

Come and join us at our groups in West 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® Buckhurst Hill

St John's Church, High Road, Buckhurst Hill, IG9 5RX

Alternate Mondays 10.30am – 12 noon

Singing for the Brain® Harlow

Moot House, The Stow, Harlow, CM20 3AG

Alternate Tuesdays 10.30am – 12 noon

Singing for the Brain® Takeley

Priors Green Community Hall, Takeley, CM6 1YE

First and Third Thursday of the month 10.30am – 12 noon

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.