

West Sussex Group Services for people affected by dementia

Please note to attend the groups listed you must make a referral.
To make a referral, or for further information:

Phone 0333 150 3456

Email DementiaSupportLine@alzheimers.org.uk

Cafés

Dementia Cafés provide a safe environment to talk about dementia comfortably with others in similar circumstances and take part in various fun and cognitive stimulating activities.

Crawley Dementia Café

For people with dementia, carers, family and friends.
Various activities and always a cuppa and cake!

Every second Thursday of the month 3.30pm-5pm.

Venue: Crawley Baptist Church, Crabtree Road,
Crawley, RH11 7HJ.

Haywards Heath Activity Group

For people with dementia, carers, family and friends.
Enjoy exercise ball games, including walking netball to improve your cardio fitness, co-ordination, balance and strength. Relax afterwards with a cuppa.

Every third Thursday of the month 10.30am-12.30pm.

Venue: Places Leisure, The Dolphin, Pasture Hill
Road, Haywards Heath, RH16 1LY.

Horsham Bowls Group

For people with dementia, carers, family and friends. An opportunity to engage indoor bowls and short mat bowls.

Every second and fourth Thursday of the month 11.30am-1pm.

Venue: Horsham District Indoor Bowls Centre,
Wickhurst Lane, Horsham, RH12 3YS.

Midhurst Dementia Café

For people with dementia, carers, family and friends.
Various activities and always a cuppa and cake!

Every first Thursday of the month 10am-12pm.

Venue: Fitzcane's Café, North Street, Midhurst,
GU29 9DJ.





Carers' Support groups

Carers Support Groups' (CSGs) provide a safe environment to talk about dementia comfortably with others in similar circumstances.

Bognor

Support and advice for carers of people with dementia.

Now held every six weeks on Mondays 11am-1pm
(previously monthly on the second Monday).

Venue: Holy Cross Community Hall, North Bersted,
Bognor Regis, PO21 5AU.

Chiltington

Support and advice for carers of people with dementia.

Now held every six weeks on Tuesdays
10.30am-12.30pm (previously monthly on the first
Tuesday).

Venue: The Pavilion, The Recreation Ground,
Mill Road, West Chiltington, RH20 2PZ.

Crawley

Support and advice for carers of people with dementia.

Now held every six weeks on Wednesdays
2pm-4pm (previously monthly on the third Wednesday).

Venue: Crawley Baptist church, West Green,
Crawley, RH11 7HJ.

Chichester

Support and advice for carers of people with dementia.

Now held every six weeks on Thursdays 1.30pm-3.30pm
(previously monthly on the third Thursday).

Venue: Newell Centre, Tozer Way, Chichester,
West Sussex, PO19 7LG.

Rustington

Support and advice for carers of people with dementia.

Now held every six weeks on Tuesdays 2pm-4pm
(previously monthly on the first Tuesday).

Venue: Woodlands Centre, Woodlands Ave,
Rustington, BN16 3HB.

Shoreham

Support and advice for carers of people with dementia.

Now held every six weeks on Wednesdays
2pm-4pm (previously monthly on the last Wednesday).

Venue: Shoreham-by-Sea Methodist Church,
Brunswick Road, Shoreham-by-Sea, BN43 5WB.

Selsey

Support and advice for carers of people with dementia.

Now held every six weeks on Wednesdays
1.30pm-3.30pm (previously monthly on the third
Wednesday).

Venue: Selsey Methodist Church, 50 High Street,
Selsey, Chichester, PO20 0RD.

South Asian group (virtual)

Support and advice for carers of people with dementia
from a South Asian background.

Every other last Monday of the month 5pm-6pm.

Virtual session via ZOOM.

West Sussex (virtual)

Support and advice for carers of people with dementia.

Continues every second Friday of the month
10am-11.30am.

Virtual session via Zoom.



Dementia Voice Groups

Dementia Voice Groups provide a safe environment to talk about dementia comfortably with others in similar circumstances and focus on encouraging people living with dementia to get involved various group discussions to help influence change within local communities.

