

Join us at our groups in South Essex

Join us this Spring

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

Tel: 0333 150 3456



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia