



****Calling all carers of people with mild to moderate Dementia****

During September/October we are running a project for you to come and view our Maldon and Witham Day Centres and experience some of the activities that we can provide.

On Wednesday September 8th we will be visiting Ulting Wick Garden (a local award-winning garden that has appeared on TV) and enjoying the tranquil surroundings.

You can meet and chat to other Carers in a similar position over a cuppa (and cake) and go home with a goody bag of activities, information and a small gift to share with your 'cared for'.

On Wednesday 22nd September we will be visiting Maldon Day Centre looking at the facilities and experiencing some of the activities on offer. Refreshments will be served in the sensory garden under the canopy! (Indoors if it's wet).

On Monday 13th October we will be visiting Witham Activity Group and joining in on some of the activities and enjoying refreshments.

All visits will be 10.30am to 12.30pm; we envisage approximately 2 hours

Numbers are limited so please register your interest: email care@affc.org.uk OR call 0300 7708090