

#### Misc:

**Admiral Nursing Direct:** 0800 888 6678 Web: <https://www.dementiauk.org/get-support/admiral-nursing/> Practical advice and emotional support to anyone affected by dementia.

'Community Connections Directory of Services for older people in Mid Sussex'  
[www.midsussexwellbeing.org.uk](http://www.midsussexwellbeing.org.uk)

**Know Dementia:** 01273 494300 & Web: <http://knowdementia.co.uk>

#### Legal Services:

The following offer legal advice, including setting up Powers of Attorney.

**Buss Merton Law ( Solicitors )** – 01892 502347 & [info@bussmurton.co.uk](mailto:info@bussmurton.co.uk)

**Citizens Advice Bureau ( CAB ):** 0344 4771171 ( 9.30—4 Tuesday & Thursday 10—12 Friday )

**Please note:** The following list of organisations and groups are given for information purposes only. East Grinstead Dementia Action Alliance, including its members, do not endorse any of these services or products, whatsoever. For further information on any of these services or products, please contact the relevant group directly.

To book on an awareness session for dementia : [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) for more information on the East Grinstead Dementia Action Alliance [https://www.dementiaaction.org.uk/local\\_alliances/19038\\_east\\_grinstead\\_dementia\\_action\\_alliance](https://www.dementiaaction.org.uk/local_alliances/19038_east_grinstead_dementia_action_alliance)

Organisations interested in joining the DAA should contact  
[www.dementiaaction.org.uk](http://www.dementiaaction.org.uk)

Or to become a Dementia Friend [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

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[www.eastgrinstead.gov.uk](http://www.eastgrinstead.gov.uk)

01342 323636

**DAA** Dementia  
Action Alliance

# Dementia Groups & Services for those living with Dementia in East Grinstead

*A dementia friendly community is one in which people with dementia are empowered to have aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them. We are working towards this in East Grinstead. We hope that people will be aware of, and understand more about dementia; and that people with dementia and their carers will be encouraged to seek help and support; and people with dementia will feel included in their community, be more independent and have more choice and control over their lives - Alzheimer's Society.*



December 2019

### Doctor Surgeries:

**Moatfield Surgery:** 01342 327555 or [HSCCG.moatfield.surgery@nhs.net](mailto:HSCCG.moatfield.surgery@nhs.net)

**Ship Street Surgery:** 01342 325959 or [HSCCG.shipstreet-eastgrinstead@nhs.net](mailto:HSCCG.shipstreet-eastgrinstead@nhs.net)

The Care Coordinators at both Moatfield & Ship Street Surgeries are able to provide you with information on the different support services available to you as either a patient or a carer.

**Judges Close Surgery:** 01342 317820 ( No Email )

### Nursing & Residential Dementia Homes:

**Stildon Day Care ( Brendon Care ):** 01342 305750

**Mill View Care Home:** 0333 9201995

### Day Care & Day Centres:

**Age UK East Grinstead & District:** 01342 327046 or [enq@ageukeastgrinstead.org.uk](mailto:enq@ageukeastgrinstead.org.uk) or [short-breaks@ageukeastgrinstead.org.uk](mailto:short-breaks@ageukeastgrinstead.org.uk) Located in the Glen Vue Community Hub on Railway Approach, we are open Monday to Friday. The centre offers a wide range of services and activities for people over the age of 50, including freshly prepared lunches and refreshments. The centre offers a Short Breaks respite service for carers or family members of those living with dementia, or the elderly and frail.

**Neil's Club:** 01903 790270. Email: [rachel.whitlam@crossroadscare-sc.org](mailto:rachel.whitlam@crossroadscare-sc.org) For people with young onset dementia. Age appropriate support with activities and outings. Charges apply.

**Crossroads Care:** 01903 790270. Email: [admin@crossroadscare-sc.org](mailto:admin@crossroadscare-sc.org) Crossroads Care offers support for carers and the people they care for. Services include day & night service, FREE emergency respite service & holiday support service.

### Staying Safe & Personal Alarms:

**Telecare Personal Alarms:** [www.westsussexconnecttosupport.org/s4s/WhereILive/Council?pagelid=585](http://www.westsussexconnecttosupport.org/s4s/WhereILive/Council?pagelid=585)

**Age UK Personal Alarms:** <https://www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/>

**Carer's Emergency Alert Card – WSCC:** [www.chichestercareline.org.uk/index.cfm?articleid=18408](http://www.chichestercareline.org.uk/index.cfm?articleid=18408)

**Lifeline:** 01293 438468. Crawley Borough Council helping you feel safe and secure in your own home, other personal safety equipment, personal monitors and environmental sensors available.

Web: [https://crawley.gov.uk/pw/Homes\\_and\\_Housing\\_Services/Services\\_for\\_Older\\_or\\_Disabled\\_People/Lifeline\\_Emergency\\_Alarm\\_Service/index.htm](https://crawley.gov.uk/pw/Homes_and_Housing_Services/Services_for_Older_or_Disabled_People/Lifeline_Emergency_Alarm_Service/index.htm)

### Carers Support:

The following groups provide support, information and advice on all aspects of dementia, including issues with home and personal care.

**Alzheimer's Society – National Dementia Helpline:** 0300 222 11 22

**Alzheimer's Society Dementia Support Worker**—Emma Tidbury—01403 213017 or [emma.tidbury@alzheimers.org.uk](mailto:emma.tidbury@alzheimers.org.uk)

**Alzheimer's and Dementia Support Group:** 01444 450248 & [info@dementia-support.org](mailto:info@dementia-support.org)

**Carers Support Service – North and Mid Sussex:** 0300 028 8888 & [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

**WSCC Specialist Day Services:** 01243 777100 & [www.westsussex.gov.uk/living/social\\_care\\_and\\_health.aspx](http://www.westsussex.gov.uk/living/social_care_and_health.aspx)

**NHS Sussex Community Carers Health Team:** 01243 623521 & [SC-TR.carerwellbeing@nhs.net](mailto:SC-TR.carerwellbeing@nhs.net)

**Carers Health Team:** 01243 623521. A team of health care professionals dedicated to checking the carers health and help them to manage any healthcare issues that they may have.

### Misc:

**The Butterfly Scheme:** Web: <http://butterflyscheme.org.uk/> The Butterfly Scheme provides a system of hospital care for people living with dementia.

**Apetito:** 01225 560 463 & <https://www.apetito.co.uk/meals-on-wheels/>

**Melody for the Mind:** An informal singing group for people living with dementia and Parkinson's disease, and their families & carers. Fortnightly on Tuesdays 2pm—3pm.

**West Sussex Care Guide-** contains information about all CQC inspected care agencies care and nursing homes in West Sussex [www.westsussex.gov.uk/careguide](http://www.westsussex.gov.uk/careguide)

