



**HORSHAM CENTRAL**  
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

# SUSSEX DEMENTIA SUPPORT



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# GENERAL DEMENTIA SUPPORT

This section of the information pack signposts general support for dementia.

Please note you may also find relevant support in other sections of this information pack.



# Alzheimer's Society West Sussex

Through the Alzheimer's Society support line, online and print information, expert dementia advisors and online community, they give advice and practical guidance for the next steps as people living with dementia navigate the hardest times of their lives.

Phone: 0333 150 3456

Email form:

<https://www.alzheimers.org.uk/form/contact-us-general-enquiries>

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



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@AlzheimersSociety



# Living Well with Dementia

This NHS guide provides information about dementia including symptoms and diagnosis, living with dementia, care and support, and how to look after yourself alongside useful activities to engage in.

Website:

<https://www.nhs.uk/conditions/dementia/living-well-with-dementia/>



# DEMENTIA CARE SUPPORT

This section of the information pack signposts care support for dementia.

Please note you may also find relevant support in other sections of this information pack.



# Adults' Care Point

Assessment for people with social care needs. If you think you need social care support you have the right to ask us to assess your needs. An assessment helps us identify your social care needs, what's important to you and what you want to be able to achieve.

Phone: 01243 642121

Email: [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)

Website: <https://www.westsussex.gov.uk/social-care-and-health/>



# Know Dementia

Know Dementia is a Sussex based charity providing advice and support to people living with dementia and their family members and/or carers through cafes and sessions they run. Education, Advice and Support.

Telephone support, home visits, time to talk, social activities and interaction, advice on finance and care provision, training on how to cope with the diagnosis.

Phone: 01273 494300

Email form: <https://knowdementia.co.uk/contact/>

Website: <https://knowdementia.co.uk/>



/KnowDementia



# My Care Matters

My Care Matters created simple to use and highly cost-effective care charts to ensure that information is made consistently and reliably available to all those interacting with an individual, enabling staff to avoid traumatic mistakes and empowering them to build relationships with the people in their care.

Email form: <https://mycarematters.org/contact/>

Website: <https://mycarematters.org/>



@MyCareMatters



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# Prevention Assessment Team

Prevention Assessment Teams are joint teams including staff from West Sussex County Council, Sussex Community NHS Trust, and Guild Care or Age UK West Sussex. Their teams include health advisors (nurses), social care workers and support workers. They aim to help people living locally to stay healthy and remain independent. They normally work with people who do not receive services from specialist health care teams or social care services.

Phone: 01403 229510

Email: [pat.north@westsussex.gov.uk](mailto:pat.north@westsussex.gov.uk)

Website:

<https://www.sussexcommunity.nhs.uk/services/prevention-assessment-teams-west-sussex-pats/109037>



@scft\_pathealth

# ACTIVITIES AND CLUBS

This section of the information pack signposts activities and clubs for dementia.

Please note you may also find relevant support in other sections of this information pack.



# Active Minds Club

Providing stimulation for mind and body of people with short term memory loss. Meets on Thursdays and Fridays from 10am-3pm at Dial Post Village Hall.

Phone: 01903 740948 OR 07754 142460

Email: [s.beckers@btinternet.com](mailto:s.beckers@btinternet.com)

Address: Dial Post Village Hall, Horsham, West Sussex, RH13 8NJ.



# Age UK West Sussex

Age UK West Sussex is based at Lavinia House, a Day Centre for independent, active, mobile people over 50. Lavinia House offers regular recreational activities, general information and advice. Hot lunches and refreshments are available for a moderate charge.

Phone: 0800 019 1310

Email: [info-horsham@ageukwsbh.org.uk](mailto:info-horsham@ageukwsbh.org.uk)

Website:

<https://www.ageuk.org.uk/westsussexbrightonhove/activities-and-events/horsham-district/>

Address: Lavinia House, Dukes Square, Horsham, RH12 1GZ



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# Memory Cafe

A dementia friendly space for people living with dementia, their partners, and carers. The cafe meets on the first Tuesday of every month from 2pm until 3.30pm at St Marks Church Hall for tea, coffee, and conversation.

Phone: Beverly 07976586232 or Hayley 07376722952

Address: St Marks Church Hall, North Heath Lane,  
RH12 5PU.



# Music for the Memory

Respite day club for those who have Alzheimer's, dementia or other cognitive and memory problems. Professionally structured group therapy where fun, laughter and stimulation therapy make a big difference to those with memory problems and give carers a break.

Full and half days with lunch, drop in and individual Cognitive Stimulation Therapy (CST) sessions available. Meets on Friday 10.15am-3.15pm at St John's Community Hall, Broadbridge Heath.

Phone: 01403 788080

Email: [helen@helpandcompany.com](mailto:helen@helpandcompany.com)

Address: St John's Community Hall, Church Road, Broadbridge Heath, RH12 3LD.



# Tapestry Club

Tapestry Day Club provides high quality day support in small groups for older people living with dementia in the comfort and safe environment of our hosts' family homes. This provides a welcome change for older people living in social isolation and respite for their carers.

Phone: 01403 791020

Email: [support@tapestrydayclub.co.uk](mailto:support@tapestrydayclub.co.uk)

Website: <https://www.tapestrydayclub.co.uk/>



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# West Sussex Libraries Wellbeing

A wide selection of information regarding dementia including books (including large print), audiobooks and DVDs to borrow. Access to the latest resources through printed material, and the eLibrary (which has books, audiobooks and magazines all available free).

Reminiscence packs designed to help re-awaken people's memories of their experiences and lives available to loan.

Website: <https://arena.westsussex.gov.uk/wellbeing-resources>



@WSCCLibraries



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