National and Local Service Directory

Alzheimer's Society Brighton and Hove

The Alzheimer's Society offer advice and support to people living with dementia and their carers. They have the Dementia Connect Support Line where people and carers can get help and support daily. They also run 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.

They also run 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.

Tel: 01273 726266

Dementia Connect: 0333 150 3456

Email: brighton-hoveDSW@alzheimers.org.uk

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

Dementia Support Forum: www.alzheimers.org.uk/get-support/dementia-support-forum

Publications: https://www.alzheimers.org.uk/get-support/publications-factsheets

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

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 3 Centre, 24 Southwick Street.

Tel: 01903 729015

Email: dementia@ageukwsbh.org.uk

Website: www.ageuk.org.uk/westsussexbrightonhove

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

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 8 **Email:** info@lewybody.org **Website:** https://www.lewybody.org

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

Practical Support Services

Brighton and Hove City Council / Government	
Access Point This 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 This 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
Lasting Power of Attorney (LPOA) This is the Government website to apply for a Lasting Power of Attorney.	**Tel:** 0300 456 0300 **Website:** https://www.gov.uk/power-of-attorney

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 or from the Council's Adult Social Care Access Point.	**Website:** www.carechoices.co.uk

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/

Pathways Through Dementia	
This charity provides free, legal and financial information to support people living with dementia and their carers.	**Tel:** 0203 405 5940 **Website:** https://pathwaysthroughdementia.org

Social Activities and Support

Ageing Well	
This is a single point of contact for people over the age of 50 in Brighton and Hove, including those living with dementia or mild cognitive impairment and their carers. Information is provided on local services, groups and activities as well as information and support on claiming benefits such as Attendance Allowance.	**Tel:** 0808 175 3234 **Email:** info@ageingwellbh.org **Website:** https://ageingwellbh.org

Brighton and Hove Music for Connection	
There are Music and Motion dementia-friendly sessions at the following times and locations: • The second Monday of the month - 1.45 pm to 2.45 pm, at Memory Matters Café at Holy Cross Church, Woodingdean. • The last Monday of the month, 11.15 am to 12.15 pm, at Jubilee Library, Brighton. • Weekly, every Friday, 11.30 am to 12.30 pm, at Brooke Mead, Albion Street, Brighton. Carers are welcome and booking of sessions is advisable.	**Tel:** 01273 569096 **Email:** hello@musicforconnection.co.uk **Website:** https://musicforconnection.co.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

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 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, at: 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/

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, 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

Maycroft Manor	
Memory Café A space for those living with memory issues and dementia, and their carers, to get together and support each other, as well as take part in interactive activities. Takes place the last Thursday of every month, 2pm - 4pm at Maycroft Manor, 2-8 Carden Ave, Patcham, Brighton, BN1 8NA.	**Tel:** 01273 859790 **Email:** emma.weller@hallmarkcarehomes.co.uk
Songs & Smiles An intergenerational music group aimed at 0-4 year olds, their grown-ups, and older adults. The Songs & Smiles sessions make people dance with joy, cry with laughter and create long lasting friendships so everyone has something special to look forward to. Takes place every Wednesday, 11am - 12pm at Maycroft Manor, 2-8 Carden Ave, Patcham, Brighton, BN1 8NA.	**Website:** https://thetogetherproject.org.uk/programmes/songs-and-smiles

The Hangleton & Knoll Project	
The Hangleton and Knoll Project run a wide range of activities for people over the age of 50+. This includes activities specifically for people living with dementia and their carers, including memory cafes.	**Tel:** 01273 706469 **Email:** info@hkproject.org.uk **Website:** www.hkproject.org.uk/what-we-do/community-development/hk50plus/hk50-activities-and-groups

Sporting Memories	
Brighton and Hove Sporting Memories groups are designed to reduce loneliness and isolation for older people and improve physical and mental wellbeing. The groups are held on the following days and times: • Monday, 10:00-11:30, at St George's Church, St George's Road, Kemptown BN2 1ED • Tuesday, 10:30-12:00, at First Central County Ground, Eaton Road, Hove BN3 3AN • Thursday, 10:00-11:30, at Central United Reformed Church, Blatchington Road, Hove BN3 3YF	**Tel:** 01273 827104 **Email:** emma.brooke@sussexcricket.co.uk **Website:** www.sportingmemories.uk/clubs/92-brighton-sporting-memories-club/

Albion Memories	
A reminiscence group for fans of Brighton and Hove Albion with mild to moderate dementia, held at the Amex Stadium on the last Friday of every month.	**Tel:** 01273 878265 **Email:** info@bhafcfoundation.org.uk **Website:** www.bhafcfoundation.org.uk/albion-memories/

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

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 Art Support Hub (DASH)	
Arts workshop, carers support and followed by pay as you feel 3 course lunch. Open to guests with dementia and their carer. Wednesday, 11.30am – 1.30pm, at St. Luke's Prestonville, 64 Old Shoreham Road, Brighton, BN1 5DD.	**Tel:** 0799 902 952 **Email:** DASHBrighton@hotmail.com

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. 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 that can be downloaded from the website. 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.	**Email:** info@m4dradio.com **Website:** www.m4dradio.com

Somerset Centre	
A day centre for those who welcome some support during the day and benefit from meeting with others from within their local community. Meet with friends old and new, go on trips to places of interest, get advice and support (for members and carers). They are open Mon – Thu 09:30 – 4pm at 62 St James's Street, Brighton, BN2 1PR	**Tel:** 01273 699000 **Email:** info@somersetcentre.org.uk **Website:** https://www.somersetcentre.org.uk/

Carers Support

The Carers Hub	
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@carershub.co.uk **Website:** www.carershub.co.uk

Crossroads Care	
Crossroads Care support carers in the Brighton and Hove area by providing services such as My Health Matters to support carers to look after their own health, home respite, and day services at Tower House.	**Tel:** 01273 234021 **Website:** www.esbhcrossroads.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

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

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.	**Tel:** 0800 652 1102 (Support Line) **Email:** info@dementiacarers.org.uk **Website:** https://dementiacarers.org.uk

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 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