

## Information and Support Services

### Alzheimer's Society

Helpline: 0300 222 11 22

<https://www.alzheimers.org.uk/>

### Care link

High Peak Community Housing through Carelink provides an alarm call monitoring and response service within the High Peak. Tel: 0845 129 4877

### Library Services – home visits

Can deliver and collect books, audio books, large print and DVD's  
Telephone: 01629 533444

### Volunteer Bureau – Buxton

Can arrange many services at a reduced cost including transport, cleaning and home maintenance Tel: 01298 23970

### Silverline

A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day  
Telephone: 0800 4 70 80 90

### Derbyshire Handy Van Network

Provides practical support to older people in the High Peak.  
Tel: 01298 23970

### Patient Advice & Liaison Service

**(PALS)** Offer confidential advice and support regarding your NHS care and they can guide you through the available services.

Tel: 0800 783 7279



To talk to the Dementia Support

Workers please call:

Steph on 07721 237 229

Alternatively contact us at the surgery on Thursdays

Elmwood Medical Centre

7 Burlington Rd, Buxton,

SK17 9AY

Phone: 01298 23019

## Local Support Services & Groups in Buxton



Useful contacts to help guide and support you

## Support Groups

### **'Singing for the brain' in Glossop or Macclesfield**

*Singing for the Brain is a service provided by Alzheimer's Society which uses singing to bring people together in a friendly and stimulating social environment. (Call the Alzheimer's Society on **0300 222 11 22** for dates and times or log on to the website at:*

*<https://www.alzheimers.org.uk/>)*

### **Memory Café at the Old Hall Buxton**

*A chance to make new friends and catch up with old acquaintances. There is a guest speaker every month to get the conversation flowing. Every third Tuesday of the month from 10:30am to 12noon.*

*Also held at New Mills Volunteer Centre on the 3<sup>rd</sup> Friday of every month.*

### **The Mustard Seed, Chapel**

*The Mustard Seed is run by Chapel-en-le-Frith Methodist Church and staffed by trained volunteers. Located opposite Chapel Methodist Church and next door to Halls Mica Hardware, 118 Market Street. Tuesday afternoon 2-4.30pm Dementia group for sufferers and carers. Contact: **01298 815830***

### **Grapevine wellbeing centre**

*Offers a Music matters programme every Friday, and a monthly '5 ways to well-being' group at the Methodist church in Buxton which includes exercises/healthy eating as well as arts and crafts.*

*The Grapevine Wellbeing Centre, 15 Scarsdale Place, Buxton. Tel: **01298 72965** (office@grapevinebuxton.org.uk)*

## Day Centres

### **Queens Court Day Centre**

*Through regular planned activities and entertainment, they will combat isolation and loneliness, enhancing health, wellbeing and social inclusion. They provide a warm and friendly social environment with a variety of activities, advice and social stimulation.*

*Other medical services are available to day care users on site, e.g. chiropody, nursing and occupational therapy. Transport can be provided.*

*Contact:*

*Queens Court Day Centre  
Queens Road  
Fairfield, Buxton, SK17 7ES*

*Tel: **01629 531264***

*Email: [angela.eardley@derbyshire.gov.uk](mailto:angela.eardley@derbyshire.gov.uk)*

### **Stanton Day Hospital**

*Offers a similar programme of activities and services as those listed above. Available at: Newholme Hospital  
Bakewell, DE45 1AD*

*Contact Paul Barrass on:*

*Tel: **01629 817852** for further information*

## Dementia Training Courses

### **Living well programme (My Memory Matters) in Bakewell**

*This is 7 x 2 hour sessions over 7 weeks. For those effected by dementia and their carer's. Covering a wide range of topics to aid memory and gain useful contacts and information. Transport may be possible.*

*Contact:*

*Stanton Day Hospital  
Newholme Hospital  
Bakewell, DE45 1AD  
Call **01629 817852** for further information*

## Keep Active

### **Walking for health**

*Walking for Health is a national scheme run by the Ramblers Association. In Buxton it is organized by Phill Alcock (himself a senior citizen) who is a qualified walking leader and an England Athletics Mental Health Ambassador.*

*Phill can organize walks for people with Dementia, and their carers, aimed at their level of ability for maximum enjoyment. This is a free service open to all.*

*Call Phill for further information on: **01298 78799** or **07484 868 949**  
Or email [paa123@btinternet.com](mailto:paa123@btinternet.com)*