



### Herbert Protocol

[www.sussex.police.uk/herbertprotocol](http://www.sussex.police.uk/herbertprotocol) encourages carers to compile helpful information which could be used should a vulnerable person go missing. A form is completed in advance with vital details eg. medication info, mobile numbers, familiar places, a photograph etc. Should someone then go missing, the form can be easily given to Sussex Police to reduce the time taken in gathering the information.



**Ivy House** Contact 01323 431 801,  
19 Hartfield Road, Eastbourne BN21 2AR.  
Events below are FREE and open for the local community to attend

**Every Friday from 2pm - Sing & Swing**

**1st Saturday of the month from 11am**  
Dementia Support Group

**2nd Monday monthly from 9.30am-12.30pm**  
Dementia Cafe, Shades, The Beacon

**2nd Wednesday monthly 9.30am-12.30pm**  
East Sussex Dementia Cafe, Langney Community Centre - A neutral space for finding out more about dementia. Receive direct, qualified, experienced professional help without an appointment.



# EASTBOURNE

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## DEMENTIA ACTION ALLIANCE

## Working with the community to help Eastbourne become Dementia friendly



**Memory Lane - Contact:**  
Carol 07800 874 361  
Christ the King Church Hall,  
3 Princes Road, Eastbourne  
BN23 6HT.

No fees, donations welcome.  
Social activities for people living with dementia & their carers e.g. Singing in the Lane, Circle Dancing, Meet & Greet.

Also, monthly cinema film nights & swimming sessions.

### MEMORY CAFÉ

**Polegate Memory Cafe**  
Contact 01323 819191 run in partnership between Home Instead Senior Care and the Wealden Dementia Action Alliance. 1st Thursday of the Month between 2pm and 4pm at the Polegate Community Centre, 54 Windsor Way, Polegate BN26 60F.  
A free social event for local people with memory loss, Alzheimer's or other Dementias and their carers.



**Support at Home:** You may wish to employ a Home Care Provider or PA (Personal Assistant) to help around the home, provide companionship support or personal care.

Visit Support with 'Confidence at East Sussex County Council's web page where you will find a list of companies and individuals who may be able to help: [www.eastsussex.gov.uk/socialcare/support-to-stay-at-home/support-with-confidence/](http://www.eastsussex.gov.uk/socialcare/support-to-stay-at-home/support-with-confidence/)



**Eastbourne Dementia Carer's Support Group**  
Contact Sue on 01323 723286, or email [parsonssusan59@gmail.com](mailto:parsonssusan59@gmail.com)  
Club for people whose partners have dementia. Free of charge. 2nd Monday of every month 2-4pm.



**BritishRedCross Red Cross**  
Contact Charlotte on 01273 227826, Mobile: 07711 085164  
Email: [cmagan@redcross.org.uk](mailto:cmagan@redcross.org.uk)  
A volunteer will help with household chores or a sitting service. 6 FREE 3 hour sessions.



**Carers & Cared for Coffee Morning**  
Contact Stephanie Carter on 01323 422124  
East Dean Church, Lower Street, East Dean, BN20 ODL.  
Every 3rd Monday, 10am-12noon. Free of charge, just turn up.

## Local Services and Initiatives

Are you worried you might be developing dementia & unsure where to turn?

Are you caring for someone living with dementia?

We would encourage you to get support as soon as you can. Help is available.

Get in touch & let us know if you think this information sheet has been helpful or if there are any other services & or groups in Eastbourne providing support for people living with dementia & or their carers. Email: [hello@eastbournedaa.co.uk](mailto:hello@eastbournedaa.co.uk) or telephone 01323 385285



Registered Charity No. 1177692  
Information Sheet No2 (May 2021)

**Step 1:** Visit your GP & get referred to a Memory Assessment Clinic for diagnosis.

**Step 2:** If diagnosed, you may be entitled to Attendance Allowance funding. Talk to Health & Social Care Connect. It is not means-tested. Email: [HSCC@eastsussex.gov.uk](mailto:HSCC@eastsussex.gov.uk) or telephone 0345 608 0191. They can help complete the assessment forms. HSCC can also provide details of the Dementia Support Service.