Forward Thinking – Crawley

For people with dementia who are living well with their condition. Family and friend carers are also invited to attend some of the monthly meetings.

Every second Thursday of the Month 2pm-3.30pm.

Venue: Crawley Baptist Church, Crabtree Road, Crawley, RH11 7HJ.

Mid Sussex

For people with dementia who are living well with their condition. Family and friend carers are also invited to attend some of the monthly meetings.

Every fourth Monday of the month 2pm-3.30pm.

Venue: Haywards Heath Age UK Centre, Kleinwort Close, Haywards Heath, RH16 4XG.

New Ones on the Block (Young onset)

For people with dementia diagnosed under 65 years of age and living well with the condition. Family and friend carers are also invited along to meetings.

Every third Wednesday of the month 1.30pm-3pm.

Venue: Beehive Care, 50 Ferring Street, Ferring, Worthing, BN12 5JP.

Positive Thinkers – Bognor and Chichester

For people with dementia who are living well with their condition. Family and friend carers are also invited to attend some of the monthly meetings.

Every third Monday of the month 11am-12.30pm.

Venue: Donnington Parish Hall, Stockbridge Road, Donnington, near Chichester, PO19 8QT.

Rusty Brains – Horsham

For people with dementia who are living well with their condition. Family and friend carers are also invited to attend some of the monthly meetings.

Every fourth Friday of the Month 2pm-3.30pm.

Venue: Brighton Road Baptist Church, 7 Brighton Road, Horsham, RH13 5BD.

Worthing Town Cryers'

For people with dementia who are living well with their condition. Family and friend carers are also invited to attend some of the monthly meetings.

Every first Wednesday of the month 2pm-3.30pm.

Venue: Beehive Care, 50 Ferring Street, Ferring, Worthing, BN12 5JP.

Time for Dementia

Join us in transforming the way healthcare students learn about dementia. Time for Dementia gives someone with dementia or a carer the chance to be part of dementia healthcare education. Families will see the same pair of students up to six times over two years beyond the confines of a clinical setting, as they visit them at their own home up to six times over two years. The one-and-a-half-hour visits provide an opportunity to delve into the daily reality of living with dementia.

And, for those who prefer virtual connections, we've got that covered too, families can meet a group of 10 students on a facilitated Zoom call. Each call is themed around a different dementia related topic.

Find out more: alzheimers.org.uk/timefordementia or contact the team on timefordementia@alzheimers.org.uk or **07562 430204**.



Singing for the Brain

Singing for the Brain (an Alzheimer's Society Partnership Initiative)

Singing can help with general well-being and confidence.

The sessions are upbeat and informal with a wide range of songs to promote positivity. People can join in as little or as much as they wish (carers are welcome).

Sessions are on the **1st Monday of every month at 10.30am**, St Mark's Church Hall, Horsham (next to the church rather than behind it). There is parking and easy access. £3 per session (carers are free).

For more information or to register your interest, please email rachelriley789@gmail.com



National Services:

Dementia Support Forum

An online community for anyone affected by dementia to chat, ask questions, and get support from others. Visit forum.alzheimers.org.uk to create your account.

Dementia Support Line

Dementia affects everyone differently, and it can be worrying. But, we're here to listen, to offer practical advice and emotional support, and to connect you to people in a similar situation. Our dementia advisers are just a phone call away, and available seven days a week. We can offer advice on things such as: getting diagnosed, caring strategies, how to access social care, remaining independent for as long as possible, making a Lasting Power of Attorney (LPA) amongst many other things. We can also signpost to organisations who can provide legal and financial advice, for things such as benefits and grants.

To speak with one of our advisers, please call **0333 150 3456** or email DementiaSupportLine@alzheimers.org.uk. We are open Mon to Weds: 9am-8pm, Thurs and Fri: 9am-5pm, Sat and Sun: 10am-4pm.