DEMENTIA AWARENESS ROADSHOW

SUFFOLK GUIDE

Funded by East Suffolk Council

OVERVIEW

Living with dementia, or caring for someone who is, can feel overwhelming and knowing where to turn for support, particularly in rural areas, is often the hardest part. That is why the Dementia Awareness Roadshow was created: to bring local people, families and carers together with the organisations across Suffolk that can help.

The 2026 Roadshow brought together a wide range of local and regional services under one roof. Visitors could talk to people face to face, ask questions and find practical support, from legal and financial advice to wellbeing groups, creative activities, care at home and community safety.

This guide gathers every exhibitor in one place, so that the conversations started at the Roadshow can continue long after the day itself. Whether you are living with dementia, supporting someone who is, or working in the Suffolk care sector, we hope this helps you find the right support at the right time.

We would like to thank every exhibitor for giving their time, knowledge and warmth to the Roadshow. Your commitment makes Suffolk a more dementia-friendly place to live. We would also like to thank East Suffolk Council for funding the Roadshow, and everyone who came along, asked questions and shared their experiences.

Christies Care

DEMENTIA SIGNPOSTING

Shaftesbury
All together better for disability

Trained memory and dementia advisors listen, answer questions and provide tailored information to meet specific needs. Support can be provided either over the phone or during an arranged home visit.

0808 281 5804

Suffolkmemorysupport@shaftesburygroup.org

shaftesburymemoryanddementiasupport.org

healthwatch Suffolk

An independent voice for health and social care in Suffolk. Healthwatch Suffolk runs a dedicated, free signposting service to help people find the right service.

0800 448 8234

info@healthwatchsuffolk.co.uk

healthwatchsuffolk.co.uk

DEMENTIA SIGNPOSTING

citizens advice

Free, confidential and impartial advice, and signposting to the right support on issues such as benefits, finances, housing and caring responsibilities.

advice@caes.org.uk

citizensadviceeastsuffolk.org.uk

Suffolk infoLink

Developed by Suffolk County Council, this in-depth online directory lists a wide range of dementia support services across Suffolk.

infolink.suffolk.gov.uk

DEMENTIA SIGNPOSTING

CONNECT for health
Being Well Together

Social prescribing that links people throughout Suffolk to local, non-medical support for bereavement, finances, housing, loneliness, anxiety and stress, alongside any medical treatment.

01394 332 265
c4h.suffolk@nhs.net
shawtrust.org.uk

communitycatalysts®
unlocking potential effecting change

Community Catalysts offer a unique local directory of small, independent support services across Suffolk, to help find flexible, personal care and support close to home.

01423 503 937
enquiries@smallgoodstuff.co.uk
communitycatalysts.co.uk

DEMENTIA SIGNPOSTING

Alzheimer's Society provide a range of dementia support and free resources, including help finding local services, a dedicated dementia helpline and a support forum for carers and family members.

0333 150 3456

alzheimers.org.uk

WELLBEING & SUPPORT



The Rural Coffee Caravan helps people in isolated, rural Suffolk areas connect with services, information and each other. They offer dementia-friendly village visits across Suffolk, Meet-up Mondays, c-a-f-e Coffee and Friends events and more.

01284 663 472

info@ruralcoffeecaravan.org.uk

ruralcoffeecaravan.org.uk

NHS Suffolk Talking Therapies

wellbeing
Helping you live your life

Wellbeing Suffolk offers peer and community support, plus events and workshops for people living with dementia, their families and carers. Their signposting service supports low mood, depression, stress, general wellbeing, and coping with mental or physical health challenges.

wellbeingnands.co.uk

WELLBEING & SUPPORT

Dementia-friendly café in Martlesham, which hosts and runs regular CommunityTea Natters, Music Groups, fun events, and Drop-in Sessions with local support organisations.

01473 941 349

hello@21younghearts.co.uk

21younghearts.co.uk

Based in Halesworth, The Pear Tree Fund support communities within a 15-mile radius. They provide information, advice, and holistic support to people living with life-changing illnesses and long-term conditions, including dementia.

01986 899 655

info@peartreefund.org

peartreefund.org

WELLBEING & SUPPORT

Royal Air Force Benevolent Fund

The RAF Benevolent Fund offers practical help, dedicated support and financial assistance for serving and former RAF personnel, their spouses, partners, widows, and dependants affected by dementia and memory loss.

0300 102 1919

welfarenavigators@rafbf.org.uk

rafbf.org

NHS
Norfolk and Suffolk
NHS Foundation Trust

Following a GP referral, the Dementia Assessment Service (DAS) is a specialist NHS team that evaluates, diagnoses, and supports people experiencing memory loss or early signs of dementia. DAS also supports families and carers with psychological support, information and signposting.

01473 296 000

nsft.nhs.uk

WELLBEING & SUPPORT

Report Fraud is the place to tell the police about cybercrime, scams and fraud, either online or over the phone. Run by the City of London Police, in partnership with Trading Standards, they also provide dedicated and specialist help to victims of cybercrime and fraud.

