



Dementia Support and Services

Fact Sheet No.11

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Introduction

This Fact Sheet, produced by the Carers Centre for Brighton and Hove, gives information about local and national organisations, which provide advice, support and services for people with dementia and their carers.

The Carers Hub, of which the Carers Centre is a partner, is a focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may be particularly useful to you in connection with dementia support and services.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: www.carershub.co.uk

Coronavirus

Some of the services covered in this Fact Sheet may still be affected by Covid-19 at the present time. Information on support for unpaid carers in this respect can be found at www.brighton-hove.gov.uk/coronavirus-covid-19/support-unpaid-carers

Local Services

Ageing Well

This is a point of contact for people living with dementia and their carers. Information is provided on local groups, activities, day centres etc. in Brighton and Hove for those in early stages including those suspecting they may have dementia

Tel: 07770 061072

Website: <https://ageingwellbh.org>

Age UK West Sussex and Brighton and Hove

Age UK are running a Cognitive Stimulation Therapy programme until the New Year (2022). The courses are in Haywards Heath on Mondays, 10 am - 12 noon and at Portslade on Wednesdays, 11.30 am - 13.30 pm. Each week will have a theme or topic which might include physical, craft based games etc, all designed to stimulate the brain in different ways. It also provides a safe environment in which to gain peer support and make friends. The cost of each session is £6.

Contact: Alice Ellis, Dementia Services Coordinator

Tel: 0756 3382806

Email: alice.ellis@ageukwsbh.org.uk

Brighton and Hove Council

Access Point is the main point of contact for adult social care in the City - for social care needs assessments, equipment, safeguarding concerns etc.

Tel: 01273 295 555 (press option 3)

Website: <https://www.brighton-hove.gov.uk/adult-social-care>

Care Link is the Council's 24 hour Telecare Alarm Service.

Tel: 0300 123 3301

Website: www.brighton-hove.gov.uk/CareLinkplus

There is a Health and Social Care Directory, which is an online directory of services in the City to support everyday living. This includes information on dementia and a section for carers.

Website: <https://www.brighton-hove.gov.uk/adult-social-care-hub/health-and-adult-social-care-directory>

Brighton and Hove Music for Connection (formerly Open Strings)

This provides musical activities for those with a dementia diagnosis and their carers. There are weekly Music and Motion sessions for people living with dementia and their carers on Fridays at 11.30 (currently online). There is also a Musical Box home visits scheme with online options.

Monthly online informal music training for carers of people living with dementia is also provided. No experience is necessary but pre-booking is essential.

Tel: 01273 569096

Website: <https://musicforconnection.co.uk>

Care Choices

Publish information and a directory for sourcing advice on care at home, residential care homes, paying for care etc.

Website: <https://www.carechoices.co.uk>

D-MOB

This is a local dementia voices group for those living with dementia and their carers, which is part of the Dementia Engagement and Empowerment Project (DEEP).

DEEP is a network of groups of people with dementia across the UK.

Website: <https://www.dementivoices.org.uk/group/d-mob/>

It's Local Actually

This is an easy to use database of local activities and support at home.

Website: www.itslocalactually.org.uk

Plot 22 Dementia Inclusive Gardening Project (DIG)

DIG provides therapeutic monthly gardening sessions for those with dementia and their carers. Sessions are for 2 hours and include gardening activities and seasonal snacks.

Tel: 07539 970600

Email: charlotte.overtonhart@gmail.com

Website: www.plot22.org

The Alzheimer's Society (Brighton and Hove)

The Society offers advice and support to carers of people living with dementia. It includes a monthly Carers Support Group, usually on the second Tuesday and either online via Zoom or face to face. The group meets 10.30 am - 12.30 pm. It is understood if some people can only attend part of the meeting but joining from the beginning is requested for organisational purposes. Occasionally there are also appropriate speakers.

The Society also runs the Carer Information and Support Programme (CrISP) for carers of people with dementia. There are two courses - one for carers of someone

with an early dementia diagnosis and one for carers of someone who has been living with dementia for some time

Tel: 01273 726266

Email: brighton-hoveDSW@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk>

The Brighton and Hove Food Partnership

The Dementia Friendly Food Project provides therapeutic gardening activities for those with a dementia diagnosis and their carers. There is a 10-week course (weekly on Wednesdays) with 2 hour sessions held at The Garden House, 5 Warleigh Road, Brighton, BN1 4NT. The course includes planting, seed sowing, harvesting, preparing fruit and vegetables and sharing homemade food. Due to steps and uneven pathways people need to be able to walk unaided or with a stick. No gardening experience or knowledge is required.

The Partnership also runs dementia friendly cookery sessions.

