

BROOKLANDS CARERS GROUP

Offering a supportive network for carers of individuals with dementia in a welcoming and informal setting, with access to professional guidance and advice.

Providing carers with opportunities for relaxation in a safe space where they can meet, form friendships, and unwind.

Encouraging carers to share their experiences with the care team and each other, fostering fun and laughter.



What to Expect

A warm and friendly greeting, with assistance to find a seat.

The first hour is a coffee morning, where refreshments like coffee or tea and a treat (such as cake, scones, or biscuits) will be provided.

The second hour offers an opportunity for activities that you can participate in.

Specialist Dementia Nurses from the Admiral Nurse Team in Milton Keynes will also be available at each session throughout the 2 hours to provide information, advice and support.

WHEN WE MEET

Friday's – Fortnightly
10:00am to 12:00pm

COSTS

Attendance of the group is charged at £1:50 per person

At each meeting we hold a raffle. (Donations to the raffle are always welcome). All money raised helps to run the Brooklands Centre, which is funded and run entirely by volunteers.

WHERE WE MEET

Brooklands Centre
Ousebank Street
Newport Pagnell
MK16 8AN
Tel: 01908 614749



TRANSPORT

There is a possibility that transport can be provided within Newport Pagnell. Please ask for more information.

Date	Activity	Person Leading The Activity
10 th January 2025	Beetle and Rabbit Drive	Helen Taylor
24 th January 2025	Childhood Memories: Where did you live? What schools did you go to? What toys & games did you play with? Bring any memorabilia from your childhood to share with the group.	Helen Taylor
7 th February 2025	Arts & Crafts	Sara & Judy, MK Community Learning
21 st February 2025	Games	Helen Taylor
7 th March 2025	Information Session: Living with Dementia. Carers can contribute & share their experiences with others.	Lorretta Peck
21 st March 2025	Arts & Crafts	Sara & Judy, MK Community Learning
4 th April 2025	Milton Keynes Rock 'n' Roll Choir	Andy Gilbert
18 th April 2025	Good Friday, Brooklands Closed, No Session	
2 nd May 2025	Rolling Home Band	Bob Stott & Friends
16 th May 2025	Arts & Crafts	Sara & Judy, MK Community Learning
30 th May 2024	Norman's Crusaders (Songs from the 50's, 60's & 70's)	Norman Loughton with Josie & Keith
13 th June 2025	Love to Move, Seated movement to music	Sue Maison and team
27 th June 2025	Arts & Crafts	Sara & Judy, MK Community Learning

TEAM MEMBERS



There is a dedicated team of wonderful volunteers who organise the carers group, supported by the Admiral Nurses. Carers can access private one- on-one support at any time during the session, confident that their loved one is supported. Simply speak to a volunteer or directly to the Admiral Nurses to request time.

For more information contact Sue Webb or Lorretta Peck:
AdmiralNurseTeam@milton-keynes.gov.uk Tel: 01908252288
or leave a message for Helen Taylor at the Brooklands Centre,
Tel:01908 614749