

“Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level.”

Carey Mulligan

### Local business and organisations who are already ‘Dementia Friendly’.

These are just some of the local groups and businesses in the Lewes District who are supporting a dementia friendly community by attending a Dementia Friends Information Session and committing to actions to promote dementia awareness and accessibility.

- 3VA
- Claydon House
- Depot Cinema
- East Sussex Fire and Rescue Service
- Foundry Healthcare Lewes PPG
- Foundry Healthcare Lewes
- Home Instead Lewes District & Uckfield
- hrscreative
- Lewes Chamber of Commerce
- Lewes Football Club
- Lewes House Garden Group
- Lewes Town Council
- Moving Sounds CIC
- Music for the Brain
- Parkinson’s UK
- The Phoenix Centre
- The Runaway Café

### Some facts about dementia:

Dementia is the umbrella term for a condition with symptoms such as memory loss, difficulties with thinking, problem-solving and language.

Dementia is caused by diseases of the brain. It is not a natural part of ageing.

In the Lewes District over **1,000 people** are presently living with dementia. By 2035 these estimates will increase by **90%**.

It is estimated that **75%** of people living with dementia live in the community and only **25%** in residential care.

Source: Joint Strategic Needs Assessment published by Lewes, High Weald and the Havens CCG

### Getting in touch

If you want to become involved with, or find out more about the LDDAA simply call **07546 501428** or email:

[info@dementiafriendlylewes.org.uk](mailto:info@dementiafriendlylewes.org.uk)

Follow us on Facebook

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Lewes and District  
Dementia Action Alliance

...for a dementia friendly Lewes



Imagine a community where people with dementia feel confident, understood and supported to live well

## Lewes & District Dementia Action Alliance (LDDAA) works to make Lewes and District dementia-friendly

We want a **community** where people affected by dementia – those with a diagnosis and those supporting them – can enter any public space and feel genuinely welcome.

This means **taking action** to support people who work in the everyday places people with dementia go: local shops, cafés, libraries, offices and so on, to have a good understanding of how dementia can affect people and what we can all do to support people affected by dementia to feel fully part of their local community.

### To achieve our vision LDDAA is working to:

- Bring together local organisations and forming an information network to improve the lives of people living with dementia.
- Deliver Dementia Friends information sessions
- Support local businesses and organisations
- Organise and support events to raise awareness about dementia
- Publicise dementia-awareness through local media
- Engage representatives from local voluntary & community groups and business in the LDDAA management group.

## How can you help?

There are lots of ways you can become involved with the LDDAA and help our community be more accessible for people affected by dementia.

### You can:

- Take part in a LDDAA Dementia Friends Information Session to learn more about what it is like to live with dementia and become a Dementia Friend. Whether you attend a face-to-face Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help.
- Become a Dementia Friends Champion by attending a free one-day course – this will enable you to deliver Dementia Friends Information Sessions and inform others a little bit about what it is like to live with dementia and how they can join this social action movement.
- Join the growing list of businesses and organisations in the Lewes District taking action on dementia. Get access to resources and information to help you, your business or organisation understand more about dementia and what small changes to your environment or processes you can make.
- Come along to, or volunteer to help with, an LDDAA event.
- Join the LDDAA steering group. Meetings take place monthly in accessible venues and last for about an hour.

## Support & resources

If you are living with dementia, or supporting someone who is, you can get further support from:



**Alzheimer's Society**  
Free information and support including a wide range of helpful documents and guidance.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

General enquiries  
**0330 333 0804**

Dementia Connect Support Line  
**0333 150 3456**



### Dementia Friends programme

The biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.  
[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)



### Dementia UK

Free Helpline on **0800 888 6678** for support from dementia specialist Admiral Nurses. [www.dementiauk.org](http://www.dementiauk.org)