



**SURREY**  
COUNTY COUNCIL

# What's on in Reigate and Banstead

## For people living with Dementia and those caring for them

September 2025



# Finding local support

This guide provides details of the activities which are available in each part of Reigate and Banstead to support people living with dementia and those caring for them.

Please note this is not a comprehensive list and more groups and activities are available online on [www.connecttosupportsurrey.org.uk](http://www.connecttosupportsurrey.org.uk).

Connect to Support Surrey is a helpful online directory that makes it easy to find local care and support services in your area. Whether you're looking to stay independent, improve your wellbeing, or get more involved in your community, the directory can connect you with:

- local community groups and social activities
- help at home, such as personal care and food delivery services
- regulated care providers
- support for carers and people with specific needs
- health and wellbeing resources

If you are not confident online, please ask friends or family, health and care professionals, charities or staff in your local library, to show you where you can find more information online and access support or contact our information and advice service (contact details listed on page 7) to assist you

## East Surrey

### **Dementia Wellbeing Service** (for patients registered with an East Surrey GP)

The main point of contact in East Surrey for people diagnosed with dementia and those caring for them. Following receipt of a referral, the person will be allocated a named advisor. The named advisor will provide consistent support throughout the experience of dementia and help carers understand the condition from the perspective of the person with dementia. The advisor will also support the person living with dementia to investigate strategies that may enable them to live independently for longer.

**Website:** [Surrey.alzheimers@nhs.net](mailto:Surrey.alzheimers@nhs.net)

## Surrey Downs

### **Dementia Coordination Service** (for patients with a Surrey Downs GP)

The new dementia coordination service across Surrey Downs will provide support, advice and signposting to patients and their families. Referrals to the Dementia Co-ordination service can be made through Single Point of Access through your GP.

**Contact:** Surrey Downs Health and Care (to express an interest)

**Telephone:** 0208 296 4488

Textphone (via Relay UK): 18001 0208 296 4488

**Email:** [sdhcreferrals@nhs.net](mailto:sdhcreferrals@nhs.net)

**Website:** [surreydownshealthandcare.nhs.uk/information-for-professionals](http://surreydownshealthandcare.nhs.uk/information-for-professionals)

# Activities listed by area

## Banstead

### The Tuesday Club

A social club that offers a warm welcome for people living with dementia and their carer. Guest speakers, entertainers, craft activities, singing and refreshments throughout the day. There is a charge per couple.

**Meet:** United Reformed Church, Woodmansterne Lane, Banstead SM7 3EX. Every Tuesday 10.30am to 3pm.

**Contact:** Lyn Watson (to express interest)

**Telephone/Text (SMS):** 07546 958299

**Email:** [lynwatson46@hotmail.co.uk](mailto:lynwatson46@hotmail.co.uk)

### Services from Age Concern Banstead

#### Dementia Carer's Support Group

A friendly and supportive group for carers only. There is no charge for this group.

**Meet:** Banstead Community Centre, The Horseshoe, Banstead SM7 2BQ. The 2<sup>nd</sup> Wednesday of each month 10.30am to 12noon.

#### Musical Memories

A fun singing group for people living with dementia and their carers. There is a small charge for this group.

**Meet:** Age Concern Banstead, Banstead Community Centre, The Horseshoe, Banstead SM7 2BQ. Every Thursday 1.30pm-3pm

#### Dementia Information Service

A weekly opportunity to talk about any dementia related concerns people may have. Sessions need to be booked in advance.

**Meet:** Age Concern Banstead, Banstead Community Centre, The Horseshoe, Banstead SM7 2BQ. Fridays 1pm to 3pm.

Please contact Age Concern Banstead for further information:

**Contact:** Age Concern Banstead (to express an interest or to book)

**Telephone:** 01737 352156

**Textphone (via Relay UK):** 18001 01737 352156

**Email:** [office@ageconcernbanstead.org.uk](mailto:office@ageconcernbanstead.org.uk)

**Website:** [www.ageconcernbanstead.org.uk/](http://www.ageconcernbanstead.org.uk/)

#### Dementia D-Caf

A social evening for people living with dementia, their carers and families. Enjoy a friendly chat, guest speakers, and activities to keep the brain active.

