



AUGUST 2026

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

Mon 3rd - 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.

Wed 5th LGBTQ peer support group. 10.30-12.30pm. For those living with dementia and/or carers/families.

Thurs 6th 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 10-1 pm. Contact Kim to book.

Thurs 13th at the D-Café

Louise from Reel Life Conversations will be here to tell us about her reminiscence tool designed to help families, visitors, and professional carers spark guided, stress-free conversations with individuals living with dementia by using family photos and curated images as prompts

Wed 19th 2-4pm Carers Coffee and Chat

Thurs 20th at the D-Café

Seated Sports with RISE 1-2pm. Come and join the fun and games! Suitable for EVERYONE!

AND Carers Support West Sussex. Clare will be here helping low income households access the Carers Support Fund.

Fri 1st An afternoon at the Beach Huts 2-4pm. £2.50 per person. Includes soft drinks and snacks.



Wed 26th *NEW ROUTES*** SOCIAL GROUP FOR PEOPLE LIVING WITH YOUNG ONSET DEMENTIA 1-4pm.**

Thurs 27th Free Finance Clinic with Carpenter Box who provide expert information about paying for care. To book a free appointment between 1-3pm, contact Kim.

Fri 28th Join us for an inclusive cycling session at Brooklands with Cycall. 1pm Booking essential.



To book or for further info contact Kim on 07730 571986