



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 please contact the following: 0333 150 3456 / dementia.connect@alzheimers.org.uk

Café's

Dementia Cafe's provides a safe environment to talk about dementia comfortably with others in similar circumstances and take part in various fun and cognitive stimulating activities.

Horsham Bowls Group

For people with dementia, carers, family and friends. An opportunity to engage in door 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

Crawley Dementia Café

For people with dementia, carers, family and friends. Various activities or music entertainment and always a cuppa and cake!
Every second Thursday of the Month 3.30pm-5pm
Venue: Crawley Baptist Church, Crabtree Road, Crawley RH11 7HJ.

Midhurst Dementia Café

For people with dementia, Carers, family and friends. Various activities or music entertainment and always a cuppa and cake!
Every first Thursday of the Month 10am-12noon
Venue: Fitzcane's Café, North Street, Midhurst, GU29 9DJ.

Haywards Heath Walking Netball Activity Group

For people with dementia, carers, family and friends. It will be a place where you can enjoy some exercise/ball games (improve your cardio fitness, co-ordination, balance and strength) in a social setting and relax afterwards with a cuppa to chat.
Every third Thursday of the Month 10.30am – 12.30pm
Venue: Places Leisure, The Dolphin, Pasture Hill Road, Haywards Heath, RH16 1LY

Carers Support Groups

Carers Support Group's (CSG's) Provides a safe environment to talk about dementia comfortably with others in similar circumstances.

Carers Support /Peer Support (Bognor)

Support and advice for carers of people with dementia.
Every second Monday of the Month 11am-1pm
Venue: Holy Cross Community Hall, North Bersted, Bognor Regis, PO21 5AU.

Carers Support /Peer Support- Virtual (Burgess Hill)

Support and advice for carers of people with dementia.
Every second Friday of the Month 10am-11.30am
Venue: (currently virtual)

Carers Support /Peer Support (Crawley)

Support and advice for carers of people with dementia.
Every third Wednesday of the Month 2pm-4pm

Venue: Crawley Baptist church West Green Crawley RH11 7HJ

Carers Support /Peer Support (Chichester)

Support and advice for carers of people with dementia.

Every third Thursday of the Month 1.30pm-3.30pm

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

Carers Support /Peer Support (Rustington)

Support and advice for carers of people with dementia.

Every first Tuesday of the Month 2.00-4.00pm

Venue: Woodlands Centre, Woodlands Ave, Rustington.

Carers Support /Peer Support (Shoreham)

Support and advice for carers of people with dementia.

Every fourth Wednesday of the Month 2.00pm-4.00pm

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

Carers Support /Peer Support (Selsey)

Support and advice for carers of people with dementia.

Every third Wednesday of the Month 1.30pm-3.30pm

Venue: Selsey Methodist Church 50 High Street Selsey Chichester PO20 ORD

Carers Support /Peer Support (West Chiltington)

Support and advice for carers of people with dementia.

Every first Tuesday of the Month 10.30am-12.30pm Venue: The Pavilion, The Recreation Ground, Mill Road, West Chiltington RH20 2PZ .

Carers Support /Peer Support - Virtual (South Asian group)

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

Every other last Friday of the month, 5pm-6pm.

Virtual session via ZOOM.

Carers Support /Peer Support - Virtual

Support and advice for carers of people with dementia.

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

Virtual session via ZOOM.

Carers Information and Support Programme (CRISP)

The Carers Information and Support Programme provides information on all aspects of caring for a person with dementia in a group learning environment. Carers can share their experiences and find out about local and national services that may be of help.

Carers Information and Support Programme (CRISP)- Face to Face &Virtual sessions

CRISP 1 is a series of sessions for carers, family and friends of people recently diagnosed with dementia and offers effective support and up-to-date, relevant information about dementia in a group environment.

CRISP 2 is a series of sessions for carers, family and friends caring for those living with advanced dementia.

Dementia Voice Groups

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

Dementia Voice Local Group – Positive Thinkers (Bognor & 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.

Dementia Voice Local Group – 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.

Dementia Voice Local Group – 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.

Dementia Voice Local Group – (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 4X

Dementia Voice Local Group – (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 1.30pm-3pm

Venue: Abbeyfield, 50 Ferring Street, Ferring BN12 5JP.

Dementia Voice Local Group – 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 invited to attend some of the monthly meetings.

It is currently meeting monthly at Worthing Dementia Hub, however, is also available for people to join on Zoom.

Every third Wednesday of the month 11am to 12.30pm.

Venue: Worthing Dementia Hub, 46 Goring Road, Worthing, West Sussex BN12 2AD.

Time for Dementia

An innovative educational programme, where undergraduate healthcare students have the unique opportunity to regularly meet with a person with dementia and their carer and get to know them outside of a clinical setting and to understand the real impact of living with dementia. Families are visited by a pair of students at home for 1.5 hours up to six times over a period of two years. This is also available virtually. Find out more alzheimers.org.uk/timefordementia or contact the team on timefordementia@alzheimers.org.uk or **07484 089562**.

Singing for the Brain

(An Alzheimer's Society Partnership Initiative)

Singing can help with general well-being and confidence. The sessions are upbeat, informal and with a wide range of songs to promote positivity. People can join in as little or as much as they wish. (Carers also 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