

Services in Mid Sussex District

West Sussex Memory Assessment Service

This is a single point of access for those with dementia, or with a possible diagnosis of dementia. The Alzheimer's Society Dementia Adviser working within the team provides accessible and accurate information and advice about dementia from diagnosis and, if needed, throughout a person's life, and signposts to appropriate services.

Dementia Support Service – West Sussex

Dementia Support Workers will give you expert practical advice and support to help you understand dementia, cope with the day-to-day challenges it brings, and prepare for the future. This Home visiting service includes helping you to access other support services, and building support networks.

Advocacy Service – West Sussex

This independent service offers a person living with dementia support in making key decisions and choices about their life. Our experienced Advocate helps someone express their views, access information and services, and to secure their rights, they get to know the person with dementia to understand their views, wishes and needs and then help to represent these.

Carers Support Groups

The peer support group gives people the opportunity to meet with others who understand some of what they are going through. They offer a chance to ask questions, get information and share experiences in a safe and supportive environment

Haywards Heath- evening meet on the first Monday on the month, 7-9pm,

East Grinstead- meets second Tuesday of the month, 2pm-4pm,

Cuckfield- meets on the third Thursday of the month 2pm-3.30pm

Burgess Hill- meets on the first Wednesday of the month, 1.30-3.30pm

Carers Information and Support Programme (CrISP)

CrISP 1 is a series of sessions for carers, family and friends of people recently diagnosed with dementia and offers effective support and up-to-date, relevant information about Dementia in a group environment

CrISP 2 is for those who have been living with dementia for some time.

Topics include: understanding dementia, legal and money matters, support and care, coping with dementia day to day and caring for those with more complex needs.

Hassocks De-Café

The Dementia Cafe provides information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia, their carers, families and friends.
Meet 3rd Wednesday 6-8pm each month

Can do @ K2

This group provides opportunities for people affected by dementia who are physically active to take part in a fun and friendly activity group, based at the K2 Leisure Centre in Crawley, it gives people affected by dementia the opportunity to take part in structured activities and provides a social atmosphere that aims to help people with dementia keep physically and mentally active. Meet on Wednesdays, 10-3.30pm.

Mid Sussex Dementia Friendly Group

A group for people living well with dementia is established in Haywards Heath. Members discuss a wide range of topics covering local to national issues.

Sussex Helpline

Sussex Alzheimer's Society provides a wide range of quality information for people with dementia, their carers, family, friends and health professionals. Provides support, information, advice, signposting and a listening ear

The helpline is available, 10am – 4pm on weekdays.

For further information on any of our services please contact:

Alzheimer's Society Sussex Helpline on

T: 01403 213017

E: sussex.helpline@alzheimers.org.uk

Dementia Connect is Alzheimer's Society's new and improved dementia services directory for anyone affected by dementia. With over 4,000 listings of local information, support and services, it's the most comprehensive and easy-to-use online directory of its kind.

Dementia Connect can be found on our website

www.alzheimers.org.uk/dementiaconnect