

# Join us at our groups in South 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® Brentwood

Hutton Community Centre, Harrison Close, Brentwood. CM13 1LP

Third Tuesday of the month 2–3.30pm

### Singing for the Brain® Billericay

Hannakins Farm Community Centre, Roseby Avenue, Billericay. CM12 0SY

First Wednesday of the month 2.30–4pm

### Singing for the Brain® Wickford

St Catherines Church Hall, Southend Road, Wickford. SS11 8BB

Third Thursday of the month 2–3.30pm

### Seated Exercise Music and Movement - Rayleigh

Rayleigh Parish Centre, Rectory Garth, Rayleigh. SS6 8BB

Second Thursday of the month 11–12noon

### Carers Relaxation Group - Rayleigh

Rayleigh Parish Centre, Rectory Garth, Rayleigh. SS6 8BB

Fourth Thursday of the month 11–12noon

### Brentwood Activity Group

Merrymeade House, Merrymeade Chase, Brentwood. CM15 9FE

Third Monday 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