## Dementia Action Week 13 – 19 May 2024

## Dementia Friendly Activities in the Epping Forest District



**10.30am-12pm Singing for the Brain Buckhurst Hill** St. John's Church Hall, High Road, IG9 5RX. 0333 1503456 / essexandhertsgroups@alzheimers.org.uk

Tuesday 14 May

Monday 13 May

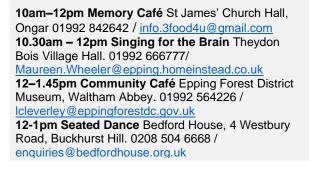
10.30am-12.30pm Crafting 1.00-2.15pm Tai Chi Both at Bedford House, 4 Westbury Road, Buckhurst Hill, IG9 5NW 0208 504 6668 / enquiries@bedfordhouse.org.uk

**10-11am Dementia Friends Information Session** St Clare Hospice with Jo Morrison. Hastingwood, CM17 9JX. 07534 031702 / joanne.morrison@stclarehospice.org.uk **10.30am–12.30pm Dementia Friendly Short Mat Bowling Group** Bantham & Ongar Bowls Club, North Weald. Doreen 01277 363202



Wednesday 15 May

Thursday 16 May



10am-12.30pm/12.15-3.15pm Action for Family Carers activity groups Jack Silley Pavilion, Epping. 0300 7708090 / Jemma.Gant@affc.org.uk. Free taster session 10am-12pm All female Puzzle Club St James Church, Ongar. 01992 564222 / kmurray@eppingforestdc.gov.uk 1-2pm Virtual Dementia Friends Information Session with Laura Icleverley@eppingforestdc.gov.uk
2-4pm Men's Shed Epping Forest District Museum, Waltham Abbey 01992 910701 / communityhub@vaef.org.uk
2-3.30pm Keep Well Club Loughton Methodist Church 0208 508 6114 / info@loughtonvoluntarycare.org.uk

10am–12pm Dementia Carers Café and Dementia Friendly Gardening Club St Clare Hospice, Hastingwood, CM17 9JX 07534 031702 / namastecare@stclarehospice.org.uk



Friday 17 May

12–3pm Memory Café Lambwood Heights, Chigwell 0203 9735600 / clientrelations.lh@oaklandcare.com

Other activities .....

Epping Forest Dementia Fair, Saturday 11 May 10am–2pm at St John's Church, Epping – Open to anyone affected by dementia or to anyone interested in knowing more. 07548 145652 / lcleverley@eppingforestdc.gov.uk

Loughton Voluntary Care IT Clinic (digital support), Saturday 18 May 10–11.30am at Loughton Methodist Church. 0208 508 6114 / info@loughtonvoluntarycare.org.uk

Email for further information: lcleverley@eppingforestdc.gov.uk





