

# Dementia Friendly Groups & Support in the Epping Forest District



Updated March 2023

## Epping

- ✿ **Action for Family Carers** provide activity groups in Epping for people with mild – moderate dementia. **Jack Silley Pavilion** every Thursday. For more information [clare.savva@affc.org.uk](mailto:clare.savva@affc.org.uk) / 0300 7708090. £20 per session and £40 for a full day. Free taster session.  
**Keeping Active** morning sessions run from 10am until 12.30pm each week.  
If staying for the afternoon session, it is advised to bring your own lunch.  
**Active Minds** afternoon sessions run from 1pm until 3.30pm each week.
- ✿ **Carers FIRST: Epping Carers Support Group**  
Every fourth Thursday of the month, 1:30pm - 3:30pm, **St. James Church**, Palmerston Road, Buckhurst Hill, IG9 5NG. For more information [lucia.hendricks@carersfirst.org.uk](mailto:lucia.hendricks@carersfirst.org.uk) / 0300 3031555
- ✿ **Alzheimer's Society dementia support drop-in** at the **Epping Community Hub**, Civic Offices, High St, Epping, CM16 4BZ. Every Wednesday 10am – 2pm.

## Ongar

- ✿ **Puzzle Club in Ongar** 10am-12pm every Thursday at **St James Church**, St James Avenue, Ongar, CM5 9EL. For more information [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) / Tel 01992 564222

## Loughton

- ✿ **Silver Movers Exercise Class** at **Woodland Grove**, Rectory Lane, Loughton on the 4<sup>th</sup> Saturday of every month 11am – 12pm. Book in advance [clientrelations.wg@oaklandcare.com](mailto:clientrelations.wg@oaklandcare.com)/0208 5089220.
- ✿ **Social Activity Club** run by Voluntary Action Epping Forest (VAEF) every Wednesday 1pm – 3pm at **St John the Baptist Loughton with St Nicholas**, Church Lane, Loughton, IG10 1PD. Cost £5 includes tea & cake/£10 includes tea, cake & transport. For more information call 07708 171116.
- ✿ **Loughton Voluntary Care** run the following 3 groups at **Loughton Methodist Church** 260 High Road IG10 1RB. For more information [info@loughtonvoluntarycare.org.uk](mailto:info@loughtonvoluntarycare.org.uk) / 0208 5086114 or 07592 369195. Is advisable to check before visiting any session.
  - **Keep Well Club** - Seated keep fit Wednesdays 2 - 3.30pm. No charge. Free refreshments.  
Rolling programme as follows:  
Week 1            Seated keep fit  
Week 2            Singalong  
Week 3            Games – physical/cognitive stimulation  
Week 4            Reminiscence
  - **Fish and Chip lunch**. Last Saturday of the month 11.45 – 2pm Cost of lunch about £10.  
Refreshments free. Free draw and, usually, a pianist. No need to book.
  - **Befriending** - a weekly escorted shopping trip, walking buddies and garden rescue as well as (for IG10 residents only) transport to medical (not social) appointments.
  - **IT Clinic (digital support)** – Drop-in sessions run throughout the year on Saturday mornings from 10 – 11.30. No charge. No need to book. Free refreshments

## Waltham Abbey

- ✿ **'Wellbeing Wednesdays'** at **The Space at Epping Forest District Museum**, Waltham Abbey, EN9 1EL include:
  - **Community Café** weekly, 12pm – 1.45pm. Free, just turn up. For more information [icleverley@eppingforestdc.gov.uk](mailto:icleverley@eppingforestdc.gov.uk) / 01992 564226
  - **Men's Shed** run by Voluntary Action Epping Forest (VAEF) weekly, 2pm – 4pm. Free. Booking recommended. Contact [communityhub@vaeff.org.uk](mailto:communityhub@vaeff.org.uk) / 01992 910701