Tel: 01273 234810 (Caroline Whiteman)

Email: info@bhfood.org.uk

Website: www.bhfood.org.uk/get-involved/dementia-friendly-food-project

The Hop 50+

This is a centre and café for those aged over 50. They have a group on Fridays called *The Hop Stop* for those with early stage dementia and their carers,. There are morning and afternoon activity sessions covering areas such as sensory, music, art etc. Lunch is also available. People can attend all day or just the morning or afternoon session.

The cost is £15 for the whole day, £8 for the am or pm session. There is no charge for carers for the activity sessions. Lunch is £7.50 (carers to pay also).

Tel: 01273 729603

Website: <https://impact-initiatives.org.uk/services/adults-and-older-people/hop50/>

Time to Talk Befriending

This charity provides a befriending service – either face to face, by telephone or in a group setting – for those who have received an early diagnosis of dementia and who would benefit from friendship and company from a carefully matched volunteer.

Tel: 01273 737710

Website: <https://tttb.org.uk>

Tower House (Part of St Vincent de Paul)

There is a Dementia Café on Tuesdays, 12-1.30pm, for people with mild/early dementia and their carers. This includes an art session. Preferably carers can go along with the cared for person and do activities together. There is also a separate lounge for carers to relax in and have some time out if preferred. There is a £5 donation which includes soup and a sandwich and tea/coffee.

The centre also has groups on Wednesdays and Thursdays. These are mixed groups for those who are isolated and feeling lonely. They include activities to stimulate the brain such as singing.

Tel: 01273 549604

Website: <https://www.svp.org.uk/st-vincent-brighton>

National Services

Age Space

This site has lots of information on dementia from diagnosis to helping someone to eat more. It also signposts people to other useful services and organisations.

Website: <https://www.agespace.org>

Carers UK

This is a national charity that provides information, advice and support to carers. There is an online peer support forum, which is a community space to talk to other carers, ask questions and share experiences. There is also a weekly online (Zoom) coffee morning called “Care for a Cuppa”. In addition, “Share and Learn” online sessions have visiting speakers sharing tips and skills on a range of topics e.g. pilates, photography, singing.

Contact: Tel: 0808 8087777

Website: <https://www.carersuk.org>

Dementia Adventure

This is a charity that provides online dementia skills sessions for families and carers of people living with dementia. It also has supported outdoor activities and holidays.

Contact: Tel: 01245 237548

Website: <https://dementiaadventure.co.uk>

Dementia Carers Count

This charity has produced a range of free online courses for friends and family caring for someone with dementia. These free courses cover areas such as maintaining wellbeing; using music to connect and create a shared enjoyable experience; understanding difficulties in planning, making decisions and managing emotions; an overview of sudden or acute confusion (delirium) and many more. All the sessions provide the opportunity for family carers to get their questions answered by health and care professionals in a supportive environment and connect with people in a similar situation. The sessions are held through Zoom and usually last for one and a half hours. For booking online use the link below.

Tel: 020 3096 7895

Email: support@dementiacarers.org.uk

Website: <https://dementiacarers.org.uk/get-support/live-online-learning>

Dementia Connect (The Alzheimer’s Society)

This is a new service providing tailored online and telephone support to those with dementia and their carers and family.

As part of this service Dementia Connect Talking Point is a helpful online community where anyone who is affected by dementia (or memory issues) including carers and family, can chat with other carers. It is free and open day and night. This link takes you to [Dementia Talking Point](#)

There is also the Dementia Connect Telephone Support line where you can speak to a Dementia Advisor who can put you in touch with advisors for Brighton and Hove.

Tel: 0333 1503456

Dementia Connect website: <https://www.alzheimers.org.uk/dementiaconnect>

A practical guide “Caring for a person with dementia” and various other dementia-related fact sheets can be either downloaded from the website or ordered via post.

Dementia Diaries

This site publishes video diaries made by people living with dementia.

Website: <https://dementiadiaries.org/>

Dementia UK

This is a national charity providing information, advice and support to those with dementia and their carers.

Tel: 0800 888 6678 Helpline – support from dementia specialist Admiral Nurses.

Website: <https://www.dementiauk.org>

Health Innovation Network

This site provides activities for carers to do with those living with dementia.

Resources include a video to help carers understand the needs of someone with dementia.

Website: <https://www.healthinnovationnetwork.com>

M4D Radio

A new internet radio station m4d Radio created for people living with dementia and their carers has been launched. It is free to listeners, is available 24 hours a day, 7 days a week and provides an instant source of meaningful and appropriate music designed to follow the day from waking to bedtime and right through the night. Listeners can tune into the mix station or one of four further stations playing music by the decade.

m4d Radio is non-commercial and does not contain advertisements, which can be distracting or confusing for people with dementia.

The station is available at m4dradio.com via any internet-enabled device including computers, tablets, mobile phones, smart TVs and Alexas.

Website: m4dradio.com