




Dementia Action Week

19 – 25 May 2025





Local services for people living with dementia



Brighton & Hove Ageing Well service - Offers signposting to local groups and activities for those in the early stages of dementia or experiencing symptoms of dementia. All activities run by Ageing Well's partners are dementia friendly. The Hop50+ café in Palmeira Square hosts two weekly groups for people living with dementia, The Pit Stop (drop-in) and The Hop Stop (pre-book only).

 0808 175 3234 (freephone)
 07770 061 072
 info@ageingwellbh.org



Dementia Connect - Provides help and advice face to face or over the phone.

 01273 726266 (Mon - Fri, 9am - 5pm)
 brighton-hoveDSW@alzheimers.org.uk

Brooke Mead Extra Care Housing Scheme – Council-run extra care scheme in city centre. Applications are welcomed from those with a need for housing and care.

 01273 293030 (ask for seniors housing)
 seniorshousing@brighton-hove.gov.uk

Brighton & Hove Libraries - Accessible and offer range of books for people with dementia.

 01273 290 800
 libraries@brighton-hove.gov.uk

Pedal People - All ages and abilities accessible cycle rides charity. Anyone with a disability or health challenge can book a ride direct online.

 www.pedalpeople.org.uk



Events and activities



“What support matters most to you” display

17 to 21 May, Hop50+ Café, Palmeira Square, BN3 2FL

Display of artwork, stories and words exploring “What support matters most to you” created by Hop Stop customers and Bright Shadow Dementia Arts in collaboration with Brighton & Sussex Medical School and University of Kent. Full exhibition: Skyway Gallery, Shoreham-by-sea 9 - 15 May.

Booking: Free to attend. Call: 0808 175 3234 (freephone) Text: 07770 061 072 Monday – Friday: 9am – 5pm or email: ageingwellbh@impact-initiatives.org.uk

Monday 19 May

Learning from Living with Dementia online training

9.30 - 4.45pm Zoom

‘Learning from Living with Dementia’ from Dementia Trainers and EDUCATE, is a dementia awareness training day with a big difference. It’s both co-produced and co-delivered by people living with dementia.

Booking information: To book your place please email volunteers@tttb.org.uk by Monday 12th May at midday

Sporting Memories Brighton Club

10am -11.30am, St George’s Church, Kemptown, Brighton, BN2 1ED

Using the rich history and heritage of sport, Sporting Memories clubs are open to those who enjoy reminiscing about their experiences of watching or playing sport.

Booking: Free, although a £1 donation to cover the cost refreshments welcomed. Call: 01273 827104 / 07718 492529 or email: emma.brooke@sussexcricket.co.uk.

Music in Motion

11.15am-12.15pm, Jubilee Library, Jubilee St, Brighton BN1 1GE

Dementia friendly music club. Join our friendly group to sing, play, make music or just listen and have fun together. No musical experience needed.

Booking information: Free to attend. Advance booking preferred. Email: hello@musicforconnection.co.uk or Telephone: 01273 569096

Monday 19 May

In Mind Dementia Café

1pm - 3pm

Old Boat Community Centre, Carden Park, Carden Hill, BN1 8GN

A weekly group with arts-based activities for those with early onset and mild to moderate dementia and their carers and family. Lunch and drinks can be bought from 12pm in the cafe.

Booking: Cost £5 for guests and free for carers.

For more information email: inmindbrighton@gmail.com

Call: 07754177662.

Tuesday 20 May

Hove Sporting Memories Club

10am -11.30am

1st Central County Ground, Eaton Road, Hove BN3 3AN

Sporting Memories clubs are open to those who enjoy reminiscing about their experiences of watching or playing sport.

Booking: Free to attend, although a £1 donation to cover the cost of light refreshments would be welcomed. Call: 01273 827104 / 07718 492529 or Email: emma.brooke@sussexcricket.co.uk.

Age UK Hub Open Day

11am - 2pm

Age UK Hub, Ground Floor, 95 Queens Rd, Brighton BN1 3XE

Age UK West Sussex, Brighton & Hove will be holding an information marketplace event promoting local support in the area at their Brighton Hub

Booking: Free to attend, no need to book. For more information Call: 0800 019 1310 or Email: info@ageukwsbh.org.uk

Wednesday 20 May



Love To Move Session

10.30am – 12pm

Tower House, 265-267 Townergate, London Road, Brighton, BN1 6WT

A fun seated exercise to music session for all. Specially designed, low impact, moderate intensity exercises to get you moving more easily, and improve memory and social interaction. Carers welcome too. Refreshments and time to chat after the class.

Booking: Delivered by Cherry & Anna of Love to Move Sussex, in partnership with Home Instead Brighton, Hove and Sussex. First Session is FREE. Please call Linda Giddings at home Instead - 01273 284090 to book your place or email linda.giddings@brighton.homeinstead.co.uk

Tea, cake and conversation event

10.30am - 12.30pm

Mayo Wynne Baxter, 3 Bell Lane, Lewes, East Sussex, BN7 1JU

Shared hosted event between Mayo Wynne Baxter, Sussex Law Firm, and Solicitors and Lewes District Dementia Action Alliance. Tea, cake and conversation in a friendly and relaxed atmosphere and non-compulsory conversational bingo.

Booking: Free to attend, although donations to Lewes District Dementia Action Alliance would be appreciated. No need to book. For more information contact Tracy Rowden trowden@mayowynnebaxter.co.uk or 01323 872503

DASHbrighton Dementia Arts Support Hub

11.30am – 1.30pm followed by pay as you feel lunch

St. Luke's Prestonville, 64 Old Shoreham Road, Brighton, BN1 5DD

Arts workshop, carers support and followed by pay as you feel 3 course lunch. Hosted by St Luke's Prestonville and delivered by DASHbrighton and The Real Junk Food Project. Open to guests with dementia and their carer.

Booking: Contact Lindsay by email to book on DASHbrighton@hotmail.com. Spaces are limited. Suggested donation of £7.00 per person



Wednesday 20 May

Become a Dementia Friend

12.30pm - 1pm

Online session

The Alzheimer's Society Dementia Friends programme is the biggest initiative to change people's perceptions of dementia and help combat loneliness and social isolation.

Booking: Please email Davina.DeLaszlo@brighton-hove.gov.uk to book onto this 30-minute online session to learn more about dementia and the small ways you can help to make a big difference.

Thursday, 22 May 2025

Sporting Memories Hove Club

10am -11.30am

Central United Reformed Church, Blatchington Road, Hove, BN3 3YF

Using the rich history and heritage of sport, Sporting Memories clubs are open to those who enjoy reminiscing about their experiences of watching or playing sport.

Booking : Free to attend, although a £1 donation to cover the cost of light refreshments would be welcomed. For more information see their [website](#) or telephone: 01273 827104 / 07718 492529 or email: emma.brooke@sussexcricket.co.uk.

Information hub event and Become a Dementia Friend

10.30am - 1pm

Hove Museum of Creativity, 19 New Church Road, Hove BN3 4AB

An information morning to find out about local support and with the opportunity to join a 45-minute Alzheimer's Society Dementia Friend. The Alzheimer's Society Dementia Friends programme is the biggest initiative to change people's perceptions of dementia and help combat loneliness and social isolation.

To find out more email Publichealth@brighton-hove.gov.uk