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- ✿ **Social Activity Club** run by Voluntary Action Epping Forest (VAEF) every Friday 1pm – 3pm at **Jubilee Court, Waltham Abbey**, EN9 3JB. Cost £5 includes tea & cake/£10 includes tea, cake & transport. For more information call 07708 171 116.
- ✿ **Museum Movers** every Friday 10:30-12pm (dance for an hour to music from the past 70 decades and then time for a tea/coffee and a chat) at **Epping Forest District Museum**, 39-41 Sun Street, Waltham Abbey EN9 1EL. £5.40 per class. To book or more information <https://eppingforestdc.bookinglive.com/book/add/p/165/> / 01992 564226.
- ✿ **Singing by Heart** is a singing group at **Paternoster House Care Centre**, Waltham Abbey on the first Monday of the month, 3-4pm run by The Salvation Army. Open to local residents. For more information 01992 787202. The Salvation Army also hold **Worship at Paternoster House** on the third Monday of the month at 2pm. Everyone is welcome.

### Theydon Bois

- ✿ **Memory Lane Café at Theydon Bois Village Hall** run by Home Instead Epping Forest on the 2<sup>nd</sup> Wednesday of the month 2.15-3.45 pm. Contact Maureen for more information [Maureen.wheeler@homeinstead.co.uk](mailto:Maureen.wheeler@homeinstead.co.uk) / Tel 01992 666777.
- ✿ **Singing for the Brain at Theydon Bois Village Hall** run by Home Instead Epping Forest on the 3<sup>rd</sup> Wednesday of the month 10.30am – 12pm. Contact Maureen for more information [Maureen.wheeler@homeinstead.co.uk](mailto:Maureen.wheeler@homeinstead.co.uk) / Tel 01992 666777

### Chigwell

- ✿ **Lambwood Heights, Chigwell** run a **Memory Café** on the 3<sup>rd</sup> Friday of the month, 12pm – 3pm. For more information [clientrelations.lh@oaklandcare.com](mailto:clientrelations.lh@oaklandcare.com) / 0203 9735600

### Buckhurst Hill

- ✿ **Buckhurst Hill Memory Café** run on the 2<sup>nd</sup> Friday of the month, 10am – 12pm. **Roding Valley Hall**, Station Way, IG9 6LN. For more information [enquiries@buckhursthillresidents.co.uk](mailto:enquiries@buckhursthillresidents.co.uk) / Tel 07743 097973
- ✿ **Singing for the Brain, St John's Church Hall**, High Road, 10.30am–12pm every 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Monday. For more information [essexandhertsgroups@alzheimers.org.uk](mailto:essexandhertsgroups@alzheimers.org.uk) / 0333 1503456
- ✿ **Seated Dance at Bedford House**, 4 Westbury Road. Every Thursday 1.15pm – 2.15pm. For more information [admin@bedfordhouse.org.uk](mailto:admin@bedfordhouse.org.uk) / 0208 504 6668
- ✿ **Carers First Carer Support Group** St James' United Reformed Church, Palmerston Road. Last Thursday of the month, 1:30pm - 3:30pm. 0300 303 1555 / [anne.pressman@carersfirst.org.uk](mailto:anne.pressman@carersfirst.org.uk)
- ✿ **Dementia Café at Queens Court Care Home**. 52 – 74 Lower Queens Road. Last Thursday of the month 2-4pm. 0203 131 4639 / [care.queenscourt@rchcarehomes.co.uk](mailto:care.queenscourt@rchcarehomes.co.uk)

### North Weald

- ✿ **North Weald Bowling Group** runs every Tuesday 10am – 12pm at **Bantham and Ongar Bowls Club**, Weald Bridge Rd, North Weald CM16 6GP. For more information call Doreen 01277 363202.
- ✿ **Social Activity Club** run by Voluntary Action Epping Forest (VAEF) every Tuesday 1pm – 3pm at **Leonard Davis House**, Kiln Road, North Weald, CM16 6BS. Cost £5 includes tea & cake/£10 includes tea, cake & transport. For more information call 07708 171116.

