



3Social & Memory Cafe4U

FREE Friendly & welcoming, they're open to anyone who would like to socialise, and are dementia friendly for people with varying degrees of memory issues and those who love and care for them. It's activity based with yoga, singing, word games, bingo and more with free light refreshments.

EVERY 1ST MONDAY OF THE MONTH 3:30PM - 5:30PM

All Saints Church Hall | Romford Road | Chigwell Row | IG7 4QD

EVERY 2ND THURSDAY OF THE MONTH 2:00PM - 4:00PM

Loughton Club | 8 Station Road | Loughton | IG10 4NX

EVERY 3RD WEDNESDAY OF THE MONTH 10:00AM - 12:00PM

St James' Church Hall | St James' Avenue | Ongar | CM5 9EL

EVERY LAST FRIDAY OF THE MONTH 2:30PM - 4:30PM

Baptist Church Hall | 6 Paradise Road | Waltham Abbey | EN9 1RL

Supported by:



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