



**WITH YOU**  
Every Step of the Way

Delivered through the **Sutton Dementia Hub**, our Dementia Service offers expert, compassionate support for individuals and families throughout every stage of the dementia journey. We offer trusted information, expert advice and holistic assessments, working closely with Admiral Nurses to ensure comprehensive and tailored support.

We collaborate closely with clinicians, offering support at memory clinics and ensuring a seamless handover for everyone entering our service.

Ongoing community-based peer support is at the heart of what we do, helping families stay informed, connected and empowered.

## OUR SUPPORT




We're here for you every step of the way. Whether you're concerned about symptoms, newly diagnosed, undergoing assessment or supporting a loved one, we're here to support you throughout your dementia journey.

### Understanding Dementia

-  Explore prevention strategies that promote cognitive wellbeing and reduce risk factors.
-  Learn about the signs of dementia and how to take proactive steps to maintain brain health through lifestyle choices and early awareness.
-  Receive guidance throughout the assessment process helping you feel informed and supported every step of the way.



### Information, Advice and on-going support

-  Our Dementia Adviser Service provides expert information and advice to help you live well with dementia.
-  Receive timely, flexible support as your needs change over time.
-  Access in-person support through personal visits – at home, in our welcoming offices or with you at the Memory Clinic.




## OUR SUPPORT

### Connecting You to Local Support

-  We provide a central point of access to help you manage your diagnosis and connect with local services.
-  Join our informal drop-ins for friendly conversations, practical information and signposting to additional sources of help.
-  Take part in monthly Wellbeing Support Groups to share experiences and learn from others in similar situations.



### Support for Family & Friends

-  We offer information, advice and support tailored to the needs of family members and loved ones caring for someone with dementia.
-  Join our carer-specific groups to connect with others, share experiences, and find encouragement in safe, welcoming spaces. Our services help carers feel empowered, informed and less alone with access to practical help and a supportive community.
-  Our knowledge and local networks allow us to connect you to other local services for additional support.

## OUR SUPPORT

### Wellbeing Programme for All

- Our Wellbeing Programme is designed to uplift, connect, and empower people living with dementia, their loved ones, and carers.
- Whether you want to stay active, meet others, or enjoy peaceful moments together, there's something for everyone.
- We run groups across Sutton at different locations, days, and times, making it easy to find something that suits you.



## GET IN TOUCH

Contact us today to see how we can help.  
We'd love to hear from you!

You can refer yourself, someone you care about, or be referred by a professional to access our advice and support

 07723 060081 or  [dementiahub@ageuksutton.org.uk](mailto:dementiahub@ageuksutton.org.uk)  
020 8078 0002

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