


D-Café every Monday & Tuesday 10-1pm and Thursday 1-4pm 

Mon 1st - Community Dementia Liaison Nurses. Appointments available 10-2pm. Providing guidance and information to make life a little easier while living with dementia or supporting someone with dementia.
Contact Kim to book.

Tues 2nd at the D-Cafe. 10.30 Steering Group meeting. Have your say!

Wed 3rd- LGBTQ Coffee & Chat. 10.30-12.30pm. For those living with dementia and/or carers.

Thurs 4th at the D-Cafe Bernie from The NHS Carers Health Team will be here to help reduce any strain in your caring role. Appointments available 1-4pm. Contact Kim to book.

Tues 9th at the D-Cafe, 11am TALK from LANCING FIRE SERVICE. Get your free smoke alarms.

Thurs 11th at the D-Cafe, 2pm MEET Cindy, Mental Capacity Consultant

Wed 17th 2-4pm Carers coffee and chat

Thurs 18th at the D-Café

1-2pm **Seated Sports with RISE.** Come and join the fun and games! Suitable for EVERYONE!
AND Carers Support West Sussex. Clare will be here **helping low income households access explore funding options.**

Wed 24th NEW ROUTES Social group for people living with YOUNG ONSET DEMENTIA

Thurs 25th Free Finance Clinic with Stanford Legal who provide expert information about wills & trusts and more.
To book a free half an hour telephone consultation, contact Kim.

JUNE 2026

For further info contact Kim on 07730 571986