

Who we are

Haywards Heath Dementia Action Alliance was set up in January 2016 and is a member of the National Action Alliance. It is formed of members who are local residents and professionals. Its aim is to help people with dementia feel part of the wider community, raise awareness of dementia and improve the quality of life for those living with dementia and their carers.

The Haywards Heath Action Alliance has eight Dementia Friends Champions. These are trained volunteers who are able to provide free Dementia Friends sessions for schools, businesses and other organisations, at a venue of their choice.

Contact Us

For further information, please contact Haywards Heath Town Council on 01444 455694 or email info@haywardsheathdaa.org.uk

Useful contacts

A number of useful contacts may be found in Community Connections, a Directory of Services for older people in Mid Sussex. Free copies are available at Haywards Heath Town Hall, and the main reception at Mid Sussex District Council. The online version may be found at: www.community-connections.org.uk



**A guide to support those
with memory loss**

**Haywards Heath
Dementia Action Alliance**

The following groups meet in Haywards Heath. Please telephone before going along

DAY	LOCATION	ACTIVITY	TIME	CONTACTS
Tuesday	Centenary Hall, St Wilfrid's Way, RH16 3QH	Coffee Stop Dementia friendly café, plus charity and Traidcraft stall	Every Tuesday 10am to 12 noon	Drop in – no need to telephone
	2 Kleinwort Close Haywards Heath RH16 4XG	Mid Sussex Dementia Forum Group for those living well with dementia Please phone for further information.		Alzheimer's Society 01403 213017
Wednesday	Café Rouge, 33 The Broadway, RH16 3AS	Let's Meet for Coffee Coffee morning for all carers	2 nd Wednesday of the month 10am to 12 noon	Carers Support West Sussex 0300 028 8888
	The Beech Hurst Harvester, Butler's Green Road, RH16 4BB	West Sussex FTD Support group Informal support group for carers, family and friends of people affected by Frontotemporal dementia.		Rare Dementia Support Jill Butcher 01444 451837 or 07867 683280 Call Jill if you'd like to attend
Thursday	Old School Cuckfield RH17 5JZ	Haywards Heath Carers Support Group Information and support for Carers of people with dementia. Provision for cared person to attend. Essential to ring in advance.	3 rd Thursday of the month 2pm to 3.30pm	Alzheimer's Society 01403 213017
		Neil's Club * Offering a respite day for carers, this is an active day out for people with Early onset dementia to socialize in a supported group. Local Sussex and Surrey based trips offered as selected by members. Please phone for information and availability.	Every Thursday 10am to 4pm	Crossroads Care 07769 578891
Saturday	2 Kleinwort Close Haywards Heath RH16 4XG	The Elderberry Club* Respite for Carers of people with dementia. The cared for are entertained at the Centre. Lunch is included. Please phone for more information.	2 nd and 4 th Saturday of the month 10.30am to 4.30pm	Age UK West Sussex 01444 450248
	The Town Hall 40 Boltro Road Haywards Heath RH16 1BA	Memory Moments Café Enjoy tea, coffee & cake, fun & laughter with music and dance. For those with memory problems and their family supporter.	1 st Saturday of the month 2.00pm to 4.00pm	Know Dementia 01273 494300 www.knowdementia.co.uk
Sunday	Venues to be advised	Memory Moments Walk Informal meet-up for a Sunday walk every month	3 rd or 4 th Sunday of the month	Know Dementia 01273 494300 www.knowdementia.co.uk

* There is a cost attached to attend this group