**Meet:** Banstead Community Centre, The Horseshoe, Banstead SM7 2BQ. The 3<sup>rd</sup> Thursday of the month, 6pm-8pm.

**Contact:** Lyn Watson (to express an interest)

**Telephone/Text (SMS):** 07546 958299

**Email:** [lynwatson46@hotmail.co.uk](mailto:lynwatson46@hotmail.co.uk)

## Memory Café

A regular meeting place for people living with memory loss and carers. All are welcome to go along for a natter, fun, refreshments and cake. There is no charge.

**Meet:** Banstead Manor Care Home, 8 Brighton Road, Banstead SM7 1BS. The 2<sup>nd</sup> Friday of the month 10.30am to 1pm.

**Contact:** Banstead Manor Care Home (to express an interest)

**Telephone:** 01737 742305

**Textphone (via Relay UK):** 18001 01737 742305

## Past Times

### Memory Café

Signature at Banstead offers a warm invitation to join them for a relaxed and sociable afternoon. Each month they have a variety of activities to offer support those caring for someone, or those living with dementia. Hosted by their care team, they offer guest speakers, entertainers, and afternoon tea in a safe and friendly environment. There is no charge.

**Meet:** Signature at Banstead, Croydon Lane, Banstead SM7 3AG. The last Wednesday of the month 2.30-4pm.

### Potting Shed

Past Times Potting Shed gives people the chance to enjoy gardening in a calm and friendly space. Visitors plant seeds, take cuttings and spend time in one of two dementia gardens. The team uses gardening to help people with dementia enjoy nature and take part in something fun.

**Meet:** Signature at Banstead, Croydon Lane, Banstead SM7 3AG. First Monday of the month 2.30pm to 3.30pm.

### Music Therapy

Past Times Music Therapy will give all the opportunity to join us in spending time singing along with residents and loved ones.

Singing and musical interaction is great for those living with dementia to have fun and reminisce on some classic tunes together.

**Meet:** Signature at Banstead, Croydon Lane, Banstead SM7 3AG. One Friday each month 10.30am to 11.30am. Check website for dates.

Please contact Signature at Banstead for more information or to book.

**Telephone:** 01737 926779

**Textphone (via Relay UK):** 18001 01737 352156

**Email:** [events.banstead@signaturesl.co.uk](mailto:events.banstead@signaturesl.co.uk)

**Website:** [www.signature-care-homes.co.uk/communities/signature-at-banstead](http://www.signature-care-homes.co.uk/communities/signature-at-banstead)

## The Royal Alfred Seafarers' Society Memory Cafe

Memory Café, a friendly and welcoming space for residents, families and friends to come together for a chat over tea, coffee, and cake.

**Meet:** Belvedere House Care Home, Weston Acres, Woodmansterne Lane, Banstead, SM7 3HB. First Friday of the month 10.30am to 12.30pm.

**Contact:** Royal Alfred Seafarers

**Telephone:** 01737 360106

**Textphone (via Relay UK):** 18001 01737 350106

**Email:** [admin@royalalfred.org.uk](mailto:admin@royalalfred.org.uk)

# Horley

## Services from Dementia 1st

### Day Cub

An independent charity that provides day care services for people with a diagnosis of dementia and support services for carers and family members. The day care service offers a varied program of activities that aim to provide physical and mental stimulation and to generally improve the quality of life for people living with dementia. There is a charge for this service.

**Meet:** Horley Community Centre, Albert Road, Horley RH6 7JA. Every Thursday from 10am to 4pm.

### Carer Support Group

Provides information and support to people caring for people living with dementia. There is no charge.

**Meet:** Horley Community Centre, Albert Road, Horley RH6 7JA. The 1st Thursday of each month from 10am to 12pm. Carers may leave their relative in the day centre with the support staff if they cannot make alternative arrangements for them.

### Singing Group

A wellbeing singing group for people living with dementia and their carer. There is a nominal charge for the carer only.

**Meet:** Horley Community Centre, Albert Road, Horley RH6 7JA. The 3<sup>rd</sup> Thursday of each month. Refreshments served at 10.30, singing is from 11am to 12pm.

