

Join us at our groups in West 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® Buckhurst Hill

St John's Church, High Road, Buckhurst Hill. IG9 5RX

Starting 1 September then alternate Mondays 10.30am—12noon

Singing for the Brain® Harlow

Moot House, The Stow, Harlow. CM20 3AG

Starting 2 September then alternate Tuesdays 10.30am—12noon

Buckhurst Hill Spring Hub

Buckhurst Hill Library, 165 Queens Road, Buckhurst Hill. IG9 5AZ

Tuesday 10 and 24 March from 10—11.30am

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



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.