



**BURGESS HILL
& VILLAGES PCN**

Mid Sussex Health Care
Silverdale Practice
The Brow Health Centre
The Meadows Surgery



Local Dementia Support



Photo by Centre of Ageing Better

Dementia is a complex disease with a rapidly increasing prevalence. In the early stages of dementia, many people are able to enjoy life in the same way as before their diagnosis. But as symptoms get worse, the person may feel anxious, stressed and scared at not being able to remember things, follow conversations or concentrate.

We've collated a directory of charities and voluntary organisations that can provide valuable support and advice for those who have or are caring or living with someone who has dementia.

National support

Alzheimer's Society

Alzheimer's society are a vital source of support and a powerful force for change for everyone affected by Dementia, they provide flexible support services and multi-faceted approach.

Phone number 0333 150 3456

Website www.alzheimers.org.uk

Dementia Support

Providing a vital service offering support, guidance, and care for those in our community living with dementia. Dementia is a complex disease with a rapidly increasing prevalence.

Great resources with printouts for colouring and activities for those with dementia. Also contains a lot of resources for those living with someone who has dementia, such as support with communicating, washing/dressing prompts etc

Phone number 01243 888 691

Website www.dementiasupport.org.uk/

Dementia UK

Specialist dementia nurse charity, providing support for families affected by all forms of dementia - including Alzheimer's disease. Their support helpline which connects with an admiral nurse, Mon – Fri 9am – 9pm, Sat, Sun 9am – 5pm, open bank holidays except Dec 25th

Phone number 0800 8886678

Website www.dementiauk.org/

Email helpline@dementiauk.org



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Local groups

Carers Support – East Sussex

A team of staff and volunteers can provide free practical and emotional advice – face to face, by telephone, or online.

Phone number 01323 738390

Website www.cftc.org.uk

Email info@cftc.org.uk

Carers Support - West Sussex

Offering unpaid Carers information, guidance, and emotional support.

Phone number 0300 028 8888

Website www.carerssupport.org.uk

Email info@carerssupport.org.uk

Music For Memories

Charity supplying free of charge personalised headsets with preloaded music

Phone number 07592 439570

Website www.mfmidsussex.org/

Email mfmidsussex@gmail.com

Riding for disabled association

RDA created Tea With a Pony in response to the growing number of people living with dementia who might be helped by some other form of animal-assisted activity involving horses.

Phone number 01926 492915

Website www.rda.org.uk

Email info@rda.org.uk



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Community support

Beacon Good Neighbours

Set up several years ago to provide volunteer-led support to local people in the Ditchling, Streat and Westmeston areas. There is a small committee and around 70 volunteers who help as required offering support such as shopping and light housework.

Phone number 01273 921668

Website www.beaconparish.co.uk/beacon-good-neighbours

East Sussex Community Information Service

Dementia Support East Sussex is a 'not for profit', voluntary initiative, aiming to address the gaps in the existing provision of care for those touched by dementia, and offering respite for their carers.

Phone number 07869 619861

Website www.escis.org.uk/advice-and-support/dementia-support-east-sussex/

Email suzannedses@gmail.com

Neighbourly Care

Covering Burgess Hill, Hassocks and District

Offer support such a shopping, light housework, befriending – they are happy at offering these services to those with dementia (looking to organise some dementia specific training to their staff).

Phone number 07876 066 368

Website www.neighbourlycare.co.uk

Email neighbourlycare@outlook.com

Useful information

Apps for those with dementia

Train your brain

AmuseIT

East Sussex County Council

Adult Social Care for Health

Phone number 0345 60 80 191

Website <https://www.eastsussex.gov.uk/social-care/getting-help-from-us/contact-adult-social-care>

Email hscc@eastsussex.gov.uk

Hidden Disability Lanyards

These are available or those that have Alzheimer's and also for a carer who would need to stay with the person.

Website www.hiddendisabilitiesstore.com

NHS Information for Carers

Website www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/

Setting up Ipad for seniors

Website www.ohanaisfamily.com/blog/how-to-set-up-an-ipad-for-seniors



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