



Self-Care Week Living Well with Dementia Community Event Report

Monday 13th November 10.30 to 1pm

The Bridge Leisure Centre Horsham RH12 3Y

Report written by Cheryl Berry, Community Partnership Lead

Introduction

Living Well with Dementia

Come to our free Community Event during this year's Self-Care Week.

Find out what is happening and meet some of your local community organisations and groups to learn how they can inform and support you.

- Places Leisure
- Healthwatch West Sussex
- Alzheimer's Society
- Age UK Horsham
- Horsham Health & Wellbeing Team
- Southern Water
- WSCC Waste Prevention Team
- Carers Support West Sussex
- Health and Independent Living Support (HILS)
- SP NHS FT Dementia Assessment Services
- Prevention and Assessment Team
- Tapestry Club
- Marie Curie
- My Care Matters
- NHS Sussex Engagement
- Care UK
- Know Dementia

FREE PARKING

Monday 13 November
10:30am-1pm

The Bridge Leisure Centre
Wickhurst Lane
Broadbridge Heath
Horsham
RH12 3YS

healthwatch
West Sussex

healthwatchwestsussex.co.uk
0300 012 0122
f healthwatchwestsussex % healthwatchws

Places Leisure
Alzheimer's Society

Our collaborative aim was to provide a 'Free' to attend Community event during Self-Care Week at The Bridge Leisure Centre Horsham.

This happened on Monday 13th November (10-1pm), as 19 organisations provided information and advice to enable people to Live Well with Dementia.

The venue was provided free of charge by Places Leisure, The Bridge Horsham with administration provided by Healthwatch West Sussex and promotion supported by Alzheimer's Society

Who attended the event

The event provided general information and advice from appropriate Community Services who work in and around the Horsham district.

The organisations in attendance included:

- **Alzheimer's Society**
- **Places Leisure**
- **Healthwatch West Sussex**
- **Age UK Horsham**
- **Horsham Health and Wellbeing Team**
- **Southern Water**
- **WSCC Waste Prevention Team**
- **West Sussex Carers Support**
- **Health, and Independent Living Support (HILS)**
- **Sussex Partnership NHS Foundation Trust**
- **Memory and Dementia Assessment Services**
- **Tapestry Club**
- **Marie Curie**
- **My Care Matters**
- **Know Dementia**
- **Care UK Skylark House**
- **Sussex Community NHS Public Governor for Horsham**
- **National Energy Action**
- **Macmillan Cancer Support**
- **NRS Healthcare**

Promotion of the event

Promotion for the event was directed through local newsletters, e-bulletins, and social media by the 19 organisations attending the event. The event was included in the **All About Horsham** magazine November edition.

The Alzheimer's Society provided Places Leisure with hard copies of the flyer to give out to people about the event - on the reception desks and those attending the dementia friendly activities.

In all between 25 to 30 members of the public attended the event. This gave them an opportunity to ask questions and gain information on a range of topics.

The topics ranged from dementia diagnosis, the dementia pathway, signposting to other services, cost of living advice and support, emotional support, and to learn more about waste prevention and receive some useful tools to support them.

The event also provided useful networking opportunities for organisations in attendance.



Living Well with Dementia is a free community event at The Bridge, Wickhurst Lane, Broadbridge Heath, on Monday 13 November, 10.30am – 1pm. Held during Self-Care Week, the event is a chance for people with dementia and their families to meet community organisations and groups and learn about the support they provide. These include Places Leisure, Healthwatch West Sussex, Alzheimer's Society, Age UK Horsham, Horsham Health & Wellbeing Team, Carers Support West Sussex, Health and Independent Living Support (HILS), SP NHS FT Dementia Assessment Services, Care UK and Know Dementia. healthwatchwestsussex.co.uk



Healthwatch West Sussex
10 November

Come to our free Community Event during this year's Self-Care Week. Find out what is happening and meet some of your local community organisations and groups to learn how they can inform and support you.

Monday 13 November
10:30am-1pm
The Bridge Leisure Centre
Find out more: <https://bit.ly/3TNKwa9>



Healthwatch West Sussex @healthwatchws · Nov 10

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Comments from local organisations

The stand holder's evaluation is detailed below.

Please rate the Event

Have you found the event worthwhile for your organisation?

Where 1 is poor and 5 is excellent:

1	2	3	4	5
0	0	0	5	8

How many people attended your stand?

Estimated as between **1 and 28**

What were the main attendee needs?

- Bereavement.
- General questions about dementia diagnoses and the pathway.
- Ways to reduce waste and questions on what can and can't be recycled.
- Finding out about local services and how to access them.
- Spoke to 9 people in detail and provided very relevant contacts.
- Information.
- Priority Services Register.
- Bill support.
- Awareness of what support is available.
- Benefits advice and equipment requests.
- Information for a neighbour and when they might need a service.
- Information, emotional support, signposting, and a smile.
- Advice about dementia care.
- Signposting.

Would you recommend this type of event to others?

Yes	No
14	0

Please add any other information you would like to share.

- I think it was well organised and a good venue for the event.
- Well organised event. Good selection of stalls. Got a few extra visitors
- Thanks to the Probus group meeting at same time (2nd Monday).
- An enjoyable morning, good mix of relevant services. Good opportunity to network and a good venue.
- Great event
- Thank you for organising this.
- Thank you for letting us attend this fantastic event.
- Very well attended. Good to meet customers face-to-face and find out what partners are offering as well. Thank you.
- It was really well organised. Promotion should be better – social media, leaflets in GP surgeries.



Talk to us

If you have questions about the content of this report, please either call 0300 012 0122 or email cheryl.berry@healthwatchwestsussex.co.uk

How this insight will be used?

We recognise that all health and care services are under pressure at this time and have had to adapt their ways of working. We will share this report with the local NHS, Local Government, and other providers to help them understand where things are working well and services are adapting to meet peoples' needs, and to help them identify any gaps. We see this as a continuation of discussions taking place and will continue to use this fresh insight and the solutions presented to challenge for a better future.

For help, advice, and information or to share your experience

We also help people find the information they need about health, care and community and voluntary health and care support services in West Sussex.

Here to help you on the next step of your health and social care journey



You can review how we performed and how we report on what we have done by visiting our website www.healthwatchwestsussex.co.uk

Healthwatch West Sussex works with **Help & Care** to provide its statutory activities.



w: healthwatchwestsussex.co.uk

t: 0300 012 0122

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