



Dementia Support and Services

Fact Sheet No.11

The Carers Centre for Brighton & Hove
Brighton Junction
1a Isetta Square
35 New England St
Brighton BN1 4GQ

Tel: 01273 746222

Email: info@thecarerscentre.org

Website: www.thecarerscentre.org

Registered Charity No. 1015728
Registered Company No. 2758481

March 2025

Introduction

Dementia is seen as the most challenging health and social care crisis of our time. There are a number of types of dementia with Alzheimer's Disease and Vascular Dementia being the most common. This Fact Sheet gives information about local and national organisations, which provide 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. It can be useful to carers in respect of dementia support and services.

Tel: 01273 977000

Email: info@carershubs.co.uk

Website: www.carershubs.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 some local services, groups and activities available in this connection.

Tel: 0808 175 3234

Email: info@ageingwellbh.org

Website: <https://ageingwellbh.org>

Age UK West Sussex and Brighton and Hove

Age UK has a drop-in hub in Brighton providing information and advice on a range of topics including dementia support.

Address: Ground Floor, 95 Queens Road, Brighton BN1 3XE

Tel: 0800 019 1310

Email: info@ageukwsbh.org.uk

The charity also provides the following services:

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 St Vincent's Centre, Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT, 10.00 am to 3.00 pm.

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 every Wednesday at Southwick Community Centre, 24 Southwick Street, Southwick, West Sussex BN42 4TE, 10.00 am to 1.00 pm.

Tel: 01903 729015

Email: dementia@ageukwsbh.org.uk

Website: 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.]

(Above to be deleted and replaced by the following based on website information)

The Society has a local dementia support service providing personalised help and advice face to face or over the phone to anyone living with dementia or a carer, family member or friend. Their expert team will listen, answer questions and connect the person to the support needed.

Tel: 01273 726266

Email: 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)

Email: accesspoint@brighton-hove.gov.uk

Website: <https://www.brighton-hove.gov.uk/adult-social-care>

CareLink Plus is the Council's 24 hour community telecare alarm service. A leaflet about the service can be downloaded from the website - link below.

Tel: 0300 123 3301

Website: www.brighton-hove.gov.uk/carelink-plus

Brighton and Hove Music for Connection

There are weekly Music and Motion dementia-friendly sessions at Brooke Mead, Albion Street, Brighton every Friday, 11.30 am to 12.30 pm. Other sessions are held at the Jubilee Library, Brighton on the last Monday of the month, 11.15 am to 12.15 pm and at the Memory Matters Café at Holy Cross Church, Woodingdean on the second Monday of the month, 1.45 pm to 2.45 pm. Carers are welcome and booking of sessions is advisable.

Tel: 01273 569096

Email: hello@musicforconnection.co.uk

Website: <https://musicforconnection.co.uk>

Brighton and Hove Switchboard

An LGBTQ+ dementia peer support group meets on the fourth Wednesday of each month in Brighton, 10.30 am to 12 noon. Carers are also welcome. A monthly meet-up is also held online.

There is also a peer support meet-up for LGBTQ+ carers of people living with dementia on the fourth Friday of each month, 10.30 am to 12 noon.

Tel: 01273 204050

Email: helen.bashford@switchboard.org.uk

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

Care and Support Services Directory 2025

Care Choices publish 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. A hard copy can usually be obtained from the Carers Hub (see Page 2) or from the Council's Adult Social Care Access Point (see Page 3).

Website www.carechoices.co.uk

Home Instead

Love to Move + Time to Chat is an age and dementia-friendly programme for older members of the community to help strengthen health and wellbeing. 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

In Mind

In Mind's Memory Café hosts a group for those with early onset and mild to moderate dementia, their carers and family. 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

Website: www.inmindbrighton.com

St Vincent's Centre (Tower House)

The Centre runs a Carer Support Group for carers of people living with dementia, which meets every other Tuesday, 1.30 pm to 3.00 pm at Tower House, 265-267 Tower Gate, London Road, Brighton BN1 6WT.

Tel: 01273 549604

Email: towerhouse@svp.org.uk

Website: www.svp.org.uk

The Brighton and Hove Food Partnership

The Partnership runs a cookery group for people with mild to moderate dementia and carers are also welcome. This meets fortnightly at their Community Kitchen, 113 Queens Road, Brighton BN1 3XG. There is an application form on the website

Tel: 01273 234810

Email: info@bhfood.org.uk

Website: www.bhfood.org.uk/get-involved/dementia-friendly-food-project

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/>

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 music, arts and crafts, games and reminiscing. 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

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

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 Line where people and carers can get help and support daily– see below.

The Society also runs 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>

A practical guide "Caring for a person with dementia" and various other helpful publications can be either downloaded from the website or ordered via post free of charge.

The Society also offers a digital assistance service for Lasting Power of Attorney (LPA). This provides help with creating and registering LPAs online using trained volunteers. It is for people who do not have access to the internet or do not feel able to complete the LPA forms online. The service does not offer legal advice. For further information or to sign up for this service call the Support Line - see below.

Tel: 0333 150 3456 (Support Line)

Email: enquiries@alzheimers.org.uk

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

Carers UK

This is a national charity that provides information, advice and support to carers.

There is also an online forum Carers Connect, which allows carers to contact other carers, ask questions and share experiences.

Tel: 0808 8087777 (Helpline)

Email: 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 small group holidays.

Tel: 01245 237548

Email: info@dementiaadventure.co.uk

Website: <https://dementiaadventure.org>

Dementia Carers Count

This charity provides online help, information and advice for dementia carers including access to videos, factsheets and podcasts. It also runs online peer support groups where carers can talk to and listen to other carers in a friendly atmosphere. There is also a Carer Support Line open Monday to Friday, 9.00 am to 5.00 pm – see below.

Tel: 0800 652 1102 (Support Line)

Email: 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

Dementia Diaries

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

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

Dementia Tip-Share

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

Website: www.dementiatip-share.org.uk

Dementia UK

This specialist nursing charity provides information, advice and support to anyone affected by dementia. Free leaflets on many aspects of dementia can be downloaded from the website or ordered by post. The Helpline gives free confidential support from dementia specialist Admiral Nurses. Telephone or video appointments can be made.

Tel: 0800 888 6678 (Helpline)

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

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 via any internet-enabled device including computers, tablets, mobile phones, smart TVs and Alexas. There is a user guide which can be downloaded from the website.

Email: info@m4dradio.com

Website: m4dradio.com

Pathways Through Dementia

This charity provides free, legal and financial information to support people living with dementia and their carers.

Tel: 0203 405 5940

Email: swilcox@pathwaysthroughdementia.org

Website: <https://pathwaysthroughdementia.org>

Rare Dementia Support

This UK based service offers specialist social, emotional and practical support to people living with a rarer dementia diagnosis and their carers.

Tel: 020 3318 0243

Email: contact@raredementiasupport.org

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

The Lewy Body Society

This charity 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

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

Tide

This is a charity for unpaid dementia carers. It provides peer support, free resources and online meet ups.

Email: carers@tidecarers.org.uk

Website: www.tide.uk.net