

## Dementia Friendly Activities in the Epping Forest District



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](mailto:enquiries@bedfordhouse.org.uk)

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

Tuesday 14 May

**10-11am Dementia Friends Information Session**  
St Clare Hospice with Jo Morrison. Hastingwood,  
CM17 9JX. 07534 031702 /  
[joanne.morrison@stclarehospice.org.uk](mailto: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

**10am-12pm Memory Café** St James' Church Hall,  
Ongar 01992 842642 / [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com)  
**10.30am – 12pm Singing for the Brain** Theydon  
Bois Village Hall. 01992 666777/  
[Maureen.Wheeler@epping.homeinstead.co.uk](mailto:Maureen.Wheeler@epping.homeinstead.co.uk)  
**12-1.45pm Community Café** Epping Forest District  
Museum, Waltham Abbey. 01992 564226 /  
[lcleverley@eppingforestdc.gov.uk](mailto:lcleverley@eppingforestdc.gov.uk)  
**12-1pm Seated Dance** Bedford House, 4 Westbury  
Road, Buckhurst Hill. 0208 504 6668 /  
[enquiries@bedfordhouse.org.uk](mailto:enquiries@bedfordhouse.org.uk)

**1-2pm Virtual Dementia Friends  
Information Session** with Laura  
[lcleverley@eppingforestdc.gov.uk](mailto:lcleverley@eppingforestdc.gov.uk)  
**2-4pm Men's Shed** Epping Forest District  
Museum, Waltham Abbey 01992 910701 /  
[communityhub@vaef.org.uk](mailto:communityhub@vaef.org.uk)  
**2-3.30pm Keep Well Club** Loughton  
Methodist Church 0208 508 6114 /  
[info@loughtonvoluntarycare.org.uk](mailto:info@loughtonvoluntarycare.org.uk)

Thursday 16 May

**10am-12.30pm/12.15-3.15pm Action for Family  
Carers activity groups** Jack Silley Pavilion,  
Epping. 0300 7708090 /  
[Jemma.Gant@afc.org.uk](mailto:Jemma.Gant@afc.org.uk). Free taster session  
**10am-12pm All female Puzzle Club** St James  
Church, Ongar. 01992 564222 /  
[kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)

**10am-12pm Dementia Carers Café  
and Dementia Friendly Gardening Club**  
St Clare Hospice, Hastingwood, CM17 9JX  
07534 031702 /  
[namastecare@stclarehospice.org.uk](mailto:namastecare@stclarehospice.org.uk)



Friday 17 May

**12-3pm Memory Café** Lambwood Heights, Chigwell  
0203 9735600 / [clientrelations.lh@oaklandcare.com](mailto: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](mailto: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](mailto:info@loughtonvoluntarycare.org.uk)

Email for further information:  
[lcleverley@eppingforestdc.gov.uk](mailto:lcleverley@eppingforestdc.gov.uk)

 Epping Forest  
District Council

 Dementia  
Friends  
An Alzheimer's Society initiative

 Essex County Council

 @EppingForestDFC