

Dementia Support Services

Support, activities, and resources for people living with dementia, their families, and carers — from local clubs and day services to advice, therapy, and practical help.

Alzheimer's Society West Sussex

Provides expert advice, dementia support services, and practical guidance through a helpline, local advisors, and an online community.

www.alzheimers.org.uk/ | 0333 150 3456



SCAN ME

Living Well with Dementia

An NHS guide offering clear information on dementia symptoms, diagnosis, daily living, self-care, and supportive activities.

www.nhs.uk/conditions/dementia/living-with-dementia/living-well/



SCAN ME

Adults' Care Point

If you think you need social care support, you can ask for an assessment to identify your needs and goals.

socialcare@westsussex.gov.uk | 01243 642121
www.westsussex.gov.uk/social-care-and-health/



SCAN ME

Know Dementia

A Sussex charity offering support and advice for people with dementia, their families, and carers.

<https://knowdementia.co.uk> | 01273 494300



SCAN ME

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My Care Matters

My Care Matters provides easy-to-use care charts that improve communication and support better care.

<https://mycarematters.org>



SCAN ME

Prevention Assessment Team

A joint team helping local people stay healthy and independent, usually those not in specialist care.

www.sussexcommunity.nhs.uk/patients-and-visitors/services/prevention-assessment-team
01403 229510



SCAN ME

Active Minds Club

Offers mental and physical activities for people with short-term memory loss. Meets Thursdays and Fridays, 10am–3pm at Dial Post Village Hall.

01903 740948 or 07754 142460 | s.beckers@btinternet.com
Dial Post Village Hall, Horsham, West Sussex, RH13 8NJ

Age UK West Sussex – Lavinia House

A day centre for active, independent over-50s, offering activities, advice, and hot meals.

info-horsham@ageukwsbh.org.uk | 0800 019 1310
www.ageuk.org.uk/westsussexbrightonhove/activities-and-events/horsham-district/
Lavinia House, Dukes Square, Horsham, RH12 1GZ



SCAN ME

Dementia Support Services

These services offer connection, understanding, and practical guidance for people navigating life after the loss of a partner - whether you're recently bereaved or looking to rebuild your life with peer support.

Memory Café

A welcoming, dementia-friendly space for people with dementia, their partners, and carers. Meets the first Tuesday of each month, 2–3:30pm at St Mark's Church Hall.

07976 586232 | 07376 722952

St Mark's Church Hall, North Heath Lane, RH12 5PU

Music for the Memory

Respite day club for those who have Alzheimer's, Dementia or other cognitive and memory problems. Professionally structured group therapy where fun, laughter and stimulation therapy make a big difference to those with memory problems and give carers a break.

helen@helpandcompany.com | 01403 788080

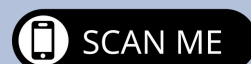
St John's Community Hall, Broadbridge Heath

Tapestry Club

Small, home-based day groups for older people living with dementia—offering companionship and respite for carers in a safe, welcoming environment.

support@tapestrydayclub.co.uk | 01403 791020

www.tapestrydayclub.co.uk



West Sussex Libraries – Wellbeing

Free access to books, audiobooks, DVDs, and reminiscence packs to support people living with dementia. eLibrary resources also available.

<https://arena.westsussex.gov.uk/wellbeing-resources>

