

East Grinstead 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 including in their community, be more independent and have more choice and control over their lives - Alzheimer's Society



June 2023

Doctor Surgeries

Moatfield Surgery: 01342 327555 or sxicb-wsx.moatfield.surgery@nhs.net

Ship Street Surgery: 01342 325959

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

Judges Close: 01342 317820 or judges.closesurgery@nhs.net

(Ship Street and Judges Close are both members of the Modality Partnership and some services are pooled.)

Nursing & Residential Dementia Homes

Stildon Day Care (Brendon Care): 01342 305750

Mill View Care Home: 01342 337220

Day Care & Day Centres

Age UK East Grinstead & District: 01342 327046 enq@ageukeastgrinstead.org.uk Located in Glen Vue & 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 also offers a respite care service for people with dementia on first and third Saturdays of the month. Transport is available.

Tuvida (formerly Crossroads Care): 01903 790270 westsussex@tuvida.org

Jubilee Community Cafe: 01342 328334 or office@jccceg.co.uk

Staying Safe & Personal Alarms

Telecare Personal Alarms: www.telecare24.co.uk

Age UK Personal Alarms: www.personalalarmcampaigns.ageco.co.uk

Lifeline Elderly Alarm Services: www.Lifeconnect24.co.uk

PPP Taking Care Ltd: www.taking.care

Careline: www.careline.co.uk

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: 01444 416606 k.hall@alzheimers.org.uk

Alzheimer's Society Sussex Helpline: 01403 213017 sussex.helpline@alzheimers.org.uk

Alzheimer's and Dementia Support Group: 01444 450248 info@dementia-support.org

Carers Support Service – North and Mid Sussex:

0300 028 8888 or info@carerssupport.org.uk

Carers Support Service provides free, confidential and impartial information and support to carers in West Sussex. Carers Support Service can offer specialist support workers, support groups, emotional support services and support towards time out and relaxation for carers.

This group meet at Mill View Care Home last Wednesday of the month 10:30am to 12 noon

Know Dementia: 01273 494300 www.knowdementia.co.uk

1st and 3rd Wednesday of each month Memory Moments Café at The Jubilee Centre, Charlwoods Road, East Grinstead, RH19 3HL 2pm to 4pm, call to book a place.

NHS Sussex Community Carers Health Team: 01243 623521 SC-TR.carerwellbeing@nhs.net

The Carers Health Team offer professional support and guidance for carers to maintain their health and wellbeing.

Food delivery services

HILS Meals: 0330 2000 103

Health and Independent Living Support is the largest not-for-profit meals on wheel service in the UK.

Apetito: 01225 976316 or www.apetito.co.uk

Wiltshire Farm Foods: www.wiltshirefarmfoods.com

Miscellaneous

The Butterfly Scheme: www.butterflyscheme.org.uk

The Butterfly Scheme provides a system of hospital care for people living with dementia. and has now been adopted by over a hundred hospitals across the length and breadth of the UK. *Queen Victoria Hospital 01342 414000*

WSSC Specialist Day Services: 01243 777100.

www.westsussex.gov.uk/living/social_care_and_health.aspx

Specialist day services are for people with longer terms or complex social care needs such as adults with learning disabilities or dementia. Services include support, activities and community opportunities that help adults to live as independently as they can.

Melody for the Mind: <https://arena.westsussex.gov.uk/-/melody-for-the-mind>

An informal singing group for people living with dementia and Parkinson's disease and their families and carers. Please contact East Grinstead Library to check 01342 332900.

West Sussex Care Guide – contains information about all CQC inspected care agencies care and nursing homes in West Sussex www.westsussex.gov.uk/careguide

Admiral Nursing Direct: 0800 888 6678 www.dementiauk.org

Practical advice and emotional support to anyone affected by dementia

Citizens Advice Bureau (CAB): East Grinstead Library (Tuesday, Thursday and Friday 10am to 4pm)

Please note: The 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 an awareness session for dementia: www.dementiafriends.org.uk

For more information on 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 or to become a friend www.dementiafriends.org.uk



Leaflet kindly sponsored by East Grinstead Town Council

www.eastgrinstead.gov.uk

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