

Age UK West Sussex Brighton & Hove Dementia Services

Service Name	Overview	Location	Timings and Frequency	Cost
DayBreak	<p>We support members to engage in stimulating and meaningful activities to promote confidence and social interaction.</p> <p>Family/friend carers also benefit from the weekly respite this provides.</p> <p>All refreshments and a two-course lunch provided.</p>	Bognor Regis , Age UK Laburnum Centre, Lyon Street, Bognor Regis, PO21 1UX	Once Weekly Friday 10am – 3pm	£35
		Rustington Woodlands Centre 34 Woodlands Ave, Rustington, Littlehampton BN16 3HB	Once Weekly Monday 10am – 3pm	£35
		Storrington Trinity Centre, Thakeham Road, Storrington, Pulborough RH20 3NG	Twice Weekly Tuesday & Friday 10am – 3pm	£45
		Horsham , Age UK Lavinia House Dukes Square, Horsham, RH12 1GZ	Once Weekly Monday 10am – 3pm	£45
		Crawley , Tilgate Forest Golf Centre, Titmus Drive, Crawley RH10 5EU	Once Weekly Thursday 10am – 3pm	£33
		Haywards Heath , Age UK Lamb House, 2 Kleinwort Close, Haywards Heath RH16 4XG	Once Weekly Wed 10am – 3pm	£35
		Burgess Hill , Age UK, Kings Weald Community Centre, 124 Wyvern Way, Burgess Hill, RH15 0XY	Once Weekly Tuesday 10am – 3pm	£35
		Brighton & Hove , St Vincent's Centre (Tower House) 265-267 Townergate, London Road. Brighton. BN1 6WT	Once Weekly Tuesday 10am – 3pm	£38
Sunshine Seniors	<p>Weely support group for people 50 plus whether you are looking to be social, remain active or maybe have worries about your memory or are living with Dementia this session will provide inclusive space for those regardless of reason for access.</p> <p>All refreshments provided, members can purchase hot lunch from onsite café or bring packed lunch.</p>	Crawley – The Cafe in the Park , Maidenbower Park, Crawley RH10 7HG	Once Weekly Thursday 10am – 2pm	£10

Peer Support	We provide peer support services for people living with dementia and those caring for them. We facilitate a meeting in a safe space for likeminded people where they can share their experiences and receive support from their peers and staff. Guest speakers are arranged from time to time along with session activities. All refreshments provided.	Bognor Regis , Holy Cross North Bersted, Chichester Road, Bognor Regis PO21 5AU	Once Weekly Thursday 12:30pm – 3:30pm	£5
Mind Matters	Weekly program of activities aimed at maintaining cognitive and physical ability. The service is aimed for adults living with early onset Dementia or those with a new diagnosis. Refreshments provided.	Haywards Heath , Age UK Lamb House, 2 Kleinwort Close, Haywards Heath RH16 4XG	Monday 10am – 1pm	£15
		Southwick , 24 Southwick Street, Southwick, Brighton BN42 4TE	Wednesday 10am – 1pm	