Tel. 01628 602120

This information sheet has been compiled by Burnham Health Promotion Trust – November 2016

Every effort has been made to ensure this information is up to date but if you are aware of any inaccuracies or omissions please contact us: Tel. 01628 661441 Email info@bhpt.org.uk