

About Dementia

In the UK there are approximately **850,000 people who have dementia** and the numbers are increasing year on year.

Various factors increase the risk of developing dementia and these include aging, genes, health and lifestyle choices.

The majority of people with dementia are over 65 but the disease does affect younger people. More than 64,000 younger people (under the age of 65) in the UK, have what is known as either early onset or young onset dementia.

Dementia affects everyone differently and causes a wide range of symptoms which can include problems with memory, perception, thinking, concentration and language.

People with dementia can become confused, they can sometimes behave differently and experience changes in their moods and emotions.

Dementia is a progressive illness, which means that the symptoms will get worse over a period of time. However, many people with dementia lead active and fulfilling lives for many years.



About Us

The Dementia Action Alliance (DAA) brings together organisations committed to transforming health and social care outcomes for people affected by dementia.

In Haywards Heath our members comprise of local businesses, organisations and charities. Our steering committee is made up of volunteers and representatives from Haywards Heath Town Council, Mid Sussex District Council, St Richard's Church, The Orchards Shopping Centre and local NHS & social housing connections to name a few.

In 2019 Haywards Heath was recognised as a 'Dementia Friendly Community' so you may often hear us referred to as Haywards Heath DFC.

Aims & Objectives

Our aim is to support people living with dementia and those caring for them, by increasing the awareness of dementia through all sectors of our community. We do this through hosting events and activities within the community, promoting support and services available for anyone with a diagnosis, their family or carers.



2020 Events

During the year we organise a number of events/activities to raise awareness of dementia and signpost people to local support and services. These include information stands at various community events such as Spring Fair and Town Day as well as dedicated events during Dementia Action Week.

During the COVID-19 outbreak, we have had to place all of our events on hold but still very much want to support people, at this incredibly difficult time.

The Alzheimer's Society still offers support via The Memory Assessment Service, Dementia Advisors and The Dementia Service, Dementia Support Workers.

Sussex.helpline@alzheimers.org.uk

Sussex Helpline 01403 217013

Dementia Connect (Nationwide)
0330 150 3456

If you would like to receive our monthly newsletter, please email us at dfc@haywardsheath.gov.uk



Dementia Friends

We can offer you, your organisation, business or community group 'Dementia Friends' training. We run regular sessions at the Town Hall in Haywards Heath, or we can arrange to come to your premises or place of activity and run the sessions there.

Anyone can become a dementia friend, it does not matter what age you are, our friends range from primary school children through to 80 year olds!

By attending a session, you will learn a little bit about what dementia is, how dementia affects people, how you can recognise the symptoms etc. The more dementia friends we have in our community the more dementia friendly our community will be.

We can all help to make a difference and provide people with a diagnosis the chance to remain in their community as a valued member of society.

If you are interested in finding out more please get in touch by contacting us on:

Telephone: 01444 455694

Email: dfc@haywardsheath.gov.uk



Local support & activities

There is a lot of support in Haywards Heath for anyone with a diagnosis and also their family member or carer. For further details please visit our website.

Carers Support

www.carerssupport.org.uk

Memory Moments Cafe's

www.strichards.co.uk

Daybreak - Age UK Dementia Support

www.ageuk.org.uk/westsussex

Neil's Club

www.crossroadscare-sc.org

Contact us:

There are several ways to get in touch

Telephone: 01444 455694

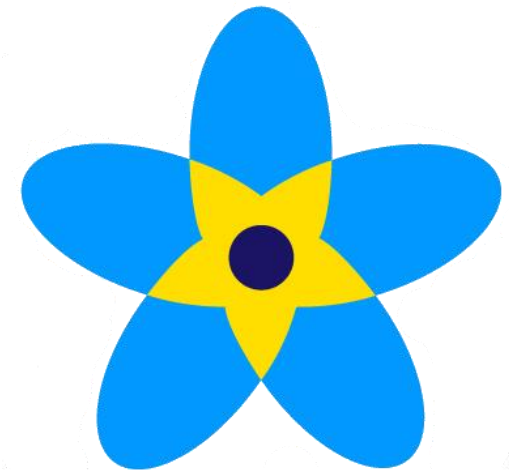
Email: dfc@haywardsheath.gov.uk

You can stay up to date with our activities through our social media and help spread the word by following us and sharing information. Our website has more details. dementiafriendlyhaywardsheath.weebly.com



Haywards Heath

DAA Dementia
Action Alliance



*Working to make
Haywards Heath
a dementia friendly
community*