



**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, 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 Jack Silley Pavilion, Epping

Contact us for your **FREE** taster session

03007 708090

Email us care@affc.org.uk

Visit us online www.affc.org.uk



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