

Location	Organisation & Service	Home Respite	Costs	Transport	Frequency & Length of Care	Specialist care for specific conditions	Criteria to qualify for respite care	How to book
Countywide	British Red Cross: Home from Hospital	Yes	Free	N/A	Up to 6 visits. Up to 2 hours per visit (flexible)	No	Service is for the carer and the person they care for if they are living at the same address	Call 01444 452434 or email sahwestsussex@redcross.org.uk
Countywide	Crossroads Care South Central: Respite Support	Yes	Rates range from subsidised £8 to £22 at weekends	N/A	Self-funding as much as required. Subsidised 4 hours a week and one 10 hour night sit	Person specific training is provided i.e. peg feeding, epilepsy, Dementia, Parkinson's	Be a carer and registered with Crossroads to qualify	Call 01903 790270 to register and arrange a visit or email admin@crossroadscare-sc.org
Countywide	Crossroads Care South Central: Emergency Respite Service	Yes	Free	N/A	Up to 48 hours support Mon-Fri. Up to 72 hours from Friday evening. Unlimited call out in times of crisis	Person specific training is provided ie peg feeding, epilepsy, Dementia, Parkinson's	Be a carer and registered with Crossroads to qualify	Call 01903 790270 to register and arrange a visit or email admin@crossroadscare-sc.org
Countywide	Alzheimers Society Centre Club, Worthing and Alz Café Worthing 27 Stone Lane BN13 2BA	No	Tuesdays - £17 per day (subsidised) inc activities, outings, lunch. Thursdays - full cost £50 per day inc activities, outings, lunch. Alz Café - free includes speaker & refreshments	No	Centre Club Tues and Thurs 9.30 – 4pm Alz Café Bi-monthly Friday 6.30-8.30pm	For people with young onset Dementia	Diagnosis of dementia prior to age 65	Call 01903 262666 or email worthing@alzheimers.org.uk
Adur	Guild Care: Home from Hospital service	No - but home volunteer visits	Free	N/A	Up to 6 weeks, up to 2 hours per visit (flexible)	No	Cared for must live alone and had overnight stay in hospital	Call 01903 334977 or email homefromhospital@guildcare.org
Adur	Guild Care: Time Out in Adur	No	£30 per day	Yes transport included	Monday and Tuesdays (Respite for one day only) Check time with provider	Dementia, memory loss and confusion. Must be mobile to get on and off transport for trips out	Carer for someone with conditions specified [left]. Person with dementia must be able to go to the toilet independently	Call 01903 334977 or through website: www.guildcare.org
Arun: Arundel and surrounding area or further if people can travel	Coastal West Sussex Mind: Forget Me Not	No	Contributions for refreshments and charges for some activities/ events.	No	2 hours last Mon monthly 10am to 12noon (not Bank Hols), plus social event each month	Dementia, memory loss or confusion	Carer of someone with dementia, memory loss or confusion. Carer attends too to meet other carers for support/ social/ information	Call Mind Living Well Services, Arun on 07495 077341

