

Wellbeing and Respite Services

Care, connection and support when
you and your loved one need it.



Call us:
0800 019 1310



Our Dementia Services

At Age UK West Sussex, Brighton & Hove, we offer a range of services for people living with dementia, older people living with frailty or other care needs, and the family members and friends who support them.

We believe that, with the right care and support, people can continue to live well, maintain their independence and enjoy later life.

Our welcoming services provide opportunities to stay active, build confidence and make meaningful social connections, while giving family and friend carers valuable time to rest and recharge.

Call us: 0800 019 1310

Daybreak

The Daybreak Respite service provides day support for people living with dementia, which includes stimulating and meaningful activities to promote confidence and social interaction.

“The group lifted the weight of the past few years and gave me time to reconnect with friends.” -Toni, Brighton

The service also provides much needed respite to carers.

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

Wellbeing and Respite

Friendly weekly community groups for adults aged 60+, offering a chance to stay active, make new friends, and enjoy a variety of activities, entertainment, guest speakers, and outings throughout the year.

Family members and carers can enjoy valuable respite while their loved one attends or choose to register and spend quality time together.

***Available at: Sunshine Seniors (Crawley),
Friendship Friday (Horsham),
Time Together Thursday (Bognor Regis)
and Together Tuesdays (Storrington).***



Memory Café

A friendly monthly group for people living with dementia and their family or friend carers to come together, share experiences, access support, and enjoy activities and entertainment in a welcoming environment.

Every fourth Thursday of every month at Lamb House, Haywards Heath.

Mind Matters

A welcoming weekly support group for individuals aged 50+, whether you're looking to stay social and active, have concerns about your memory, or are living with dementia.

Available in: Southwick and Haywards Heath

