



Dementia Friendly

Activities within the Harlow Community



For more information, scan the QR code or visit rainbowservices.org.uk/communitybuilder/dementia



MONDAY

- **Nature's Choice** - Weekly, from 1pm. A chance to connect with nature in Walled Garden, Harlow Town Park. 07918 605744
- **All Sorts Dementia Group** - Weekly, from 10am to 2:30pm. Fun and relaxed social group in Sawbridgeworth Cricket Club. First session free. 01279 498938
- **Tess' Memory Cafe** - Weekly, from 1pm - 3pm. An informal gathering to socialise in The Moot House, The Stow. 07525 719 300

TUESDAY

- Dementia Friendly Coffee Mornings - Weekly, from 10:30am at St James Church, Perry Road. A gathering to develop friendships and improve general well being. 07918 605744 ron@rainbowservices.org.uk
- Singing for the Brain - Every other Tuesday, from 10:30am to 12 pm, at The Moot House, The Stow. Starts with a tea or coffee to socialise, before an hour's session of singing. 07759 119512
- Essex Libraries Dementia Support Stand - Third Tuesday of every month, 11am - 2pm. Found at the Harlow Library, Cross Street, Harlow. Drop in sessions for anyone needing advice or information for anyone affect by dementia. 0345 603 7628

WEDNESDAY

- Keeping Active - Weekly, from 10am - 12pm at St Andrew's Church, Harlow. A group to help people engage in a wide range of physical activities. 03007 708090
- Active Minds - Weekly, 1pm - 3:30pm at St Andrew's Church, Harlow. A group to help people engage in a range of activities, including musical bingo, puzzles and quizzes, and discussions. 03007 708090

THURSDAY

- Dementia Carer's Cafe (St Clare Hospice) - Weekly, 10am to 12pm, at St Clare Hospice, Harlow. For carers and friends to meet and connect with others in a safe place. 07534 031702
- All Sorts Dementia Group - Weekly, from 10am to 2:30pm. Fun and relaxed social group in Sawbridgeworth Cricket Club. First session free. 01279 498938

FRIDAY

- 'Friends and Memories' Dementia Friendly Coffee Morning - Weekly, from 10:30am to 12pm at St Mary-at-Latton Church Hall, The Gowers, Harlow. A friendly group to meet with and chat. 01279 424005
- Friends Forever Group - First and Third Friday of every month, 2pm - 4pm. A group for people living with dementia and their families to enjoy live music and social afternoons together. Moot House, New Hall
- Wrights Court - Weekly, from 10:30am at Wrights Court, Potters Street, CM17 9BB. Dementia friendly coffee morning. 07918 605744
- Dementia Friendly Dance Group - Second Friday of every month, 1pm - 2:30pm. A fun and creative dance class led by Green Candle Dance Company. St Mary at Latton Church Hall, The Gowers, CM20 2JP. 07918 605744
- The Happiness Project Dementia Friendly Group - Fourth Friday of every month, 1pm-2:30pm. Using interactive light and lots of laughter, this project is designed to encourage movement, stimulate memory and develop friendship's.