

## Services in East Sussex

### **Dementia Adviser Service**

Dementia Advisers provide information about all aspects of living with dementia from the point of diagnosis and supports people to access services, enabling those with a diagnosis of dementia to be in control of their lives and live well with their dementia. They can be contacted whenever needed for further information or support.

### **Dementia Support Service**

This home visiting services provides ongoing support and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. Service is for people with dementia, their family and carers, and gives information for Carers on how to maintain the independence of people with dementia.

### **Memory Support Service**

This service provides sessions of Cognitive Stimulation Activities and the new Alzheimer's Society Live Well with Dementia Programme. This programme is based on self-management principles and aims to help people living with early stage dementia to develop the understanding, skills and practical tools, to empower and support them to take an active role in the management of their health and well-being. Sessions of the eight week programmes are being delivered in various locations and dates in the Hastings and Rother CCG and Eastbourne Hailsham and Seaford CCG areas of East Sussex.

### **Carers Support Groups**

These peer support groups provide a friendly, supportive and safe environment to talk about dementia comfortably with others in similar circumstances. Available in various locations throughout East Sussex

**Bexhill**, 3<sup>rd</sup> Thursday in the month, 2pm-4pm, St Marks Church Hall  
**Crowborough**, 4<sup>th</sup> Wednesday in the month, 2-4pm, The Horder Centre  
**Eastbourne**, 2<sup>nd</sup> Monday in the month, 1.30pm- 3.30pm, Milton Grange  
**Seaford**, 2<sup>nd</sup> Tuesday in the month, 2-4pm, St James Clubhouse

### **Carers Information and Support Programme (CrISP)**

**CrISP 1** is a series of sessions for carers, family and friends of people recently diagnosed with dementia and offers effective support and up-to-date, relevant information about Dementia in a group environment.

**CrISP 2** is for those who have been living with dementia for some time. Topics include: understanding dementia, legal and money matters, support and care, coping with dementia day to day and caring for those with more complex needs. These programmes are being delivered on various dates and locations across East Sussex.

### **See Haven Club (Eastbourne and Bexhill)**

Provides day care for early onset dementia (under age 65) and gives the opportunity for people to socialise and participate in activities, suitable for those with early to moderate stage of dementia.

Meet in **Eastbourne** on a Monday and a Thursday, 8.30-4.30 pm.

Meets in **Bexhill** on a Tuesday 8.30am- 4.30pm

### **Singing for the Brain**

This activity brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide variety of familiar and new songs.

## **Befriending Service**

Befriending services provide personalised companionship for people with dementia, either in their own home or during outings and activities in the community. Activities will be specific to the assessed needs and will be decided in agreement with the person with dementia. This could include:

- Companionship
- Support to continue with hobbies and personal interest
- Support to participate in leisure and social activities
- Support to carry out regular activities such as shopping

Available Monday to Friday between the hours of 9am and 5pm

## **Sussex Helpline**

The Sussex Helpline provides a wide range of quality information for people with dementia, carers, family, friends and health professional. Provides information and advice, signposting and a listening ear. Topics include getting a diagnosis, types of dementia, emotional and practical support, legal and financial information and choosing a care home.

**The helpline is available, 10am – 4pm on weekdays.**

**For further information about these services please contact:**

**Alzheimer's Society Sussex Helpline on**

**T: 01403 213017**

**E: [sussex.helpline@alzheimers.org.uk](mailto:sussex.helpline@alzheimers.org.uk)**

**Or Contact**

**Alzheimer's Society East Sussex Office:**

**T: 01424 773687**

**E: [east.sussex@alzheimers.org.uk](mailto:east.sussex@alzheimers.org.uk)**

## **Volunteering**

**'Through volunteering we can achieve great things'**

We have lots of different volunteering opportunities at the Alzheimer's Society, there is something for everyone.

Speak to us about the volunteering opportunities in your local area;

Contact us at our helpline number or speak to  
Louise Cruickshank- Volunteering Officer

T: 01403 213015

E: [volssussex@alzheimers.org.uk](mailto:volssussex@alzheimers.org.uk)

**Dementia Connect** is Alzheimer's Society's new and improved dementia services directory for anyone affected by dementia.

**[www.alzheimers.org.uk/dementiaconnect](http://www.alzheimers.org.uk/dementiaconnect)**