

# Dementia friendly groups and support in the Epping Forest District

Created by Epping Forest Dementia Friendly Community Group

Updated December 2024

**We do our best to keep this list of local groups and activities as up to date as possible but we do suggest you call the provider of each event before you attend to check it is still running.**

## Buckhurst Hill

- **Buckhurst Hill Memory Café** runs on the 2<sup>nd</sup> Friday of the month, 10am – 12pm. **Roding Valley Hall**, Station Way, IG9 6LN. For more information [enquiries@buckhursthillresidents.co.uk](mailto:enquiries@buckhursthillresidents.co.uk) / Tel 07702638650 / 07930324408.
- **Singing for the Brain, St John's Church Hall**, High Road, IG9 5RX 10.30am–12pm every 1<sup>st</sup> and 3<sup>rd</sup> Monday. For more information call the provider 07907400413 or [essexandhertsgroups@alzheimers.org.uk](mailto:essexandhertsgroups@alzheimers.org.uk) / 0333 1503456
- **Action for Family Carers Carer Support Group** St James' United Reformed Church, Palmerston Road. Last Thursday of the month, 1:30pm - 3:30pm. [Veronica.Sadowsky@AFFC.org.uk](mailto:Veronica.Sadowsky@AFFC.org.uk) / 07955 266042
- **Bedford House Community Association**, Bedford House, 4 Westbury Road, Buckhurst Hill, Essex IG9 5NW  
For more information on any of the free courses below [www.bedfordhouse.org.uk/community-courses](http://www.bedfordhouse.org.uk/community-courses) / 0208 504 6668 / [admin@bedfordhouse.org.uk](mailto:admin@bedfordhouse.org.uk):
  - **Gardening** on the first Thursday of the month 10am – 12pm
  - **Crafting** every Monday 10.30am – 12.30pm
  - Tai Chi every Tuesday 6:30pm to 7:45pm (booking required) until 31 January.
  - **Seated Dance** Wednesday 12:00 – 1:00pm Jan to 31 March (booking required. Bookings open on 6 January)
  - **Contemporary Dance** Wednesday 1:15 – 2:15pm Jan to 31 March (booking required. Bookings open on 6 January)
- **Woollard's Kitchen, The Woollard Centre**, Loughton Way. Every Thursday 1.30-3.30pm. For anyone over 18, living alone, lonely or just keen socialise with others. Meet over a free cuppa and cake. For more information call Lorraine 07960 603621.

## Chigwell

- **Lambwood Heights** run a **Memory Café** on the 3<sup>rd</sup> Friday of the month, 12pm – 4pm. For more information [clientrelations.lh@oaklandcare.com](mailto:clientrelations.lh@oaklandcare.com) / 0203 9735600.
- **Lambwood Heights** run the **Sunshine Club** to enjoy light refreshments with family and friends on the 2<sup>nd</sup> Wednesday of the month, 2pm – 4pm. To book call 0203 973 5600.
- **Memory Café at The Chigwell Parish Community Hub**, Hainault Road, IG7 6QZ on the 4<sup>th</sup> Friday of the month 11am – 1pm. For more information 07853 944829.
- 3Social & Warm Place4U run a **Memory Café at All Saints Church Hall**, Romford Road, Chigwell Row on the 1<sup>st</sup> Monday of the month, 3.30pm – 5.30pm. For more information [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) / 01992 842642 or 07973 166940.



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## Epping

- **Action for Family Carers** provide activity groups in Epping for people with mild – moderate dementia. **Jack Silley Pavilion** every Thursday. For more information [Jemma.Gant@affc.org.uk](mailto:Jemma.Gant@affc.org.uk) / 0300 7708090. £20 per session and £40 for a full day (bring own lunch). Free taster session. **Keeping Active morning sessions** run from 10am - 12.30pm each week. **Active Minds afternoon sessions** run from 12.45pm - 3.15pm each week.
- **Afternoon Tea & Dance** at Ashlar House Care Home, The Plain, In the grounds of St Margaret's Hospital, CM16 6TN on the 1<sup>st</sup> Tuesday of the month 3-4.30pm. For more information contact [ashlar@barchester.com](mailto:ashlar@barchester.com) / 01992 570691.
- **Action for Family Carers Walk & Talk**. Meeting point at **Julie's Café, Jack Silley Pavilion**. First Thursday of the month 2-4pm [Donna.Markowicz@affc.org.uk](mailto:Donna.Markowicz@affc.org.uk) / 07955 266042

## Hastingwood

- **Dementia Carers Café** at **St Clare Hospice Community Space**, Taylor Centre, CM17 9JX every Thursday 10am – 12pm. Turn up on the day. For more information [namastecare@stclarehospice.org.uk](mailto:namastecare@stclarehospice.org.uk) / 07534 031702 / 01279 594471
- **Dementia Friendly Gardening Club** at **St Clare Hospice Gardens**, CM17 9JX every Thursday 10am – 12pm. Advanced bookings required. For more information & to book [namastecare@stclarehospice.org.uk](mailto:namastecare@stclarehospice.org.uk) / 07534 031702 / 01279 594471
- **Dementia Support Service** – provided in your own home by St Clare Hospice volunteers 1 to 2 hour sessions provided free for 10 weeks to engage and connect with people living with dementia and their carer. Carer or family member must be present when the sessions take place. For more information/referrals [namastecare@stclarehospice.org.uk](mailto:namastecare@stclarehospice.org.uk) / 01279 594471 / 07534 031702

