

Dementia friendly groups and support in the Epping Forest District

Created by Epping Forest Dementia Friendly Community Group

Updated August 2024

Buckhurst Hill

- **Buckhurst Hill Memory Café** runs on the 2nd Friday of the month, 10am – 12pm. **Roding Valley Hall**, Station Way, IG9 6LN. For more information enquiries@buckhursthillresidents.co.uk / Tel 07743 097973
- **Singing for the Brain, St John's Church Hall**, High Road, 10.30am–12pm every 2nd, 4th, 5th Monday. For more information essexandhertsgroups@alzheimers.org.uk / 0333 1503456
- **Action for Family Carers Carer Support Group** St James' United Reformed Church, Palmerston Road. Last Thursday of the month, 1:30pm - 3:30pm. Veronica.Sadowsky@AFFC.org.uk / 07955 266042
- **Bedford House Community Courses**, 4 Westbury Road, IG9 5NW. For more information on any of the free courses below www.bedfordhouse.org.uk/community-courses / 0208 504 6668 / enquiries@bedfordhouse.org.uk:
 - **Gardening** on the first Thursday of the month 10am – 12pm
 - **Crafting** every Monday 10.30am – 12.30pm
 - **Tai Chi** every Monday 1.00pm - 2.15pm (booking required)
- **Woollard's Kitchen**, The Woollard Centre, Loughton Way. Every Thursday 1.30-3.30pm. For anyone over 18, living alone, lonely or just keen to socialise with others. Meet over a free cuppa and cake. For more information call Lorraine 07960 603621.

Chigwell

- **Lambwood Heights** run a **Memory Café** on the 3rd Friday of the month, 12pm – 4pm. For more information clientrelations.lh@oaklandcare.com / 0203 9735600.
- **Lambwood Heights** run the **Sunshine Club** to enjoy light refreshments with family and friends on the 2nd Wednesday of the month, 2pm – 4pm. To book call 0203 973 5600.
- **Memory Café at The Chigwell Parish Community Hub**, Hainault Road, IG7 6QZ on the 4th Friday of the month 11am – 1pm. For more information 07853 944829.
- **3Social & Warm Place4U** run a **Memory Café at All Saints Church Hall**, Romford Road, Chigwell Row on the 1st Monday of the month, 3.30pm – 5.30pm. For more information info.3food4u@gmail.com / 01992 842642 or 07973 166940.

Epping

- **Action for Family Carers** provide activity groups in Epping for people with mild – moderate dementia. **Jack Silley Pavilion** every Thursday. For more information Jemma.Gant@affc.org.uk / 0300 7708090. £20 per session and £40 for a full day (bring own lunch). Free taster session. **Keeping Active morning sessions** run from 10am - 12.30pm each week. **Active Minds afternoon sessions** run from 12.45pm - 3.15pm each week.
- **Afternoon Tea & Dance** at Ashlar House Care Home, The Plain, In the grounds of St Margaret's Hospital, CM16 6TN on the 1st Tuesday of the month 3-4.30pm. For more information contact ashlar@barchester.com / 01992 570691.



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- **Action for Family Carers Walk & Talk.** Meeting point at **Julie's Café, Jack Silley Pavilion.** First Thursday of the month 2-4pm Donna.Markowicz@affc.org.uk / 07955 266042

Hastingwood

- **Dementia Carers Café** at **St Clare Hospice Community Space**, Taylor Centre, CM17 9JX every Thursday 10am – 12pm. Turn up on the day. For more information namastecare@stclarehospice.org.uk / 07534 031702
- **Dementia Friendly Gardening Club** at **St Clare Hospice Gardens**, CM17 9JX every Thursday 10am – 12pm. Advanced bookings required. For more information & to book namastecare@stclarehospice.org.uk / 07534 031702

Loughton

- Alzheimer's Society's **dementia support drop-in** at **Loughton Library** Traps Hill, IG10 1HD on the 3rd Wednesday of the month, 11am to 2pm. For more information 0333 150 3456 Essex@alzheimers.org.uk
- The Rotary Club of Roding run a **Memory Café** at **The Loughton Club**, 8 Station Road, IG10 4NX on the first Friday of the month 10am – 12pm. For more information contact Fran 07903 274398/Chris 07510 297173.
- **Silver Movers Exercise Class** at **Woodland Grove**, Rectory Lane, Loughton on the 4th Saturday of every month 11am – 12pm. Book in advance 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.
- 3Social & Warm Place4U run a **Memory Café** at **The Loughton Club**, 8 Station Road on the 2nd Thursday of the month, 2-4pm. For more information info.3food4u@gmail.com / Tel: 01992 842642 or 07973 166940.
- **Loughton Voluntary Care** run the following groups at **Loughton Methodist Church** 260 High Road IG10 1RB. For more information info@loughtonvoluntarycare.org.uk / 07592 369198. 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



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North Weald

- **Dementia Friendly Short Mat Bowling Group** runs every Tuesday 10.30am – 12.30pm at **Bantham and Ongar Bowls Club**, Weald Bridge Rd, 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, CM16 6BS. Cost £5 includes tea & cake/£10 includes tea, cake & transport. For more information call 07708 171116.

Ongar

- **All female 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 / Tel 01992 564222.
- 3Social & Warm Place4U run a **Memory Café** at **St James' Church Hall** in Ongar on the 3rd Wednesday of the month, 10am – 12pm. For more information contact info.3food4u@gmail.com / 01992 842642 or 07973 166940.
- **Carers Wellbeing Group** run by **Action for Family Carers** at **Zinc Arts, Great Stony, High Street, Chipping**. Open to all carers including those caring for people living with dementia. Second Wednesday of the month 1.30-3pm. To book or for more information Donna.Markowicz@affc.org.uk / 07955 266042

Theydon Bois

- **Memory Lane Café** at **Theydon Bois Village Hall** run by Home Instead Epping Forest on the 2nd Wednesday of the month 2.15-3.45 pm. Contact Maureen for more information 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 3rd Wednesday of the month 10.30am – 12pm. Contact Maureen for more information Maureen.wheeler@homeinstead.co.uk / Tel 01992 666777

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 cleverley@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 / 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.
- 3Social & Warm Place4U run a **Memory Café at Waltham Abbey Baptist Church Hall**, 6 Paradise Road, EN9 1RL on the last Friday of the month, 2.30pm – 4.30pm. For more information contact info.3food4u@gmail.com / 01992 842642 or 07973 166940
- **Museum Movers** every Friday 10:30-12pm during term time (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. £7 per class. To book or more information call 01992 564226.
- **Afternoon Tea & Dance** at **Paternoster House Care Home**, Paternoster Hill, EN9 3JY on the 3rd Tuesday of the month 3-4.30pm. For more information call 01992 787202

