

Come and join us at our groups in North 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® Colchester

Orchard Baptist Church, Mersea Road, Colchester, CO2 0AE
Second and fourth Thursday of the month 2pm - 3.30pm

Singing for the Brain® Mersea

WI Hall, Kingsland Road, West Mersea, CO5 8RB
First and third Wednesday of the month 2pm - 3.30pm

Singing for the Brain® Takeley

Priors Green Community Hall, Takeley, CM6 1YE
First and third Thursday of the month 10.30am - 12 noon

West Clacton Memory Cafe

West Clacton Library, Jaywick Lane, Clacton-on-Sea, CO16 8BE
Second Tuesday of the month 10.30am - 12 noon

Harwich Memory Cafe

Harwich Library, Upper Kingsway, Dovercourt, Harwich, CO12 3JT
First and third Tuesday 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.