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Bognor and surrounding area or further if people can travel	Coastal West Sussex Mind: Chestnuts' Saturday Club	No	Currently, £65 per month (whether 4 or 5 Saturdays).	No	Every Saturday 10am-3.30pm	Dementia, memory loss or confusion	Carer for someone with conditions specified [left]. Person with dementia must be able to go to toilet on own.	Call Mind Living Well Services, Arun on 07495 077341
Bognor, North Bersted and surrounding area or further if people can travel	Coastal West Sussex Mind: Our Café	No	£3.50 per person, per session.	No	3 ½ hours per week. Every Thursday (50 weeks of the year) 12pm - 3.30pm	Dementia, memory loss or confusion	Carer for someone with conditions specified [left]. Carer attends with cared-for to meet other carers.	Call Mind Living Well Services, Arun on 07495 077341
Bognor Regis	Crossroads Care South Central: Tuesday club	No	£29 per session including lunch -subsidised by WSCC	Yes	Every Tuesday 11.30am - 4.30pm	Dementia only	Be a carer and the person you care for needs to be independent for personal care or need minimal support	Call 01903 790270 to register and arrange a visit
Chichester District	Coastal West Sussex Mind: Friday Drop In	No	£3.50 per session	No	Every Friday 12.30 - 3.30pm	Mild cognitive impairment, early-mid stage dementia or memory loss	Carer to attend alongside the person being cared for.	Call 07495 077298 or email rayner.waszkievicz@coastalwestsussexmind.org
Chichester District	Coastal West Sussex Mind: Chichester Saturday Club	No	£65 a month	No	Every Saturday 10am - 3.30pm	Mild cognitive impairment, early-mid stage dementia or memory loss	Informal assessment required beforehand.	Call: 07495 077298 or email: rayner.waszkievicz@coastalwestsussexmind.org
Crawley	Age UK West Sussex: Elderberry Club	No	£25 annual membership. £37.50 per session attended	Yes – extra cost, £5 for a return journey	Every Thursday 10am - 4pm	Dementia only	A diagnosis of dementia and a Criteria Assessment completed over the phone	Call: 07904 977251 or email martha.pusey@ageukwestsussex.org.uk
Crawley	Alzheimer's Society: Can Do@ K2	No	£17	No	Every Wednesday 10am -3.30pm	Dementia only	The person attending must have a diagnosis of dementia and be active	Call 01403 213017 or email sussexhelpline@alzheimers.org.uk for referral form
Crawley	Alzheimer's Society: Oasis Club	No	£17	No	2 nd and 4 th Saturday of the month	Dementia only	The person attending must have a diagnosis of dementia	Call 01403 213017 or email sussexhelpline@alzheimers.org.uk for referral form

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East Grinstead and rural areas Ashurst Wood, Crawley Down, Cophorne, Worth Sharpthorne, Turners Hill, West Hoathly	Age UK East Grinstead & District: Short Breaks Service (formerly The Saturday Club)	No	£30 subsidised cost (includes activities, refreshments and lunch)	Yes, at an extra cost	1st & 3rd Saturday of each month as well as the last Monday of each month. Afternoon only	Club specialises in dementia care but is also available to the elderly and frail	No personal care/toileting, member must be mobile (can use walking aids etc) and able to use facilities independently. Services specifically for those who live/attend a GP surgery within West Sussex.	Contact Kate Strong on 01342 327046 or email dementia@ageuk eastgrinstead.org.uk
Haywards Heath	Age UK West Sussex: Elderberry Club	No	£25 annual membership. £42.50 per session attended	Yes - £5 for a return journey	2nd & 4th Saturday of month 10.30am - 4.30pm	Dementia only	A diagnosis of dementia and a Criteria Assessment completed over the phone	Call 07904 977251 or email martha.pusey@age ukwestsussex.org.uk
Haywards Heath/Balcombe	Crossroads Care South Central: Neil's Club	No	£30 per session Lunch charged as incurred - subsidised by WSCC	Possible	Every Thursday 10am - 4pm	Early onset dementia	Diagnosis before the age of 65 and active as going out club	Call 01903 790270 to register and arrange a visit
Horsham	Age UK Horsham District	No	£45	Yes	Every Monday 10am – 3pm	Dementia only	The person attending must have a diagnosis of dementia	For a free trial day call 01403 260560
Horsham	Alzheimer's Society: Oasis Club	No	£17	No	2 nd and 4 th Sunday of the month	Dementia only	The person attending must have a diagnosis of dementia	Call 01403 213017 or email sussexhelpline @alzheimers.org.uk for referral form
Horsham	Crossroads Care South Central: Horsham Club	No	£29 per session including lunch - subsidised by WSCC	No	Every Wednesday 10am - 4pm	Dementia only	Be a carer - person cared for must be independent for personal care or need minimal support	Call 01903 790270 to register and arrange a visit
Midhurst & North Chichester District	Coastal West Sussex Mind: Small group outings	No	£10 per hour for cared for or per couple carer/cared for. Activities extra. Carer & cared for can join for free with own transport/refreshments	Yes	Up to 3 hours on Monday morning (occasionally other days depending on the day trips)	No	Service for cared for person or the carer and the cared for person together. Must be registered with Coastal West Sussex Mind	Call 07474 871899 or email midhurstmh@coastalwestsussexmind.org
Midhurst & North Chichester District	Coastal West Sussex Mind: Active Minds	No	Free	No, but options can be discussed	Every Tuesday 10.30am - 12pm	No	For people with cognitive impairment or mental health needs. Must be registered with Coastal West Sussex Mind	Call 07474 871899 or email midhurstmh@coastalwestsussexmind.org
Midhurst & North Chichester District	Coastal West Sussex Mind: Music for the Mind	No	Free	No	Every Wednesday 1.30 - 3.30pm	No	Participants need to be able to manage independently or come with their carer	Call 07474 871899 or email midhurstmh@coastalwestsussexmind.org

