



# Dementia Support and Services

# Fact Sheet No.11

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# **Dementia Support and Services**

## **Introduction**

This Fact Sheet 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](mailto:info@carershub.co.uk)**

**Website: [www.carershub.co.uk](http://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](http://www.brighton-hove.gov.uk/coronavirus-covid-19/support-unpaid-carers)

## **Local Services**

### **Ageing Well**

This is a point of contact for people in Brighton and Hove living with dementia or mild cognitive impairment and their carers. Information is provided on local services, groups, activities, day centres etc.

Tel: 01273 322947

Text: 07770 061072

Email: [ageingwellbh@impact-initatives.org.uk](mailto:ageingwellbh@impact-initatives.org.uk)

Website: <https://ageingwellbh.org>

### **Age UK West Sussex and Brighton and Hove**

Age UK run a Cognitive Stimulation Therapy programme for people living with dementia. The sessions have a theme or topic which might include physical, craft based games etc. designed to stimulate the brain in different ways. They also provide a safe environment in which to gain peer support and make friends.

Age UK also run Dementia Services Peer Support groups for those living with dementia and their carers. These are:

1. D-MOB Group – Southwick Community Centre, 24 Southwick Street, Southwick, West Sussex BN42 4TE
2. Cornerstone Group – St John's Church, Cornerstone Community Centre, Church Road, Hove BN3 2FL, monthly on a Tuesday

Contact: Alice Ellis, Dementia Services Coordinator

Tel: 0756 3382806

Email: [alice.ellis@ageukwsbh.org.uk](mailto:alice.ellis@ageukwsbh.org.uk)

Website: [www.ageuk.org.uk/westsussexbrightonhove](http://www.ageuk.org.uk/westsussexbrightonhove)

### **Alzheimer's Society Brighton and Hove**

The Society offers advice and support to carers of people living with dementia. A Carers Support Group meets on the second Thursday of each month at Friends Meeting House, Ship Street, Brighton BN1 1AF, 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](mailto:brighton-hoveDSW@alzheimers.org.uk)

Website: <https://www.alzheimers.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](http://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 11.30am (currently online). There is also a Musical Box scheme with online/phone options. Online sessions for carers are also provided. No experience is necessary but pre-booking is essential.

Tel: 01273 569096

Email: [hello@musicforconnection.co.uk](mailto:hello@musicforconnection.co.uk)

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

### **Brighton and Hove Switchboard Dementia Support (LGBTQ+)**

Rainbow Café – a dementia peer support group meets on the last Wednesday of each month at Plot 22, Weald Allotments, Weald Avenue, Hove BN3 7JN, 1.30 pm – 3.30 pm.

There is a Zoom peer support meet up for LGBTQ+ carers of someone living with dementia on the third Tuesday of each month, 2.00 pm – 3.00 pm. They also have a 1:1 support service, by telephone or online.

Tel: 01273 204050

Email: [info@switchboard.org.uk](mailto:info@switchboard.org.uk)

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

### **Care Choices**

Publish a regional Directory for East Sussex and Brighton and Hove for sourcing advice on care at home, residential care homes, paying for care etc.

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

### **Dementia Friendly Lived Experience Group**

This group is for people with a recent diagnosis of dementia and is running monthly initially for a year. It will meet on the third Friday of each month, 11.00 am - 12.30 pm at the Cornerstone Community Centre, Church Road, Hove BN3 2FL.

Email: [franhamilton\\_ot@yahoo.co.uk](mailto:franhamilton_ot@yahoo.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). Meetings are held monthly in central Brighton. DEEP is a network of groups of people with dementia across the UK. See also under Age UK West Sussex and Brighton and Hove.

Email: [alice.ellis@ageukwsbh.org.uk](mailto:alice.ellis@ageukwsbh.org.uk)

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

### **East Brighton Café**

Brighton's first age and dementia friendly café in Brighton, recognised by the Council as having a suitable and accessible environment for older people and those living with dementia. The café is in East Brighton Park.

Address: Wilson Avenue, Brighton BN2 5UA

Tel: 0789 5018222

### **It's Local Actually**

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

Website: [www.itslocalactually.org.uk](http://www.itslocalactually.org.uk)

### **Plot 22 Dementia Inclusive Gardening Project (DIG)**

DIG provides therapeutic monthly gardening sessions for those with dementia and their carers at Weald Allotments, Weald Avenue, Hove BN3 7JN. Sessions are for 2 hours and include gardening activities and seasonal snacks.

