



GROUPS & MEETINGS FOR THOSE LIVING WITH DEMENTIA & THEIR CARERS



- MONDAYS - Each week 10am -12pm — Winter Cafe, Trinity Church Hall.
Free Car park , entry Rectory Garth Rayleigh
- TUESDAY - 1st of each month. 2pm- 4pm. Methodist Church Rayleigh
Memory Worship , Contact Naomi Young-Rhodas 07555705530
- TUESDAY - Swimming -1pm -2pm -Weekly at Clements Hall Leisure centre
£1.90 per session, carers free. -01702 207777
- WEDNESDAY - 1st March ongoing - walking Football 11-12pm -Writtle Chelmsford
033315034. / essexhertsgroup@alzheimers.org.uk
- WEDNESDAY - Dementia Advice & Information - Canvey Island
1st of the month 11am -1pm
Waterside Farm Leisure Centre, Somnes Ave. SS8 9RA
- THURSDAY - 1st Thurs.of each month Sweyne Court Day Centre ,Memory Cafe
Contact -Maxine 01268 774530
- THURSDAY - Dementia Navigator from the support Team - drop in with Questions
2nd Nov. 10-11am -Then fortnightly thereafter
RRAVS The parish Centre Rectory Garth Rayleigh SS6 8BB
01702 534773
- FRIDAY - Forget Me Not Cafe - Todman Centre, Castle Rd Rayleigh SS6 7QF
8th March/22nd March/12th April/26th April/10th May
Contact hub@megacentrerayleigh.co.uk -01268 779999
- FRIDAY. - 3rd week Of each month 10.30-12.30. - Hullbridge Library
Sunflower Memory Cafe (not Aug) run by Sian Thomas -
sianthomas055@gmail.com
- SATURDAY - Music for the Brain
once a month 2pm -4pm - Mill Hall. Rayleigh
£10 Includes sandwiches, cake ,tea/coffee & singer
Next meetings - Saturdays 2024, 13th January, 17th February, 16th March.
Contact :- Shelley Blackburn. 07980 113392
- SATURDAY - First of the month -Memory Lane Cafe, Hockley 2pm-4pm,
07804811954,

SPECIALIST HOLIDAYS

Dementia Adventure - 01245 237548. (funding opportunities for these)
julie@dementureadventure.co.uk

Revitalise - 0303 303 0145

IMPORTANT NUMBERS/ CONTACTS

CONNECT - 0333 150 3456 - Dementia advisors to listen , support & give advice for anyone living with dementia/their carers/people close to them
Mon-Wed 9-8 , Thurs-Fri 9-5, Sat/Sun 10-4pm

DEMENTIA COMMUNITY SUPPORT TEAM

Southend , Castle Point, & Rochford
dementiacommunitysupport@southend.gov.uk - 01702 534772

DAY CARE

The Harbour Club. Hullbridge 01702 232068. info2theharbourclub.org.uk

Peaceful place Basildon 01702 546476- (dealing with Young onset dementia)

TRANSPORT

Community Transport - (incl wheelchairs) 01268 753513

LIBRARY - issue a Memory Card (allows for extra return time etc)

DOCTORS SURGERY

Audley Mills surgery Rayleigh , all staff have had Dementia training & the surgery now has its Accreditation

SAFETY

Guardian Angel -Buddy Wristbands, contains loved ones contact details, in case those living with dementia become confused whilst out
www.rochford.gov.uk/other-health-support for the application form

All Information updated 1st March 2024

