

# Join us at our groups in North 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® Colchester

Orchard Baptist Church, Mersea Road, Colchester. CO2 0AE

Second and fourth Thursday of the month 2–3.30pm

### Singing for the Brain® Mersea

WI Hall, Kingsland Road, West Mersea. CO5 8RB

First and third Wednesday of the month 2–3.30pm

### Seated Movement and Relaxation Group

Weeley Village Hall, Old Clacton Road, Weeley. CO16 9LW

10 and 17 September then the first and third Wednesday of the month 11am–12.30pm

### West Clacton Memory Cafe

West Clacton Library, Jaywick Lane, Clacton-on-Sea. CO16 8BE

Second Tuesday of the month 10.30am–12noon

### Harwich Memory Cafe

Harwich Library, Upper Kingsway, Dovercourt, Harwich. CO12 3JT

First and third Tuesday of the month 10.30am–12noon

### Manningtree Memory Cafe

Manningtree Library, High Street, Manningtree. CO11 1AD

Last Friday of the month 10–11am

### Carers Peer Support and Activity Group

Kingsland Church, 86 London Road, Colchester. CO3 9DW

Second and fourth Monday of the month 1–3pm.

## Get in touch to find out more

**Email:** [essexgroups@alzheimers.org.uk](mailto: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.