Please contact Dementia 1<sup>st</sup> for further information:

**Contact:** Dementia 1st (to express an interest or to book)

**Telephone:** 01883 818310

**Textphone (via Relay UK):** 18001 01883 818310

**Email:** [info@dementiafirst.org.uk](mailto:info@dementiafirst.org.uk)

**Website:** [www.dementiafirst.org.uk](http://www.dementiafirst.org.uk)

### MHA Dementia Friendly Club

A club for people living with dementia. Carers are also welcome. Includes an engaging and fun activity, hot drink and cake. The first session is free and there is a nominal weekly cost thereafter.

**Meet:** Horley Methodist Church, Victoria Road, Horley RH6 7AS. Every other Thursday 12.45 to 2.45pm.

**Contact:** Julia Nye (to express an interest)

**Telephone:** 01737 780610

**Textphone (via Relay UK):** 18001 01737 780610

**Email:** [julia.nye@mha.org.uk](mailto:julia.nye@mha.org.uk)

**Website:** [www.mha.org.uk/communities/near-me/east-surrey](http://www.mha.org.uk/communities/near-me/east-surrey)

### Forget Me Not Club

A club for people experiencing memory loss and their carers. Includes refreshments, entertainment, and activities. There is no charge.

**Meet:** Centenary Hall, 23 Wheelers Lane, Smallfield, Horley RH6 9PT. Every Tuesday, 2-4pm.

**Contact:** Nicky Radford (to express an interest)

**Telephone/Text (SMS):** Nicky Radford 07846 956140

**Email:** [njradford@btinternet.com](mailto:njradford@btinternet.com)

## Engaging Minds

Offers those diagnosed with dementia under 66 the opportunity to socialise with others in a similar position.

**Meet:** The Byre, Pendell Rd, Bletchingley, RH1 4QH. The 1<sup>st</sup> Tuesday of the month 6.30 to 8.30pm. Patients can attend on their own or bring a relative/carer with them.

**Contact:** Dementia 1<sup>st</sup> or Anita Campbell

Telephone: 01883 818310 or 0759 0062155

**Email:** [info@dementiafirst.org.uk](mailto:info@dementiafirst.org.uk)

**Website:** [www.dementiafirst.org.uk](http://www.dementiafirst.org.uk)

## Redhill area

### MHA Dementia Friendly Club

A club for people living with dementia. Carers are also welcome. There is a light lunch and refreshments and an activity. Activities include skittles and quoits, singing, arts and crafts, seated yoga, and bingo. There is a nominal charge.

**Meet:** Silvermere, Woodlands Road, Redhill. RH1 6EZ. Every Friday 12noon to 2.30pm.

**Contact:** Julia Nye (to express an interest)

**Telephone:** 01737 780610

**Textphone (via Relay UK):** 18001 01737 780610

**Email:** [julia.nye@mha.org.uk](mailto:julia.nye@mha.org.uk)

**Website:** [www.mha.org.uk/communities/near-me/east-surrey/](http://www.mha.org.uk/communities/near-me/east-surrey/)

### Still Me Dementia Community

A supportive place for people living with dementia and their carers to meet other people in similar situations and make new friends. A voluntary donation towards refreshments is welcome.

**Meet:** West Central Coffee Shop, 3 London Road, Redhill RH1 1LY. The 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month, 10am to 12pm.

Woodhatch Community Centre, Whitebeam Drive, Reigate RH2 7LS. The 1<sup>st</sup> Thursday of the month, 2pm to 4pm starting in September 2025.

**Contact:** West Central (to express an interest)

**Email:** [stillme@christ-central.org.uk](mailto:stillme@christ-central.org.uk)

**Website:** [christ-central.org.uk/dementia-community/](http://christ-central.org.uk/dementia-community/)

### Dementia 1<sup>st</sup> Day Centre

A centre that provides day care for people with a diagnosis of dementia and an information and support services for carers and family members. Transport can be provided, subject to availability. A two-course meal and refreshments are provided during the day for a nominal charge. Carer Support group on the last Wednesday of the month at 5pm. If carer is unable to leave their relative, they may bring them along and they will be cared for in a separate room.

