

# DEMENTIA SUPPORT

If you are worried about your memory or the memory of a loved-one your first port of call should be your GP. Your GP may do some basic tests and as a result could refer you to the memory assessment service. The Memory Assessment Service provides a memory assessment, diagnosis, an ongoing care management plan for your GP, referral back to your GP for continuing care, up-to-date information about support and services available in your local area and a named personal contact (a dementia adviser) to support you throughout your journey with dementia.

**East Sussex Dementia Adviser Service** – run by the Alzheimer’s Society it provides quality information and signposting to people with dementia, their carers and their families.

Dementia Advisers are there to give the person with dementia and their carer, the best information, support and signposting in a way that suits the client. Early diagnosis means early support & intervention

The Service has been designed to ensure assistance in finding the most appropriate services in the local areas. It covers geographical areas from Wealden, Lewes District and Havens, Bexhill & Rother, Hastings and Eastbourne. Dementia Advisers can visit the client’s homes, and offer help on the phone, via email and at the Memory Clinics.

T: 01273 584310

e: dementiaadvisers.eastsussex@nhs.net

**Alzheimer’s Society** – offer various services to those suffering from dementia and their families.

Dementia Support - a service offering information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. Support is offered face to face, over the phone or in writing. Service available Monday-Wednesday, 09:00-17:00

8 Saffrons Rd, Eastbourne, BN21 1DG

01424 773687 (Office opening times: Monday-Friday, 09:00-17:00) e: east.sussex@alzheimers.org.uk

Talking Point - an online support community for people with dementia and their carers, family and friends to discuss all aspects of the condition. It’s open 24-7, and is a safe place to ask questions, share your experiences and receive advice and support.

e: talkingpoint@alzheimers.org.uk

Peer Support Group - for carers of people with dementia, giving people the opportunity to meet with others who understand some of what they are going through. Run by a facilitator, the sessions offer a chance to ask questions, get information and share experiences in a safe and supportive environment.

Second Monday, monthly, 13:30-15:30 in Milton Rd, Eastbourne, BN21 1SL 01424 773687 (Office opening times: Monday-Friday, 09:00-17:00)

e: east.sussex@alzheimers.org.uk

See Haven Club – a day care and support service for people aged under 65 providing care and support in a safe and comfortable setting. Stimulating activities

are based on peoples individual needs and interests. Monday & Thursday 8.30am - 4.30pm

T: 07714 917171 or 07912 979895

(Office opening times: Monday-Friday, 09:00-17:00)

e: east.sussex@alzheimers.org.uk

**Making Memories Day Club** – a day service provided by Age Concern operating within the Venton Centre that is specifically tailored to the needs of clients with mild to moderate dementia. The sessions are structured around the process of reminiscence with creative and stimulating activities running throughout the day in a friendly informal environment.

William & Patricia Venton Centre, 6-12 Kilburn Terrace Junction Road, Eastbourne BN21 3QY.

t: 01323 638474 w: www.ageconcerneastbourne.co.uk

**The Forget Me Not Club** – a fee based day club for people with dementia based at The Cranbrook, Pembury Rd, Langney, BN23 7FD.

Mon, Wed and Fri 10.30-12 midday. T: 01323 768880

**Ivy House Club** – fee based care during the day for people with dementia.

Mon-Fri, 9.30-5pm. 19 Hartfield Rd, Bn21 2AR.

Drop-in Support Group 1st Sat of the month 11am-12.30pm

Drop-in Open House Mondays and Tuesdays 2-3pm

Supper Club – 3rd Tuesday of the month 6.30-8pm

Drop-in Coffee Morning and Afternoon teas also available.

T: 01323 431801 or 07834 225644

**Open Ended** – a service provided by the Towner Gallery. It is a special initiative for people with memory loss problems and their carers. More a conversation through art than a formal tour, each visit provides an opportunity to explore art work from their collection and exhibitions and includes time to continue these discussions outside of the store with a tea or coffee. Suitable for individuals and for group bookings, Open Ended sessions are led by their experienced, friendly Gallery Assistants and can be adapted to the participants’ needs on the day. Open Ended provides participants with facilitated access to Towner Gallery’s unique collection.

Devonshire Park, College Road, Eastbourne

BN21 4JJ, T: 01323 434670,

e: townner@townereastbourne.org.uk

w: www.townereastbourne.org.uk/OpenEnded

**Warwick House Day Service** – as part of Adult Social Care, Warwick House can provide a day service for people with a range of dementia and mental health needs. A fully trained team provide this support in a safe, homely environment. They have an activity lounge, art and craft room and other areas for activities and groups. The service also has a dining room with doors leading to a roof garden.

T: 01323 464700, Warwick Road, Seaford, BN25 1FG

warwickhousedayservice@eastsussex.gov.uk

www.eastsussex.gov.uk

**Singing for the Brain** – provides a facilitated structured group session for people with dementia who may wish to attend alone or with a carer.



The service is designed around the principles of music therapy and singing. Singing for the Brain sessions are planned to incorporate social interaction, peer support, engagement and active participation.

Specifically, the service is designed to help people with dementia to feel part of society where they have a right to artistic and social stimulation. Locations in Eastbourne, Hailsham and Seaford

e: east.sussex@alzheimers.org.uk,

t: 01424 773687

**Dementia Friends** – A Dementia Friend learns a little bit more about what it’s like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Whether you attend a face-to-face Dementia Friends Information Session or watch our online video, Dementia Friends is about learning more about dementia and the small ways you can help.

From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts. Dementia Friends Champions are trained volunteers who encourage others to learn a little bit about dementia. Champions run information sessions in their community and inspire others to help those living with dementia live well.

Learn more about what it is like to live with dementia and turn that understanding into action. It’s really easy to do:

<https://www.dementiafriends.org.uk>

0300 222 5855

**Memory Lane** – social activities for people with dementia and their carers to attend together. Opportunities include a monthly social meeting with activities, a monthly dance club, a twice monthly singing group, special film nights at the Curzon cinema once a month and an annual walk for dementia.

t: 07800 874361

e: memorylane.eastbourne@gmail.com

**Care UK Bowes House** – carers support group, second Wednesday of the month 3-4.30pm.

t: 01323 440188

**Carers Breaks** – dementia lunch club first Tuesday of the month and dementia supper club second Thursday of the month.

T: 07740 338120

**National Dementia Helpline:**

0300 222 11 22 Mon-Wed 9am-8pm,

Thurs & Fri 9am-5pm, Sat & Sun 10am-4pm

Produced by Eastbourne Volunteers.

[www.eastbournevolunteers.co.uk](http://www.eastbournevolunteers.co.uk)