



Dementia Support Services

Our range of services help support you and your loved ones to live well with dementia and in older age.



Age UK West Sussex, Brighton & Hove have a range of services available for people living with dementia.

We believe that with the best care and support, people can live well with dementia and in older age. We aim to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break.



Daybreak Respite

A weekly day support for adults living with Dementia.

We support our members to engage in stimulating and meaningful activities to promote their confidence and social interaction with others. Refreshments and a two-course lunch are provided.

Family/friend carers can also benefit from the weekly respite this provides.



“Daybreak gives me the opportunity to take a couple of hours out knowing my husband’s needs are met and that gives me such peace of mind.”

Carol, Rustington

Available in Bognor Regis, Rustington, Storrington, Horsham, Crawley, Haywards Heath, Burgess Hill and Brighton.



Dementia Support Services



Sunshine Seniors

Sunshine Seniors is a weekly support group for people 50+ who are looking to be social and remain active, have worries about their memory, or are living with dementia.

The weekly sessions include 4 hours of varied activities. We have special guest entertainment and trips planned throughout the year. All refreshments are provided. **(Crawley area only)**

Carer & Cared For

Peer Support

A supporting space for adults living with dementia and their family or friend carers.

We provide a safe space for people to share experiences and receive support from peers and staff. We also host activities and trips throughout the year.

Available weekly at Bognor Regis.



For information on any of our services

 07753 879779

 dementia@ageukwsbh.org.uk



www.ageukwsbh.org.uk



Mind Matters

Mind Matters is a weekly active social group for adults living with early onset dementia or those with a new diagnosis.



It's a group for people who enjoy lively discussions, debate, and engaging activity to exercise the brain and is suitable for people living with:

- **Mild cognitive impairment or memory issues**
- **Early onset dementia**
- **A recent dementia diagnosis**

If you are worried about your memory, interested in keeping your mind active, have recently been diagnosed with dementia, or are living with early onset dementia, we would love to help support you in a safe and engaging environment.

Available in Haywards Heath and Southwick.

Our service is based on the principles of cognitive stimulation therapy (CST). The National Institute for Health and Care Excellence (NICE) and Social Care Institute for Excellence (SCIE) guidance (2006) recommend that people with mild to moderate Dementia should be given the opportunity to take part in a CST Program.

For information on any of our services

 **07753 879779**

 **dementia@ageukwsbh.org.uk**