

# Join us at our groups in North West 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® Takeley

Priors Green Community Hall, Takeley. CM6 1YE

First and third Thursday of the month 10.30am—12noon

### Uttlesford Winter Café

Thaxted Church Hall, Margaret Street, Thaxted. CM6 2QN

Starting on 8 October then the second and fourth Wednesday of the month 2—3.30pm

**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.