

This information is provided to help anyone find out about what support there is available in the Marlow area for those living with dementia, their families and carers.

We have listed the events normally held so you can decide what may be of interest for the future. Due to the impact of COVID-19 (Corona Virus), certain events quoted here may well have been suspended until further notice. Please check the current status with the relevant organisation on any events and indeed on services as well. If they have been suspended at present, please ask to be advised once the event/service is to be restarted.

The Alzheimer's Society

National no. *0333150 3456*

www.alzheimers.org.uk

They produce a large number of free booklets, which can be downloaded or obtained through the post. Their booklet *The Dementia Guide* (174 pages) gives a wealth of information, and there are many other free booklets available too. This should be available in the Marlow Library. They also produce an information sheet for Bucks every quarter.

On the website, information can be found on support for daily living, equipment and adaptations, as well as advice for supporters and carers. In Bucks they offer information and support sessions, details of which can be found in the services information sheet or by calling Angela Walshe on 01296 331749. Also, on their website is a link to their shop which sells a wide range of aids, such as simple to use TV remotes, clocks, jigsaw puzzles etc.

Dementia UK

Helpline *0800 888 6678*

www.dementiauk.org

A national charity committed to providing quality of life for all people affected by dementia. The charity provides Admiral Nurses, specialist dementia nurses who provide practical and emotional support to family carers of people with dementia.

NHS Oxford Health

www.oxfordhealth.nhs.uk

Memory Services

This is the organisation that is commissioned to provide a range of mental health services for the residents of Buckinghamshire. Once you have seen your GP about dementia or memory problems, they can refer you for an assessment to the Memory Clinic.

Memory Clinic

*Shrublands Day Hospital, Queens Road, High Wycombe HP13 6PT
01865 901239*

Part of the diagnosis process will usually involve an MRI scan which may be at Stoke Mandeville. The Memory Clinic will do the diagnosis, provide a relevant information pack and refer you to the Memory Support Services, part of the Alzheimer's Society, who are commissioned to provide follow up support.

Memory Support Services (part of the Alzheimer's Society)

01865 901 600

They are commissioned to run Memory Support Services including periodic courses both for those with dementia and for carers. You should be advised once you have seen them, otherwise they can be reached by email or phone.

PALS – The Patient Advice and Liaison Service

PALS – The Patient Advice and Liaison Service. PALS is essentially a customer service team for the hospitals and can help with the following:

- Help you to resolve concerns or problems when you are using the NHS
- Tell you how to get involved in your own healthcare
- Explain the NHS complaints procedure including how to get independent help making a complaint.

PALS can be particularly helpful if you need action immediately, such as a problem while in hospital or with an upcoming appointment. However, PALS cannot provide clinical advice and if you require medical attention you should always contact your GP, 111 or attend A&E.

PALS are available Monday to Friday between the hours of 9am and 5pm. For Buckinghamshire Healthcare NHS Trust PALS call [01296 316042](tel:01296316042) or email bht.pals@nhs.net

Healthwatch

01844 348839 (Monday – Thursday 9am-5pm)

info@healthwatchbucks.co.uk

Healthwatch offers advice and information about access to local care services. It can give advice and information about how to choose a care home or get physiotherapy through the NHS. It will also offer help in understanding what you can expect from the NHS.

Buckinghamshire Social Services

01296 395000

www.careadvicebucks.org

They publish a directory of services available, which can be requested by phoning 01296 387821. For information and paying for care, contact the Directory Helpline 0800 389 2077.

Bucks Mind

01494 463364

(Please check first on the status of events)

www.bucksmind.org.uk

They run two services for older adults with dementia. They provide support, fun, companionship and stimulating activities in a friendly environment. Park Club in Chesham Tuesday – Thursday 9.30 – 2.15, Pippin Club in Prestwood Monday 9.30 – 2.15.

Prevention Matters

01296 484322

PreventionMatters@connectionsupport.org.uk

Prevention Matters works with GP surgeries, but you can self-refer online or over the phone. They offer a free programme of support of practical solutions to social and health problems that may be beginning to affect lives.

The practice workers meet with the person with dementia and carers to develop a plan of action, and then support them to make it happen. This can include advice on getting equipment, obtaining care either at home or in a care home, or getting financial support for a personal budget. They will visit up to six times over an eight-week period.

FirstStop Advice

Advice line 0800 377 7070

www.firststopcareadvice.org.uk

FirstStop Advice is an independent, impartial and free service offering advice and information to older people, their families and carers on housing and care options for later life. They have a number of useful leaflets available including how to choose accommodation, staying in your own home and getting support from your local council.

The Library in Marlow

NB: Temporary location, Sandygate Road, Marlow SL7 3AZ

The new and temporary opening hours are Tuesday – Saturday at 9.30am – 12.30pm

01296 382415

(Please check first on the status of events)

www.buckscc.gov.uk/services/libraries/find-a-library/marlow

The library holds a wealth of information and leaflets including many from the Alzheimer's Association, and local groups. On the third Thursday of every month they run a Reminiscence Club Coffee Morning at 10.30am. There is also a Knit and Natter group that meets on the same Thursday at the same time.

Home Library Service

01494 475573 homelibraryservice@buckscc.gov.uk

This service is for Buckinghamshire residents who are **housebound** and unable to visit a library due to age, illness or disability. Carers who are unpaid are also eligible. This service could benefit dementia clients by keeping their minds active. The Home Library Service is a free monthly service delivered to your home at a suitable time for you by volunteers.

