



# Action for Family Carers

Supporting Carers Across Essex



**Do you know someone with Dementia or memory problems?**

We run **Keeping Active** and **Active Minds** groups in Great Dunmow, Harlow and Epping

In the **Keeping Active Groups**, people engage in a wide range of physical activities while having fun and socialising.

**Active Minds Groups**, offer a chance to take part in mind and memory activities to stimulate different parts of the brain.

**The sessions are suitable for people  
with mild to moderate dementia.  
Come, have fun and socialise with us.**

**Keeping Active** sessions  
run in the mornings  
**10am - 12:30pm**

**Active Mind** sessions  
run in the afternoons  
**1pm - 3:30pm**



We welcome people who want to attend both morning and afternoon sessions (bring your own lunch). Alternatively, you can attend one session.

## **Where do the groups take place?**

**Monday** Dourdan Pavilion, Great Dunmow

**Wednesday** St Andrew's Church, Harlow

**Thursday** Quaker Meeting Hall, Epping

Contact us for your **FREE** taster session

**03007 708090**

**Email us** [clare.savva@affc.org.uk](mailto:clare.savva@affc.org.uk) **Visit us online** [www.affc.org.uk](http://www.affc.org.uk)