**Meet:** The Byre, Pendell Road, Bletchingley, Surrey RH1 4QH. Monday to Friday, 10am to 4pm.

**Contact:** Dementia 1<sup>st</sup> (to express an interest)

**Telephone:** 01883 818310

**Textphone (via Relay UK):** 18001 01883 818310

**Email:** [info@dementiafirst.org.uk](mailto:info@dementiafirst.org.uk)

**Website:** [www.dementiafirst.org.uk](http://www.dementiafirst.org.uk)

## Reigate area

## **Dementia Café**

Offers the opportunity for people living with memory loss or dementia to enjoy a morning of activities and a cup of tea or coffee.

**Meet:** St Marys Church, Chart Lane, Reigate RH2 7RN. The 3<sup>rd</sup> Thursday of each month 10am to 11.30am.

**Contact:** Fiona Sterry or the Parish Office (to express an interest)

**Telephone:** 01737 221100

**Textphone (via Relay UK):** 18001 01737 221100

**Email:** [fiona@sterry.org](mailto:fiona@sterry.org)

## **MHA Dementia Adventure**

Offers people living with dementia and their carers the opportunity to connect with nature, relax, and meet with others.

**Meet:** Gatton Park, Reigate, RH2 0TW. The 1<sup>st</sup> Friday of the month 1-3pm. Transport is available to members of MHA.

**Contact:** Julia Nye (to express an interest)

**Telephone:** 01737 780610

**Textphone (via Relay UK):** 18001 01737 780610

**Email:** [julia.nye@mha.org.uk](mailto:julia.nye@mha.org.uk)

**Website:** [mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-east-surrey](http://mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-east-surrey)

# **Adult Social Care**

We provide a wide range of information on our website: [www.surreycc.gov.uk/adultsocialcare](http://www.surreycc.gov.uk/adultsocialcare)

This includes:

**Home equipment finder:** equipment to help you stay independent at home:

[www.surreycc.gov.uk/homeequipmentfinder](http://www.surreycc.gov.uk/homeequipmentfinder)

**Paying for care:** [www.surreycc.gov.uk/adultspayingforcare](http://www.surreycc.gov.uk/adultspayingforcare)

**Social care assessments:** [www.surreycc.gov.uk/adultsocialcareassessments](http://www.surreycc.gov.uk/adultsocialcareassessments)

**Dementia:** [www.surreycc.gov.uk/dementia](http://www.surreycc.gov.uk/dementia)

**Carers:** [www.surreycc.gov.uk/carers](http://www.surreycc.gov.uk/carers)

**Home Adaptations:** Help with adapting your home to suit your needs:

[www.surreycc.gov.uk/adultmajoradaptations](http://www.surreycc.gov.uk/adultmajoradaptations)

**Learning Disability and Autism Hub:** [www.surreycc.gov.uk/learningdisabilities](http://www.surreycc.gov.uk/learningdisabilities)

## **Free Training for Carers supporting those with Dementia**

Free training sessions are available to support you to provide the best possible care at home, helping your loved one to live safely and well. From understanding the importance of hydration to learning about coping strategies and dealing with concerning behaviours, the training covers essential topics to help you deal with the changes that dementia can bring.

The training will be available at day centres and other community venues in Surrey and is spread over several sessions. Please visit the website below for a list of the session dates and locations.

For further information or to book, please contact:

**Website:** [www.healthysurrey.org.uk/community-health/dementia-care-training](http://www.healthysurrey.org.uk/community-health/dementia-care-training)

**Email:** [communitiesandpreventionprojects@surreycc.gov.uk](mailto:communitiesandpreventionprojects@surreycc.gov.uk)

**Telephone:** 0300 200 1005

**Text (SMS):** 07527 182 861 (for the deaf or hard of hearing)

## **Adult Social Care Information and Advice Service**

For information about care and support for adults in Surrey, please contact our team of advisors:

**Availability:** 9am to 5pm, Monday to Friday

**Telephone:** 0300 200 1005

**Textphone (via Relay UK):** 18001 0300 200 1005

**Text (SMS):** 07527 182 861 (for the deaf or hard of hearing)

**British Sign Language:** [www.surreycc.gov.uk/bsl](http://www.surreycc.gov.uk/bsl)

**Email:** [asc.infoandadvice@surreycc.gov.uk](mailto:asc.infoandadvice@surreycc.gov.uk)

**Website:** [www.surreycc.gov.uk/contactadultcare](http://www.surreycc.gov.uk/contactadultcare) - live chat is available online.

