



## Dementia Awareness Week events in West Sussex

For more information about any of the above events, please contact Alzheimer's Society's Sussex Helpline on 01403 213017 (Monday to Friday 10am - 4pm) or email [sussex.helpline@alzheimers.org.uk](mailto:sussex.helpline@alzheimers.org.uk)

### *Sunday 14<sup>th</sup> May*

- **Amberley Museum - Vintage Afternoon Tea at the Fairmile Café.** If attending with a group please make contact with Amberley Museum prior to the day
- **BBC Radio Sussex** - Alzheimer's Society's Tim Wilkins discussing events during the week

### *Monday 15<sup>th</sup> May*

- **Alzheimer's Society at Horsham Library for a 'Dementia Drop In'**  
10.30am to 1pm
- **Lunchtime talk and presentation at Chichester Library** 12.10pm to 12.50pm.  
**Alzheimer's Society Chichester and Bognor Positive Thinkers**
- **Tim delivering a Dementia Friends information session to staff at Tesco Durrington** 2.30pm
- **Dementia Friends Information Sessions at Dementia Support Tangmere Hub**  
3pm to 4pm

### *Tuesday 16<sup>th</sup> May*

- **Alzheimer's Society Horsham Carers Support Cream Tea event at New House Farm** 2.30pm to 4.30pm
- **Coastal West Sussex MIND Market-place event at Arundel Baptist Church Hall**  
2pm to 4pm
- **Tangmere Dementia Hub Open House** 4pm to 6pm
- **Dementia Friendly Mid-Sussex Dementia Action Alliance event** at Clair Hall, Haywards Heath 2pm to 5pm.
- **Horsham Dementia Action Alliance at Sainsbury's Horsham** 9am to 6pm
- **Worthing Library Lecture Theatre Dementia Friends Information Session**  
10am to 11am

### **Wednesday 17th May**

- **Dementia Awareness Session at Horsham Park Surgery** 10am to 1pm
- **Apple Tree Centre Carers Support and Information Group** 11am to 12.30pm. Themed around 'Dementia and Diabetes'.
- **Alzheimer's Society and SPFT at Tesco Durrington** 10am – 2.30pm
- **'Time Out Together' at Worthing Guildcare's Methold House** 6pm to 9pm. Please Guildcare for further details
- **Alzheimer's Society Dementia Friends Coffee Morning, Kings Head pub in Billingshurst** 10.30am to 12 noon

### **Thursday 18th May**

- **Living Well Day at Crawley K2 Leisure Centre** hosted by Crawley Dementia Action Alliance. 12 noon – Dementia Friendly Swimming. Main event with free taster sessions for many different activities from 1.15pm to 4.30pm.
- **Alive! Session at Tangmere Dementia Hub** 10:30am to 12:30pm. A variety of different dementia friendly activities followed by tea and cake.
- **The film 'Alive Inside' being shown at St. Andrew's Church, Burgess Hill** 10.30am. **Free admission**

### **Friday 19th May**

- **Alzheimer's Society and SPFT at Worthing Barclays Bank** 9.30am to 1.30pm
- **Dementia Friends Information Sessions at Selsey Town Hall**
- **Crawley Mayor Inauguration**

### **Saturday 20<sup>th</sup> May**

- **Garden Party and Cream Tea at Warnham Park** hosted by the Alzheimer's Society from 2pm to 4pm. Live music from Tideway and Harry Fairbrother, Bake off and Raffle.
- **Dementia / Memory Walk** starting from Burgess Hill Town Football Club car park at 10.30am. Organised by the Burgess Hill Dementia Action Alliance.
- **Drop in at Bradbury Wellbeing Centre, Goring-by-Sea.**

***Monday to Friday –***

**Alzheimer's Society stand at Linwood, Haywards Heath**

**Dementia Friendly activities at Broadbridge Heath Leisure Centre** Including 50+ club free activities on Monday and Thursday and Dementia Friends Information Session on Tuesday. **Please call the Leisure Centre for further details.**

**Dementia Information available at Splashpoint Leisure Centre in Worthing throughout the week.**

**Dementia Information available at four Impulse Leisure sites in the Coastal area throughout the week.**