## Loughton

- Alzheimer's Society's **dementia support drop-in** at **Loughton Library** Traps Hill, IG10 1HD on the 3<sup>rd</sup> Wednesday of the month, 11am to 2pm. For more information 0333 150 3456 [Essex@alzheimers.org.uk](mailto:Essex@alzheimers.org.uk)
- The Rotary Club of Roding run a **Memory Café** at **The Loughton Club**, 8 Station Road, IG10 4NX on the first Friday of the month 10am – 12pm. For more information contact Fran 07903 274398/Chris 07510 297173.
- **Silver Movers Exercise Class** at **Woodland Grove**, Rectory Lane, Loughton on the 4<sup>th</sup> Saturday of every month 11am – 12pm. Book in advance [clientrelations.wg@oaklandcare.com](mailto:clientrelations.wg@oaklandcare.com)/0208 5089220.
- **Social Activity Club** run by **Voluntary Action Epping Forest (VAEF)** every Wednesday 1pm – 3pm at St John the Baptist Loughton with St Nicholas, Church Lane, Loughton, IG10 1PD. Cost £6, includes tea & cake/£12 includes tea, cake & transport. For more information call 07708 171116.



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- 3Social & Warm Place4U run a **Memory Café** at **The Loughton Club**, 8 Station Road on the 2<sup>nd</sup> Thursday of the month, 2-4pm. For more information [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) / Tel: 01992 842642 or 07973 166940.
- **Loughton Voluntary Care** run the following groups at **Loughton Methodist Church** 260 High Road IG10 1RB. For more information [info@loughtonvoluntarycare.org.uk](mailto:info@loughtonvoluntarycare.org.uk) / 07592 369198. Is advisable to check before visiting any session:
  - Keep Well Club - Seated keep fit Wednesdays 2 - 3.30pm. No charge. Free refreshments. Rolling programme as follows:
    - Week 1 Seated keep fit
    - Week 2 Singalong
    - Week 3 Games – physical/cognitive stimulation
    - Week 4 Reminiscence
  - Fish and Chip lunch. Last Saturday of the month 11.45 – 2pm Cost of lunch about £10. Refreshments free. Free draw and, usually, a pianist. No need to book.
  - Befriending - a weekly escorted shopping trip, walking buddies and garden rescue as well as (for IG10 residents only) transport to medical (not social) appointments.
  - IT Clinic (digital support) – Drop-in sessions run throughout the year on Saturday mornings from 10 – 11.30. No charge. No need to book. Free refreshments

## North Weald

- **Dementia Friendly Short Mat Bowling Group** runs every Tuesday 10.30am – 12.30pm at **Bantham and Ongar Bowls Club**, Weald Bridge Rd, CM16 6GP. For more information call Doreen 01277 363202.
- **Social Activity Club** run by **Voluntary Action Epping Forest (VAEF)** every Tuesday 1pm – 3pm at Leonard Davis House, Kiln Road, CM16 6BS. Cost £6 includes tea & cake/£12 includes tea, cake & transport. For more information call 07708 171116.

## Ongar

- 3Social & Warm Place4U run a **Memory Café** at **St James' Church Hall** in Ongar on the 3<sup>rd</sup> Wednesday of the month, 10am – 12pm. For more information contact [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) / 01992 842642 or 07973 166940.
- **Carers Wellbeing Group** run by **Action for Family Carers** at **Zinc Arts, Great Stony, High Street, Chipping**. Open to all carers including those caring for people living with dementia. Second Wednesday of the month 1.30-3pm. To book or for more information [Donna.Markowicz@affc.org.uk](mailto:Donna.Markowicz@affc.org.uk) / 07955 266042



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## Theydon Bois

- **Memory Lane Café** at **Theydon Bois Village Hall** run by Home Instead Epping Forest on the 2<sup>nd</sup> Wednesday of the month 2.15-3.45 pm. Contact Maureen for more information [Maureen.wheeler@homeinstead.co.uk](mailto:Maureen.wheeler@homeinstead.co.uk) / Tel 01992 666777.
- **Singing for the Brain** at **Theydon Bois Village Hall** run by Home Instead Epping Forest on the 3<sup>rd</sup> Wednesday of the month 10.30am – 12pm. Contact Maureen for more information [Maureen.wheeler@homeinstead.co.uk](mailto:Maureen.wheeler@homeinstead.co.uk) / Tel 01992 666777

## Waltham Abbey

- **Community Café** at **The Space at Epping Forest District Museum**, Waltham Abbey, EN9 1EL. Every Wednesday, 12pm – 1.45pm. Free, just turn up. For more information [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) / 01992 564222
- **Social Activity Club** run by **Voluntary Action Epping Forest (VAEF)** every Friday 1pm – 3pm at Jubilee Court, Waltham Abbey, EN9 3JB. Cost £6 includes tea & cake/£12 includes tea, cake & transport. For more information call 07708 171 116.
- 3Social & Warm Place4U run a **Memory Café at Waltham Abbey Baptist Church Hall**, 6 Paradise Road, EN9 1RL on the last Friday of the month, 2.30pm – 4.30pm. For more information contact [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) / 01992 842642 or 07973 166940
- **Museum Movers** every Friday 10:30-12pm during term time (dance for an hour to music from the past 70 decades and then time for a tea/coffee and a chat) at **Epping Forest District Museum**, 39-41 Sun Street, Waltham Abbey EN9 1EL. £7 per class. To book or more information call 01992 564226.
- **Afternoon Tea & Dance** at **Paternoster House Care Home**, Paternoster Hill, EN9 3JY on the 3<sup>rd</sup> Tuesday of the month 3-4.30pm. For more information call 01992 787202

## General

- **Dance Network Association** for seated exercise online videos [VIDEO LIBRARY | Dance Network Assoc \(dancenetworkassociation.org.uk\)](https://www.dancenetworkassociation.org.uk)