## **County wide and national support**

### **Action for Carers**

Action for Carers provide a range of support including information about your rights, moving and handling training, benefits advice, and signposting to other organisations that can help you. They also run various support groups, local drop-in sessions and a helpline:

**Telephone:** 0303 040 1234

**Text (SMS):** 07714 075993

**Website:** [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

### **Age UK Surrey**

Age UK Surrey provide a wide range of support for people aged over 50, including information and advice, Go50 walks across the county, help at home, gardening, befriending and local sessions to help residents plan for their future.

**Telephone:** 01483 503414

**Text (SMS):** 07593 139 1602

**Email:** [enquiries@ageuksurrey.org.uk](mailto:enquiries@ageuksurrey.org.uk)

**Website:** [www.ageuk.org.uk/surrey](http://www.ageuk.org.uk/surrey)

### **Alzheimer's Society: Dementia Connect**

A personalised dementia support service from the Alzheimer's Society for anyone affected by dementia. Can offer help to understand and live with dementia, help with legal and financial matters, and support with everyday living.

**Telephone:** 0333 150 34561

**Textphone (via Relay UK):** 18001 0333 150 34561

**Email:** [dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)

**Website:** [www.alzheimers.org.uk/dementia-support-services](http://www.alzheimers.org.uk/dementia-support-services)

### **Crossroads Care**

Crossroads provide end of life support for carers and emergency care planning service. For further information or to register for the emergency planning service.

**Telephone:** 01372 869970

**Textphone (via Text Relay):** 1800 101372 869970

**Email:** [enquiries@crossroadscaresurrey.org.uk](mailto:enquiries@crossroadscaresurrey.org.uk)

**Website:** [www.crossroadscaresurrey.org.uk](http://www.crossroadscaresurrey.org.uk)

## **Dementia UK's free Admiral Nursing Helpline**

Staffed by registered nurses and dementia experts (open 9am to 9pm Monday to Friday and 9am to 5pm on Saturday and Sunday).

**Telephone:** 0800 888 6678

**Email:** [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

**Website:** [www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-dementia-helpline](http://www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-dementia-helpline)

## **Keeping Vulnerable People Safe: The Herbert Protocol**

Caring for someone with dementia or Alzheimer's can be challenging, especially if they're at risk of going missing. The Herbert Protocol is a form that carers, family, or friends can complete in advance. It includes key details like a recent photo, places they've visited, medication, and emergency contacts.

If the person goes missing, the form helps police respond quickly and efficiently. It's only shared with police when needed but having it ready can save valuable time.

**Website:** [www.surrey.police.uk/contact-us/herbert-protocol-missing-person-form](http://www.surrey.police.uk/contact-us/herbert-protocol-missing-person-form)

## **Rare Dementia Support**

A support group for people living with rare dementia and their carers.

**Contact:** Claire Robertson for further information

**Telephone/Text (SMS):** 07702 602415

**Email:** [claire.robertson54@gmail.com](mailto:claire.robertson54@gmail.com)

## **Surrey Libraries Reminiscence Collection**

Surrey Libraries has a collection of items designed for anyone in Surrey who is supporting someone with dementia or memory impairment, whether at home or in care or group setting. The collection consists of a wide range of materials for use in reminiscence therapy, including books, DVDs, games, flashcards, activities, jigsaws and artefacts, all aimed at evoking memories and stimulating discussion and conversation.

Reminiscence collection items can be borrowed on a standard library card or by obtaining a Reminiscence borrower library card. Both cards can be obtained from local libraries. Proof of home address will be required, such as a driving licence or utility bill.

**Contact:** Surrey Libraries

**Telephone:** 03456 009 009 and press option 6

Textphone (via Relay UK): 18001 03456 009 009

**Email:** [libraries@surreycc.gov.uk](mailto:libraries@surreycc.gov.uk)

**Website:** [www.surreycc.gov.uk/libraries](http://www.surreycc.gov.uk/libraries) and you will find the reminiscence collection within the 'Libraries for health and wellbeing' section.

## **Comments and feedback**

If you have any comments or questions on the information provided, please contact:

**Name:** Irene Eynott

**Email:** [cpcservice@surreycc.gov.uk](mailto:cpcservice@surreycc.gov.uk)

Telephone/Text (SMS): 07971 796422