

Come and join us at our groups in Mid Essex

Our community groups are for people with dementia or memory issues and their carers and friends. **Why not join us this Winter.**

Get information, make friends and have fun. All groups are free to attend.

Singing for the Brain® Boreham

Boreham village hall, Main Road, Boreham, CM3 3JD
Second Tuesday of the month 2pm - 4pm

Singing for the Brain® Witham

Witham URC Church, 90 Newland Street, Witham, CM8 1AH
Fourth Tuesday of the month 2pm - 4pm

Maldon Memory Cafe

Maldon Library, Carmelite House, White Horse Lane, Maldon, CM9 5FW
First Thursday of the month 10.30am - 12 noon

Walk and Talk – walking group

Hylands Estate, Chelmsford, CM2 8WQ
First Tuesday of the month 10.30am - 12 noon

Promenade Park, Park Drive, Maldon, CM9 5JQ
Third Thursday of the month 10.30am - 12noon

Chelmsford winter cafe

Springfield Parish Centre, At Augustines Way, Chelmsford CM1 6GX
Second and Fourth Monday of the month 10.30am - 12 noon

Walking football

Writtle University College, Lordship Road, Chelmsford, CM1 3RR
Every Wednesday 11am - 12noon

Get in touch to find out more

Email: essexandherts@alzheimers.org.uk

Tel: 0333 150 3456



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.