

How to access our support

For an informal chat and further information

please call **07495077298**

or leave a message for a call back

Or

You can email:

livingwellchichester@coastalwestsussexmind.org



Head Office:

The Gateway
8 - 10 Durrington Lane
Worthing
BN13 2QG

t: 01903 277000

e: info@coastalwestsussexmind.org

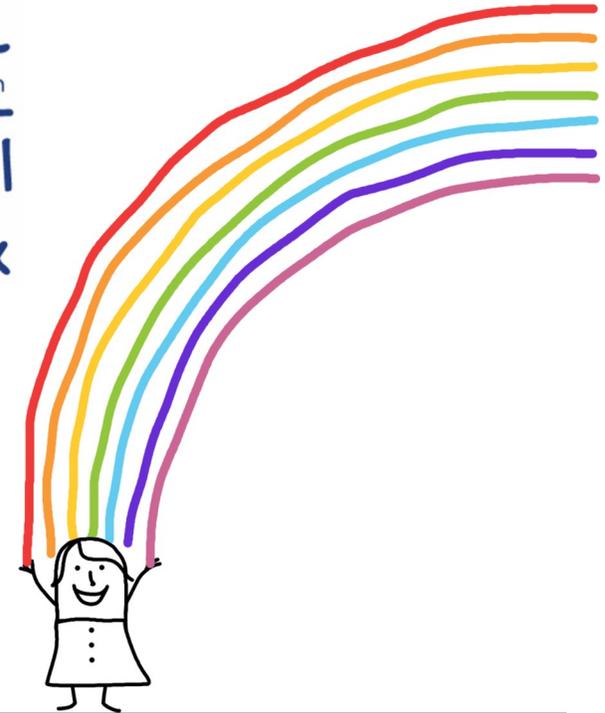
www.coastalwestsussexmind.org

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Chair: Hillary Riddell **CEO:** Katie Glover



Coastal
West Sussex



**SUPPORTING WELL BEING
IN CHICHESTER**

**CHICHESTER Living Well
Service**

Supported by:



Living Well Service in Chichester

We are a local mental health charity, providing help and support to local people.

We support people over 60 who are affected by:

- mild cognitive impairment
- confusion
- memory loss
- dementia
- anxiety
- depression
- other mental health problems.

We also offer support to their carers.

Our **Chichester** Living Well Service offers a range of help and support including:

- home visits for advice, helping you to identify your needs and explore what help is available
- advice, information and coping tips
- friendly, relaxed informal group and social activities including monthly events and outings
- peer support by sharing experiences with other people in a similar situation
- day respite services
- structured support including cognitive stimulation therapy

We know that sometimes it can be hard to take the first steps towards getting support. Our staff aim to get to know individuals and their carers, tailoring services to meet needs. We aim to help people:

- feel less isolated and more supported
- gain confidence
- learn coping skills
- improve and maintain their wellbeing
- have a break

We work in partnership with people who use our services and other local agencies to try and ensure individuals get the support they need.

We provide a programme of support and activities at different venues across the week. Currently this includes:

- **Tea and Chat**—Held at Chichester Boys Club
- **Our Café**—Held at St Pancras Hall
- **Day respite service**—Held at the Judith Adams Centre on Saturdays.
- We are currently planning a new service on Thursdays for people with early stage dementia

There is a charge for some services