



Coastal West Sussex Mind

Providing tailored dementia support for people aged 60+ in Chichester, Midhurst and the surrounding villages and the Arun area.

📄 www.coastalwestsussexmind.org

☎ 01903 277000

✉ info@coastalwestsussexmind.org

Coastal West Sussex Mind offers advice and information, Saturday respite, carer and cared for groups, monthly events in the community, outreach service.

For more information about what is available in your local area contact:

Chichester (South)

☎ 07495 077298

✉ livingwellchichester@coastalwestsussexmind.org

Midhurst

☎ 07926 000949

✉ midhurstdcs@coastalwestsussexmind.org

Arun

☎ 07495 077341

✉ livingwellarun@coastalwestsussexmind.org

Crossroads Care South Central

Provides a tailored service of respite support for all carers across West Sussex including an emergency respite scheme and 3 social clubs for people living with dementia.

📄 www.crossroadscare-sc.org

☎ 01903 790270

out of hours 01403 243924

✉ admin@crossroadscare-sc.org

Dementia Friendly Communities

Groups of local people, carers, GP practices and local businesses and organisations that meet to discuss the way forward for making their local community a more dementia friendly place to live and work. To find out what is taking place in the local area contact Alzheimer's Society:

☎ 01403 213017

(Monday to Friday 10am - 4pm)

✉ sussex.helpline@alzheimers.org.uk

West Sussex Care Guide

For information and advice about care and support services in West Sussex including care and support at home, residential and day care.

Copies can be found at your local library or by calling

☎ 01243 642121 to request a copy.

The Guide can also be viewed or copies ordered by going on line at

📄 www.westsussex.gov.uk/careguide

West Sussex Libraries

For books and information on all aspects of dementia, including the Books on Prescription scheme. All staff are dementia-friendly. For details of your nearest library visit:

📄 www.westsussex.gov.uk/location-directories/find-a-library.

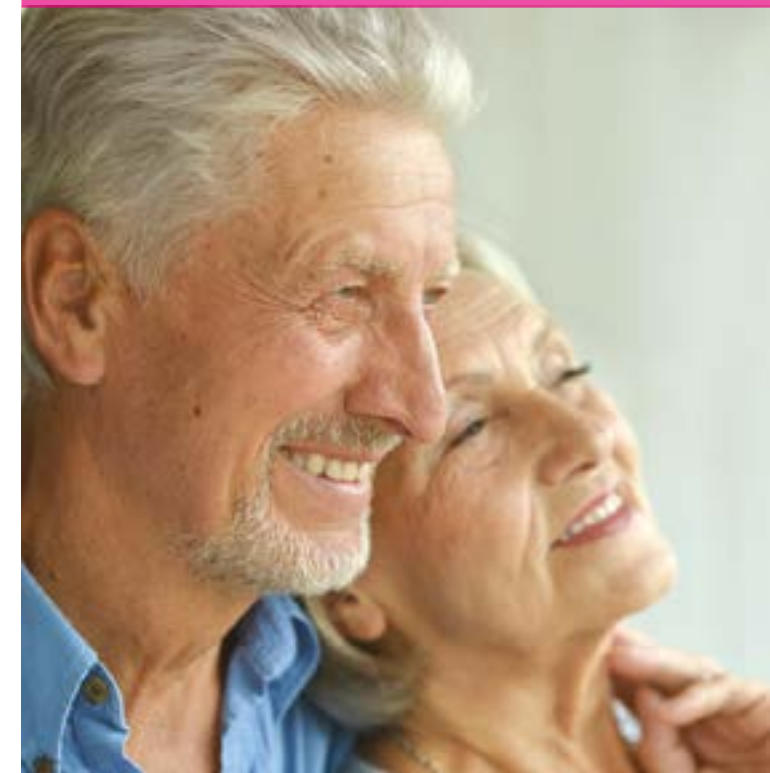
West Sussex Wellbeing Service

Information and services to improve your health and wellbeing.

📄 www.westsussexwellbeing.org.uk

Life doesn't stop when dementia begins -

Finding dementia support in the Chichester, Bognor & Midhurst areas.



If you need this leaflet in another format, please contact us on 01243 642105.

To order further copies of this leaflet please email dementiastrategy@westsussex.gov.uk.

www.westsussex.gov.uk

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Dementia is a condition. This can lead to memory loss and other symptoms.

Dementia is not a natural part of growing older. Visit your GP if you are worried about your memory. Your forgetfulness could be caused by a number of things, not necessarily dementia. Your GP may want to refer you to the specialist Memory Assessment Service (MAS) jointly provided by Sussex Partnership NHS Foundation Trust and Alzheimer's


Society. Getting an early diagnosis can help you receive the right treatment and support to live well with the condition.

A diagnosis of dementia doesn't mean you need to stop doing the things that you enjoy. In fact, it's important you try to remain as independent as possible and continue to enjoy all your usual activities. This leaflet gives you some useful contacts to help you with finding information and support.

There is a wide range of services available to support you and we have listed just some of the key contacts below.

If you would like to find more information about care and support in West Sussex including groups, equipment, adaptations and telecare, visit:




West Sussex Connect to Support

 www.westsussexconnecttosupport.org/dementia

All services listed in this leaflet are open to the whole community.



Admiral Nursing DIRECT

A service provided by Dementia UK that offers practical advice and emotional support to anyone affected by dementia.

-  www.dementiauk.org
-  0845 257 9406 (Monday to Friday 9.15am to 4.45pm – extended opening times on Wednesdays and Thursdays to 9pm)
-  direct@dementiauk.org




Adults' CarePoint

For adult social care help including assessments, care planning and care funding advice



-  01243 642121
-  socialcare@westsussex.gov.uk (please include your address and phone number)
Write to: Adults' CarePoint, Second Floor, The Grange, County Hall, Chichester, West Sussex, PO19 1RG

Age UK West Sussex

For free confidential information and advice on a wide range of issues for people aged 50 and over, their families and carers.

-  www.ageuk.org.uk/westsussex
-  **Advice line number** 0800 019 1310 (Freephone, Monday to Friday 10am to 2pm)
-  Information@ageukwestsussex.org.uk

Age UK West Sussex also offers the **Elderberry Club in Littlehampton**. A local service specialising in respite for carers of people with dementia.

- For more information about this service contact
-  01903 731800
-  elderberry@ageukwestsussex.org.uk




Alzheimer's Society

For information about dementia, research, local advocacy and Talking Point, a live online advice service.

Alzheimer's Society offers the following local services:




Dementia Advisers and Support Workers; Day Support Clubs; Advocacy Service; Dementia Cafes; Carers Groups; Dementia Care and Support Service; Support Groups for both carers and people with dementia.

Alzheimer's Society is also able to signpost to services run by or for those from minority communities.

-  www.alzheimers.org.uk
-  Sussex Helpline number 01403 213017 (Monday to Friday 10am - 4pm.)
-  sussex.helpline@alzheimers.org.uk

Carers Support West Sussex

For information and support for friends, families and partners of people with a long term health condition including memory loss and dementia. Carers Support West Sussex also offers local carers support groups and drop-ins, Carers Support Dementia Wellbeing Programme and dementia carers workshops. Please contact us for details of services in your area.

-  www.carerssupport.org.uk
-  0300 028 8888
-  info@carerssupport.org.uk