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Rustington	Age UK West Sussex: Elderberry Club	No	£25 annual membership. £35 per session attended	Yes - £5 for a return journey	1st & 3rd Saturday monthly 10.30am - 4.30pm	Dementia only	The person attending must have diagnosis of dementia	Call 07904 977251 or email martha.pusey@ageukwestsussex.org.uk
Storrington	Age UK Horsham District	No	£45	No	Every Tuesday and Friday 10am – 3pm	Dementia only	The person attending must have diagnosis of dementia	For a free trial day call 01403 260560
Worthing	Guild Care: Day Breaks	No	£65 each day	Yes	Wednesdays 9am - 3.30pm	Dementia, Memory loss and confusion. Must be mobile to get on/off transport	Carer for someone with conditions specified [left]. Person with dementia must be able to go to toilet on own	Call 01903 334977 or through website: www.guildcare.org
Worthing	Guild Care: Home from Hospital Service	No - but home volunteer visits	Free	N/A	Up to 6 weeks, up to 2 hours per visit (flexible)	No	Cared for has to live alone and had an overnight stay in hospital	Call 01903 334977 or email homefromhospital@guildcare.org
Worthing	Salvation Army: Welcome Break	No	£25 per session including lunch	Yes	Every Tuesday and Thursday 9.30- 2.30pm	Dementia, Parkinson's, also available to the elderly and frail	Be a carer - person cared for must be independent for personal care or need minimal support	Call Salvation Army 01903 234497
Worthing & Adur	Guild Care: Time out for Carers at Bradbury Wellbeing Centre	No	£26 each day	Yes	One day a week 9.30am - 3pm	Dementia, Memory loss and confusion	Carer for someone with conditions specified [left]. Person with dementia must be able to go to toilet on own.	Call 01903 334977 or through website www.guildcare.org
Worthing & Adur	Guild Care: Butterflies at Bradbury Wellbeing Centre	No	£55 each day [Bathing and medication assistance provided]	Yes	Tuesdays 10.30am - 5.30pm	Day centre for those with additional needs with their dementia.	Carer for someone with conditions specified [left]. Person with dementia must be able to go to toilet on own.	Call 01903 334977 or www.guildcare.org
Worthing & Adur	Guild Care: Time out Together	No	Free social evening with supper/entertainment	Yes - £10 a couple	One evening a month	No	Carer - does not have to live with the person but attend together	Call 01903 334977 or www.guildcare.org
Worthing & Adur	Guild Care: Healthy Living Programme	No	Costs for activities, lunch costs, entertainment and events	Yes - £5.20 return	Monday, Tuesday, Wednesday and Friday	No	Over 55's person attending must be able to manage their own toilet needs and money	Call 01903 334977 or www.guildcare.org

If you have any queries regarding funding please speak to the service provider directly.

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