Age UK Bucks

age@ageukbucks.org.uk

Has a quarterly magazine available online or by phoning 01296 431911. Offers a range of help services including help in the home, handyman services, hairdressing, foot care etc., plus Computer Training www.ageuk.org.uk/buckinghamshire/our-services/computer-training. Also has a telephone befriending service on 01296 431911

Carers Bucks

0300 777 2722

(Please check first on the status of events)

Providing information, guidance and support for carers.

They also hold information sessions for carers on 2nd Tuesday each month 10am -12pm at Brooke Furnston Place, Marlow, and at the Stokenchurch Medical Centre 1.30pm - 3.30pm on the last Wednesday of every month.

TRANSPORT

Transport to Hospital

0300 100 0015

www.scas.nhs.uk/nepts

CAS (South Central Ambulance Service) operates a NEPTS (Non-Emergency Patient Transport Service) for eligible patients attending appointments or being admitted or discharged from hospital. If you think that you may be entitled, you can call or refer to the website. You will need to supply information including NHS number, mobility and care requirements, date and time of travel and details of where you are travelling to and from.

Chiltern Dial-a-Ride

01494 766123

Offering a transport system for local residents who need it, e.g. to get to the hospital or make an important visit. They also do outings to interesting places. You need to be a member to use their services, and there is a small charge for the service.

Driving Miss Daisy

0333 014 6211

Monday – Friday 9am – 5pm

This is a business offering personalised transport. Note the telephone number can cost as much as 35p per minute to call from a mobile phone, landlines are free.

DISABILITY AIDS / ADAPTIVE

EQUIPMENT/TELECARE/ADAPTIVE TECHNOLOGY

Red Cross – High Wycombe

Red Cross Centre, West End Road, High Wycombe, HP11 2QB.

01494 521512. National Number 0300 456 1914.

They offer a range of aids such as wheelchairs for short term loan or hire, and smaller items for sale such as eating aids, washing aids etc. They also sell second-hand equipment.

NRS Healthcare

0345 1218111

productadvice@nrs-uk.co.uk

NRS is a supplier of disability equipment, mobility aids and rehabilitation supplies.

Telecare Choice

0800 635 7000

support@telecarechoice.co.uk

Supplying personal alarms

NB: alarm pendants are also available from Age UK, Lifeline and Careline

BENEFITS (Please also see the MMDF Benefits Guide)

You may be entitled to benefits such as Attendance Allowance. The form can be obtained by phoning 0800 731 012 or contacting www.gov.uk website. The Citizens Advice Bureau can help - Local Helpline 0344 411 1444. Information can be found on www.citizensadvice.org.uk and www.turntous.co.uk. Age UK also has good information on their website www.ageuk.org.uk. A person with dementia may be entitled to a council tax deduction. You will need to contact your local council.

SOCIAL ACTIVITIES

Marlow Age Concern

(Please check first on the status of events)

38 Glade Road Marlow SL7 1DH. Contact and Transport 01628 482883

www.marlowageconcern.org

marlowageconcern@waitrose.com

Offers a day care centre for people suffering from social isolation. Attendees come each week for company, tea/coffee and a home cooked lunch. They also run a stroke club for stroke guests with physiotherapy and tea. Age Concern also provides a transport service for people coming to the centre and those attending hospital/doctors' appointments.

First Tuesdays Café - Making Marlow Dementia Friendly (MMDF)

The Pugin Rooms, St Peter Street, Marlow

www.mmdf.co.uk

(Please check first on the status of the event)

A lovely environment and a warm greeting await guests at MMDF's monthly memory cafe. First Tuesdays Café is a welcoming place for anyone who has been touched by dementia or memory problems, to come together in a really supportive and safe environment and enjoy a chat or reminisce with like-minded and understanding people. Volunteers are on hand to serve drinks and a sweet treat and can offer advice or guide guests to the support you need. Important - it is imperative that vulnerable or confused guests have a carer/loved one present at the café.

Friday Club at Liston Hall

Chapel St, Marlow SL7 1DD 01628 472558 (Please check first on the status of the event)

The Friday club provides a friendly day out for all those over 70 who are seeking company.

The £4 charge includes lunch, raffle and games. Transport available.

The Bucks Older Persons Action Group (BOPAG)

Secretary, Pat Robson 01628 440816

www.bopag.org.uk

(Please check first on the status of the event)

Their website also has some good information and links. Marlow Bottom has an active group who meet on the last Tuesday of every month at the Methodist Church. They have regular special outings.

Regal Cinema Henley

2, Boroma Way, Henley-on-Thames RG9 2BZ

0871 902 5747

www.picturehouses.com/cinema/regal-picturehouse

Monthly daytime dementia friendly screenings. Tickets are at a reduced price including include free tea and coffee for 30 mins beforehand for a chance to socialise.

CHURCHES

St Peters

(Please check first on the status of the event)

The SVP Chair: Malcolm Thomas 01628 483450

The St. Vincent de Paul Society is an international Christian voluntary organisation dedicated to tackling poverty and disadvantage by providing practical assistance to those in need – irrespective of ideology, faith, ethnicity, age or gender. The Marlow SVP meet weekly to focus on seeking out those in need, whether they are housebound, sick or just having a difficult time.

Please note:

- All details above have been collated and recorded as accurately as possible and will be updated regularly, with the most recent copy available on our website at www.mmdf.co.uk
- MMDF cannot endorse any service or organisation but can only signpost information. Individuals should make their own private enquiries to validate and ascertain suitability to their own requirements. It is best to check availability, suitability, advice and any particular restrictions that may apply to anyone's particular circumstances.



Website: www.mmdf.co.uk

Email: info@mmdf.co.uk



INFORM | INSPIRE | CONNECT

**MMDF is a Rotary Project started within Marlow Bridge Rotary Club,
a community club for the town. Please make contact to talk about other
volunteering projects in Marlow. www.marlowbridgerotary.co.uk**