0300 123 2040

reportfraud.police.uk

Suffolk Police supports Safe and Found Online, a digital version of the Herbert Protocol. Carers and family members of those living with dementia can record important information in advance to help police find them if they go missing.

suffolk.police.uk

safeandfoundonline.co.uk

ARTS AND ACTIVITIES



The Seagull Theatre in Lowestoft offers weekly dementia-specific events with something for everyone, including carer support, a classic film club, chair fitness, music groups and more.

0333 666 3366

info@theseagull.co.uk

theseagull.co.uk



The Fisher Theatre in Bungay offers accessible matinee screenings on the first Tuesday of every month for people living with dementia and their carers. All theatre volunteers have had dementia awareness training to ensure a safe and understanding atmosphere.

01986 897130

fishertheatre.org

ARTS AND ACTIVITIES

"Fore" Get Me Not Golf

"Fore" Get Me Not Golf is a charity helping people living with dementia keep enjoying the sport they love, through dementia-friendly golf sessions at Seckford Golf Club.

07788 727788

enquiries@foregetmenotgolf.co.uk

foregetmenotgolf.co.uk



Back in the Groove offers dementia friendly, person-centred dance, fitness and exercise classes in Suffolk and South Norfolk on a 'pay what you can afford' basis. Classes include private or group Fall Prevention and chair-based Music and Movement classes.

07889 583334

backinthegroove.co.uk

ARTS AND ACTIVITIES

Musical Lifelines in Bungay offers free weekly creative music sessions for people living with long-term health conditions, including dementia and Parkinson's.

01986 511 164

Musical Lifelines Facebook

CARE & HOME SUPPORT

Christies Care
Est. 1987
Living independently at home

Christies Care offers specialised dementia home care services across Suffolk.
Rated CQC Outstanding, their compassionate team provides 24-hour live-in care, flexible hourly visiting care, and respite support, tailored to each person's individual needs, preferences and routines.

01728 605 107

care@christiescare.com

christiescare.com

Ranging from a few hours of help to 24/7 live-in care at home, Home Instead offers dedicated dementia care services across Suffolk delivered by Care Professionals with City & Guilds Assured dementia training.

0330 822 8465

homeinstead.co.uk

CARE & HOME SUPPORT

Leading Lives
Lead the life you choose

Leading Lives offers at-home care and dementia respite services at John Turner House in Lowestoft. They also run DeCafé groups in Ipswich and Sudbury. These are friendly, sociable groups for people with dementia and their families, designed to build community.

07713 080801

Milly.Gaskin@LeadingLives.org.uk

leadinglives.org.uk

ALL ABOUT HEARING

All About Hearing has several centres across Suffolk, including Kesgrave, Framlingham, Ipswich, Wickham Market, Woodbridge, and Woolpit. They offer home visits across Suffolk to those less mobile or housebound, providing comprehensive hearing assessments, earwax removal, hearing fittings, and more.

01473 946 444

info@allabouthearing.co.uk

allabouthearing.co.uk

CARE & HOME SUPPORT

CARING HOMES

Cotman House Care Home, in Felixstowe, part of the Caring Homes group, provide residential dementia and end-of-life care. Accredited in specialist palliative care, their team supports both residents and families.

01394 333 320

caringhomes.org

care UK

Care UK offers specialised dementia residential care, free educational resources, and family & carer support available across Suffolk.

careuk.com

CARE & HOME SUPPORT

Norfolk and Suffolk Integrated Care Board

The Norfolk and Suffolk ICB run the Integrated Neighbourhood Team.
They offer free home adaptations and other health and wellbeing support.

0800 389 6819

norfolkandsuffolk.icb.nhs.uk

ESW living water

Essex & Suffolk Water offers Priority Services for people living with dementia. Including water meter readings, scam protection measures, and alternative water supply in the event of water disruptions. Bottled water can be delivered to the home of anyone with limited mobility or who relies on water for medical reasons..

eswater.co.uk

CARE & HOME SUPPORT

Suffolk Fire and Rescue Service offers home fire safety visits by dementia-friendly personnel. They also provide free fire safety advice for professional and family caregivers, helping reduce the risk of fire in the home.

suffolk.gov.uk

East Suffolk Council has a dedicated Community Help Hub available to anyone over the age of 18 who lives in East Suffolk. This service offers support with health, wellbeing, money, funding grants for home adaptations for people living with dementia, and accessing services.

community-help-hub

eastsuffolk.gov.uk

LEGAL SUPPORT



Friendly, practical advice on Lasting Powers of Attorney, single and mirror Wills, home protection and inheritance tax. Free telephone meetings are available, along with free home visits across Suffolk & Essex.

07713 391978

martin@lpas4you.co.uk



Respected Wills, Trusts and Probate solicitors, helping families across the East of England plan ahead and manage legal matters with confidence.

Ellisons.com