Tel: 07539 970600

Email: [charlotte.overtonhart@gmail.com](mailto:charlotte.overtonhart@gmail.com)

Website: [www.plot22.org](http://www.plot22.org)

### **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 an 8-week course with 2 hour sessions held at The Garden House, 5 Warleigh Road, Brighton, BN1 4NT, which takes place in the summer months. 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 a dementia friendly cookery group.

Tel: 01273 234810

Email: [info@bhfood.org.uk](mailto:info@bhfood.org.uk)

Website: [www.bhfood.org.uk/get-involved/dementia-friendly-food-project](http://www.bhfood.org.uk/get-involved/dementia-friendly-food-project)

### **The Herbert Protocol, Sussex Police**

The Herbert Protocol is a form that carers, family or friends of a person with dementia or the person themselves can fill in to provide information to assist the police if the person goes missing. The form is available to download, print off and complete. The form should be kept somewhere safe where you can easily find it. It should only be given to the police if the person does go missing.

Website: <https://www.sussex.police.uk/notices/af/herbert-protocol/>

### **The Hop 50+**

This is a community centre and café in Hove for those aged over 50 offering social and physical activities.

#### The Hop Stop

This a group which meets on Fridays for those with early stage dementia and their carers, There are morning and afternoon activity sessions covering areas such as sensory, music, art and games. The cost is £16 per session including lunch. There is no charge for carers for the activity sessions.

#### The Pit Stop

This is a dedicated and safe drop-in meeting space for people living with the early stages of dementia and their carers. Meetings take place on Wednesday mornings, 9.30 am -11.30 am in the café.

Address: Palmeira Square, Hove BN3 2FL

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 living with dementia who would benefit from friendship and company from trained volunteers.

Tel: 01273 737710

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

### **Tower House (Part of St Vincent de Paul)**

There is a Memory Café on Tuesdays, 12 noon - 1.30pm, for people with a diagnosis of dementia and their carers. This provides meaningful activities including an art session and is followed by lunch. The centre also offers activities on other days including arts, chair yoga, music and relaxation.

Tel: 01273 549604

Email: [towerhouse@svp.org.uk](mailto:towerhouse@svp.org.uk)

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>

### **Alzheimer's Society - Dementia Connect**

This is a new service providing tailored online and telephone support to those with dementia and their carers and families. 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 receive valuable support. 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 150 3456

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.

### **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.

Tel: 0808 8087777

Email: [advice@carersuk.org](mailto:advice@carersuk.org)

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

### **Dementia Adventure**

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

Tel: 01245 237548

Email: [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

Website: <https://dementiaadventure.org>

### **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 healthcare 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. There is also an online Carer Forum on the site.

Tel: 020 3096 7895

Email: [support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

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

### **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. Free leaflets on many aspects of dementia may be downloaded from the website or ordered by post.

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

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

### **Digital Assistance Service for Lasting Power of Attorney (The Alzheimer's Society)**

This service provides help with creating and registering Lasting Power of Attorneys (LPA) online. It is for people who do not have access to the internet or do not feel able to complete the LPA forms online. Trained volunteers can help using an online tool. The volunteers are not able to offer any legal advice. For further information or to sign up for this service call the Society's support line.

Tel: 0333 1503456

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

### **M4D Radio**

m4d Radio is designed specifically for people living with dementia and their carers. It can be used in many ways for people to gain maximum benefit from the therapeutic effects of music. 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. Listeners can tune into the mix station or one of four further stations playing music by the decade.

m4d Radio is non-commercial, has no chat and does not contain advertisements, which can be distracting or confusing for people with dementia.

The station is available at [m4dradio.com](http://m4dradio.com) via any internet-enabled device including computers, tablets, mobile phones, smart TVs and Alexas.

Website: [m4dradio.com](http://m4dradio.com)

### **Pathways Through Dementia**

Free, legal and financial information to support people living with dementia and their carers

Tel: 0203 405 5940

Email: [swilcox@pathwaysthroughdementia.org](mailto:swilcox@pathwaysthroughdementia.org)

Website: <https://pathwaysthroughdementia.org>

### **Rare Dementia Support**

A UK based service which aims to guide, inform and support people living with a rare dementia diagnosis and those who care about them

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

### **The Lewy Body Society**

A charity whose aim is to raise awareness and support research into Lewy Body Dementia (LBD). Books, leaflets, podcasts and videos are available through the website

Tel: 01942 914000

Email: [info@lewybody.org](mailto:info@lewybody.org)

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

**Tide**

A national charity for dementia carers. It provides peer support, information leaflets and toolkits and has workshops, focus groups and online events.

Tel: 0151 237 2669

Email: [carers@tidecarers.org.uk](mailto:carers@tidecarers.org.uk)

Website: [www.tide.uk.net](http://www.tide.uk.net)