Alternatively, STEPS may be able to guide you through the Attendance Allowance funding and other processes/applications (telephone 01323 436 414).

May we also suggest you see a solicitor about Lasting Power of Attorney and updating your Will.

You may be entitled to:

- Council Tax Reduction.
- A Blue Badge.
- FREE carer/companion pass for Trains, Buses, Theatre and Cinema.
- Hospital Car Park charges Reduction.

**Step 3:** There is some fantastic support in Eastbourne and the surrounding area for a person living with dementia & their carers, concerned family members and friends. Listed below are some suggested clubs & services in our community; some are free of charge, others request donations to cover refreshments, others charge fees. In each case, please give them a call to find out more.



**Age Concern** Eastbourne's "Making Memories"  
Contact Lydia on 01323 638474, Venton Centre, Junction Road, Eastbourne, BN21 30Y.  
Fee-based day club including lunch for people living with mild to moderate dementia. Mondays and Wednesdays



**Alzheimer's Society**  
Contact 01273 726 266 or National Dementia Helpline 0300 222 1122  
Provides a range of different services including information and advice, support groups and Dementia Advisers.  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk).



**Association of Carers**  
Contact 01424 72230

A volunteer will befriend the cared for person, staying with them to provide respite whilst carers takes a break. 3 hours per week FREE indefinitely.



**Butterfly Scheme:** The Eastbourne District General Hospital (& all hospitals in East Sussex HCT) have adopted the butterfly scheme which provides a system of Hospital Care for people living with Dementia. There is also a Dementia Care Team based in the DGH which can support patients, relatives & carers.



**Care for the Carers**  
Contact 01323 738 390.

Free practical & emotional advice (face to face, by phone, or online).

Be put in touch with other carers, get help navigating the range of local services.



**DementiaUK**

**Dementia Specialist Admiral Nurse Clinics**

Compassionate one-to-one support and practical solutions for people looking after someone with dementia

**Victoria Medical Centre, Eastbourne Manor Park Surgery and Downlands Medical Centre, Polegate**  
01323 407837  
[sussexanclinic@dementiauk.org](mailto:sussexanclinic@dementiauk.org)  
[dementiauk.org](http://dementiauk.org)



**The Care Quality Commission:** are the independent body responsible for rating care providers in the UK, to find out the rating of the care providers in your local area visit: [www.cgc.org.uk/what-we-do/services-we-regulate/find-services-offering-care-home](http://www.cgc.org.uk/what-we-do/services-we-regulate/find-services-offering-care-home)



**The Forget Me Not Club**  
Contact Eddie on 01323 768 880  
The Cranbrook, Pembury Rd, Langney BN23 7FD.

Day club for people with dementia & memory problems. A suggested contribution of 50p each day towards refreshments. Mondays, Wednesdays & Fridays 10.30am - 12.00noon.



**Towner Gallery's Open-Ended Initiative**  
Contact 01323 434 670, for people with memory problems & their carers. Facilitated access to the Towner's unique collection, more of conversations through art than formal tours.  
1st Tuesday of every month, 10am - 12noon, £4 per person (£3 concessions). Group bookings on request.



**Dementia Friends**  
The EDAA can deliver sessions to your staff/ organisation/ members & tell you more about our work. Dementia Friends learn about dementia to help their community.  
Contact us or visit: [www.dementiafriends.org.uk/](http://www.dementiafriends.org.uk/) WEBArticle?page=become-dementia-friend



**Dementia Engagement & Empowerment Project (DEEP):** A national initiative, DEEP engages & empowers people living with dementia to influence attitudes, services & policies that affect their lives.  
Visit: [www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)  
The EDAA is pleased to be supporting a DEEP project within Eastbourne.



**East Sussex Community Information Service (ESCIS)**  
for organisations, clubs, groups & societies to share information about dementia services they provide or any events they hold.  
[www.escis.org.uk](http://www.escis.org.uk)