

“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

“My mum and I love coming here. In a world where she can feel quite alone, you and your team bring a light into her life. Thank you!”

Wayne, Crawley



PROVIDING SUPPORT FOR CARERS ACROSS WEST SUSSEX

Daybreak in partnership

Daybreak is run by Age UK West Sussex – an independent local charity which supports older people across the county. We work in partnership with a host of organisations including West Sussex County Council, NHS, Freedom Leisure and Everyone Active. We also work in conjunction with our regional centres and clubs, as well as the wider community, to raise awareness about our services and to promote our social activities across West Sussex.

Daybreak is subsidised by West Sussex County Council to provide respite to carers (except Burgess Hill). Daybreak is a member of Crawley, Haywards Heath, Burgess Hill and Arun Dementia Action Alliances.

Support us

If you would like to find out more about fundraising, leaving a donation or legacy or volunteering for us, we would love to hear from you - contact details below.



Age UK West Sussex, Suite 2, Anchor Springs,
Littlehampton, West Sussex BN17 6BP

Call us on **07904 977251** or **01903 792015**
or email: **Daybreak@ageukwestsussex.org.uk**

f AUKWS **t** @AUKWS **@** age_uk_west_sussex

www.ageukwestsussex.org.uk

Registered charity no.1086323

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see inside for details ...



At Daybreak 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.

We offer a tailor-made service with activities planned around the needs of the individual, for those with early to mid-stage dementia and frail older people.

Our social days involve group activities, stimulating games, a delicious lunch and all refreshments. We are also on hand to offer information and advice for carers and point you in the right direction for other services and activities.

Our weekly Daybreak services run from 10am to 3pm at the following locations:

Mondays

LITTLEHAMPTON – Littlehampton Wave, Sea Rd, BN16 2NA

Tuesdays

BURGESS HILL – Age UK Burgess Hill, St Alban’s Hall, Fairfield Road, RH15 8QB

Wednesdays

HAYWARDS HEATH – The Yews, 55 Boltro Rd, RH16 1BJ

Thursdays

CRAWLEY – Age UK Crawley, 1 Town Barn Road, West Green, RH11 7XG

Fridays

BOGNOR REGIS – Bersted Park Community Centre, Lakeland Avenue, PO21 5FF



Other weekly sessions:

Cando@K2, Crawley

Wednesdays from 10am to 3.30pm

K2 Crawley, Pease Pottage Hill, RH11 9BQ

A group to support active people with early onset dementia providing a programme of stimulating activities.

Our Café, Bognor Regis

Thursdays from 12.30pm to 3.30pm

Holy Cross Church Hall (next to the pink pub), Chichester Road, North Bersted, PO21 5AU

Group support in a relaxed environment for carers and cared-for with dementia, where activities are provided as well as offering advice and support to carers.

Monthly drop-ins:

Arundel Carers' Drop-in

Last Monday of each month from 10am to 12pm

Arundel Library, Surrey Street, BN18 9DT

A 2-hour drop-in for people with memory loss or dementia together with their family and friends. Coping tips, information and support, optional activities and guest speakers in a relaxed environment. (Social event by arrangement).

Mid-Sussex Carers' Drop-in

First Wednesday of each month from 10am to 12pm

The Yews, 55 Boltro Rd, Haywards Heath, RH16 1BJ

A 2-hour drop-in for carers of those with memory loss or dementia, to run in parallel with the Daybreak session.

The information contained in this leaflet was correct at the time of going to print but may be subject to change. Please check website for regular updates.

