



# 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 is a focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This can provide useful information and advice to carers about 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)

## **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: 0808 1753234

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

Website: <https://ageingwellbh.org>

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

#### Mind Matters

This is an active social group for adults living with early onset dementia or those with a new diagnosis. It is a group for people who enjoy lively discussion and engaging in activity to exercise the brain. The service is based on the principles of cognitive stimulation therapy. The group meets weekly at Southwick Community Centre, 24 Southwick Street, Southwick, West Sussex BN42 4TE.

#### Carer and Cared For Peer Support

This is a supporting service for adults living with dementia and their family or carers. It is a safe space for people to share experiences and receive support from peers and staff. There are also activities and trips. Meetings are held fortnightly at Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT, 1.00 pm – 3.00 pm.

#### Daybreak Service

A weekly day support service for adults living with dementia. Members engage in stimulating and meaningful activities to promote confidence and social interaction with others. Refreshments and a two-course lunch are provided. Family or friend carers can also benefit from the respite this provides. Meetings take place every Tuesday at Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT, 10.00 am – 3.00 pm.

Tel: 07753 879779

Email: [dementia@ageukwsbh.org.uk](mailto:dementia@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 Tuesday of each month at Friends Meeting House, Ship Street, Brighton BN1 1AF, 10.30 am - 12.30 pm. This offers the

chance for carers to ask questions, get information and share experiences in a supportive environment.

The Society also runs a Carer Information and Support Programme (CrISP) for carers of people with dementia. The programme covers understanding dementia, legal and money matters, support and care. The sessions take place in Horsham.

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)

### **Brighton and Hove Music for Connection (formerly Open Strings)**

There are weekly Music and Motion sessions for people living with dementia and their carers online. There is also an in-person group which meets on the last Monday of the month, 11.15 am – 12.15 pm at Brighton Jubilee Library. 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**

An LGBTQ+ dementia peer support group meets on the last Wednesday of each month at Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT, 2.00 pm – 3.30 pm.

There is a Zoom peer support meet up for LGBTQ+ carers of people living with dementia on the third Tuesday of each month, 2.00 pm – 3.00 pm. There is also 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**

There is a regional Directory for East Sussex and Brighton and Hove which provides information and advice on care and support services available including for people with dementia and their carers. The Directory can be viewed or downloaded from the website [www.carechoices.co.uk](http://www.carechoices.co.uk). A hard copy can usually be obtained from the Carers Hub or from the Adult Social Care Access Point.

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

This group offers a friendly space for people living with dementia. It meets on the third Friday of each month, 11.00 am - 12.30 pm at the Cornerstone Community Centre, Church Road, Hove BN3 2FL.

Tel: 07838 719519

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.

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

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

### **East Brighton Café**

This is a friendly café in Brighton, recognised by the Council as having a suitable and accessible environment for older people and those living with dementia.

Address: East Brighton Park, Wilson Avenue, Brighton BN2 5UA

Tel: 0789 5018222

### **In Mind**

Memory Café – this is a group for those with early onset and mild to moderate dementia, their carers and family/friends. It provides a welcoming, safe space for social interaction and support. Sessions include arts-based activities, crafts, gentle exercise, music, and relaxation.

Meetings are held weekly on Mondays at 1.00 pm - 3.00 pm at The Old Boat Corner Community Centre, 172 Carden Hill, Brighton BN1 8GN.

Tel: 07754 177662

Email: [inmindbrighton@gmail.com](mailto:inmindbrighton@gmail.com)

### **The Brighton and Hove Food Partnership**

The Partnership provides therapeutic gardening activities for people with mild to moderate dementia and their carers. There are weekly sessions at The Garden House, 5 Warleigh Road, Brighton, BN1 4NT, which take place on Tuesdays in the summer months. The sessions include planting, weeding, watering, 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 cookery group for people with mild to moderate dementia and their carers, which meets fortnightly on Wednesdays, 2.00 pm – 4.00 pm at their Community Kitchen.

Tel: 01273 234810

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

Website: [www.bhfood.org.uk/directory/dementia-friendly-food-gardening](http://www.bhfood.org.uk/directory/dementia-friendly-food-gardening)

### **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/>

### **Home Instead**

Love to Move + Time to Chat is an age and dementia-friendly programme for older members of the community. Seated exercise to music is followed by refreshments

and time to stand and socialise. Carers are also welcome. It runs every Wednesday at Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT, 10.30 am – 12.00 am.

Tel: 01273 284090

Website: [www.homeinstead.co.uk/brighton](http://www.homeinstead.co.uk/brighton)

### **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 is 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 reminiscing, music, art and games. The cost is £18 per session including lunch. There is no charge for carers for the activity sessions.

The cafe is also open as a drop-in for people living with the early stages of dementia and their carers on Wednesday mornings, 9.30 am -11.30 am.

Address: Palmeira Square, Hove BN3 2FL

Tel: 01273 729603

Email: [thehop50@impact-initiatives.org.uk](mailto:thehop50@impact-initiatives.org.uk)

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

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

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

### **National Services**

#### **Age Space**

This site has lots of information on dementia including on diagnosis, care and support. It also signposts people to other useful services and organisations.

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

#### **Alzheimer's Society**

The Society has the Dementia Support Forum which is a helpful online community where anyone who is affected by dementia, including carers and family, can share experiences and receive valuable support. It is free and open day and night. It can be accessed using this link <https://www.alzheimers.org.uk/get-support/dementia-support-forum>

There is also the Dementia Support Line where you can get advice and support and be connected to other help you may need.

Tel: 0333 150 3456

Email: [DementiaSupportLine@alzheimers.org.uk](mailto:DementiaSupportLine@alzheimers.org.uk)

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 free of charge.

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

### **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 (Helpline)

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 a range of free online courses for friends and family caring for someone with dementia. These courses cover areas such as maintaining wellbeing; using music to connect; making decisions and managing emotions; and many more. The sessions provide the opportunity for carers to get their questions answered by healthcare professionals and connect with people in a similar situation. The sessions are held through Zoom. For booking online use the link below. There is also an online Carer Forum on the site.

Tel: 0800 6521102

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

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

### **Dementia Creatives**

This site contains creative ideas from and for people living with dementia. There is lots of inspiration to produce different types of craft work and share them with others.

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

### **Dementia Diaries**

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

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

### **Dementia Tip-Share**

This site contains a treasure chest of tips to help people with dementia keep living as well as they can. It is clear, easy to use and informative.

Website: [www.dementiatip-share.org.uk](http://www.dementiatip-share.org.uk)

### **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

Email: [DementiaSupportLine@alzheimers.org.uk](mailto:DementiaSupportLine@alzheimers.org.uk)

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**

This is a UK based service which aims to guide, inform and support people living with a rare dementia diagnosis and those who care for them.

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

### **The Lewy Body Society**

A charity which provides information and support to people with Lewy Body Dementia (LBD) and their carers. Free leaflets can be downloaded from the website or requested by post.

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)