



Short Break & Dementia 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. In addition to our existing services, we've launched a new Dementia Clinic, offering access to tailored support, expert assessments, and guidance for people concerned about dementia.



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.

For information on any of our services

 01903 792015

 dementia@ageukwsbh.org.uk



Short Break & Dementia Services



Sunshine Seniors

& Friendship Fridays

We have two great ways to stay active, social, and engaged in the Crawley and Horsham areas!

Sunshine Seniors is a weekly support group for individuals 50+ who want to stay connected, be active, or have concerns about their memory or living with dementia. Each session offers fun activities, including special guest entertainment and exciting trips throughout the year.

Friendship Fridays in Horsham is an additional opportunity to meet new people, enjoy companionship, and engage in enjoyable activities in a relaxed setting.



Carer & Cared For

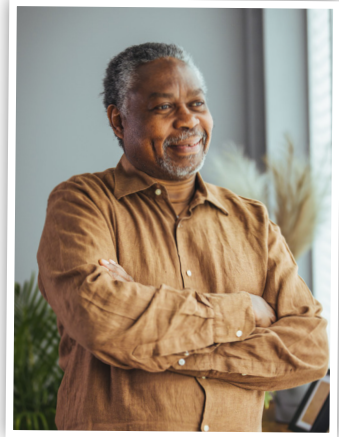
Memory Cafes

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.

We are now running three separate monthly 2-hour Memory Cafés in Hassocks, Henfield, and Haywards Heath, offering a safe space for people to share experiences and receive support from peers and staff. A host of activities available. Call for more information.





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 and/or early onset dementia or a recent dementia diagnosis.

Mind Matters is available in Haywards Heath and Southwick.

Call us on
**01903
792015**

NEW The Dementia Clinic

Age UK West Sussex, Brighton & Hove is launching a new Dementia Clinic in Brighton.



The clinic will offer access to tailored support, expert assessments, and guidance for people concerned about dementia. We have teamed up with our partner, Here, to provide a clinical diagnosis and tailored one-to-one support. Together we will guide people through the process and be there to answer any questions. The clinic offers a not-for-profit paid for service at a fair price, ensuring accessible help and expert diagnosis with personalised care throughout.

Contact the Dementia Clinic for more information or to register, on **01903 792015** or by emailing **dementia@ageukwsbh.org.uk**
We are now taking bookings for this service.

The Dementia Clinic is available to customers in West Sussex, Brighton & Hove. Please note, appointments are in Brighton, so travel may be required.