

[Haywards Heath Dementia Groups and Information - August 2016](#)

*Haywards Heath Dementia Support Group Meeting*

*Beech Hurst Harvester, Butlers Green Road, Monday 8th August. 7.00-9.00pm.*

*If you feel like something to eat beforehand then do arrive a little earlier. The group sits on the left hand side of the restaurant as you go in.*

*The Frontal Temporal/Rare Dementia Support Group had a meeting on 27th July. This group also meets at Beech Hurst Harvester. The next meeting will be on Wednesday 24th August at 11.00am. Do tell anyone you know who is coping with FTD or a Rare Dementia who would like to come along.*

*Know Dementia are the charity I volunteer for and they run various groups including 'Green Moments' gardening, 'Sporting Moments' providing the opportunity to participate in various sports, and Saturday Cafes. 01273 494300 to find out venues and more - visit the Know Dementia website.*

*Age UK have established Dementia Clubs in Horsham, East Grinstead and Haywards Heath (including some Saturday ones) and are now running several clubs in other Sussex locations – Southwater, Storrington, Pulborough. These are 'drop off' groups for which there is a charge. For further information ring Age UK on 01403 751 327 or look at Age UK Horsham District.*

*Neil's Club meets on a Wednesday, 10.00-4.00pm, run by Crossroads. This club provides an active and stimulating day out each week, visits to Shoreham Airport, Bluebell Railway, National Trust places & similar. There is a charge and there are pick up/drop off points which may vary according to where the group is visiting. Ring 01903 790270 to enquire about it.*

*Carer's Support West Sussex, 0300 028 8888.*

*Specialist Dementia Carer Wellbeing support workers are available.*

*Alzheimer's Society – Sussex Helpline:- 01403 213017 or [sussex.helpline@alzheimers.org.uk](mailto:sussex.helpline@alzheimers.org.uk). Alzheimer's Society run Carer Information & Support workshops. They also have a Mid Sussex Dementia Friendly Group and run Dementia Cafes and Groups.*

*The Admiral Nurse Service is available in West Sussex to help Carers. They can give specialist practical and emotional support and have a dementia helpline 0800 888 6678 and an email service, see the Admiral Nurse website for further information.*

*The next session for Dementia Friends Haywards Heath is on Tuesday 9th August, 1.15-2.15pm at the Town Hall, Boltro Road. These sessions are for anyone who would like to find out a bit more about dementia, gain a better understanding of it, and would like to know how to help the community be more dementia friendly. Register for a space by ringing the Town Hall - 01444 455694, [fatima.mirza@haywardsheath.gov.uk](mailto:fatima.mirza@haywardsheath.gov.uk) or look online at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) and search for sessions.*

*Andra Houchen*

*Dementia Friends Champion*

*Member - Haywards Heath Dementia Alliance*