

Join us at our groups in Mid Essex

Join us this winter

Our community groups are for people with dementia or memory issues and their carers and friends. 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 2–4pm

Maldon Memory Cafe

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

South Woodham Ferrers Memory Café

South Woodham Ferrers Library, Trinity Square, Chelmsford. CM3 5JU
Third Thursday of the month 10.30am–12noon

Springfield Winter Café

Springfield Parish Centre, St Augustine Way, Springfield, Chelmsford. CM1 6GX
Starting on 9 October then the second and fourth Thursday of the month 10.30am–12noon

Walk and Talk – walking groups

- Hylands Estate, Chelmsford. CM2 8WQ. First Tuesday of the month 10.30am–12noon
- Promenade Park, Park Drive, Maldon. CM9 5JQ. Third Thursday of the month 10.30am–12noon
- Cressing Temple Barns, Witham Rd, Cressing, Braintree. CM77 8PD
Fourth Wednesday of the month 1.30–3.00pm

Walking Football

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

Get in touch to find out more

Email: essexgroups@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.