

Come and join us at our groups in South 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® Brentwood

Merrymeade House, Merrymeade Chase, Brentwood, CM15 9FE
Third Wednesday of the month 2pm - 3.30pm

Singing for the Brain® Billericay

Hannakins Farm Community Centre, Roseby Avenue, Billericay, CM12 OHA
First Wednesday of the month 2.30pm - 4pm

Seated Exercise Music and Movement - Rayleigh

Rayleigh Parish Centre, Rectory Garth, Rayleigh, SS6 8BB
Second Thursday of the month 11am - 12 noon

Rayleigh Winter Cafe

Rayleigh Parish Centre, Rectory Garth, Rayleigh, SS6 8BB
Second and fourth Monday of the month 10am - 12 noon

Rayleigh Memory Café

Rayleigh Library, High Street, Rayleigh, SS6 7BX
First Monday of the month 10am - 11.30am

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.