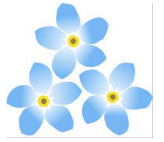




GROUPS & MEETINGS FOR THOSE LIVING WITH DEMENTIA  
& THEIR CARERS & USEFUL CONTACTS & RESOURCES



MONDAYS - Summer Cafe 10am-12pm @ Holy Trinity Church  
FREE incl.Car Park, entry from Rectory Garth, Rayleigh  
2nd & 4th weeks of the month,except September  
May12th,June 9th,July 14th & 28th, August 11th, Sept.22nd & 29th  
Contact email as at end of listings or 07368657397

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1st Monday of the month Cafe at Rayleigh Library 10-12pm  
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TUESDAY - 1st of each month. 2pm Methodist Church Rayleigh,Eastwood Rd.  
Memory Worship,includes a short service followed by craft,  
refreshments & chat. FREE including parking  
Contact Naomi Young-Rhodas 07555705530

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TUESDAY - Swimming -1pm -2pm -Weekly at Clements Hall Leisure centre  
£1.90 per session, carers free. -01702 207777  
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WEDNESDAY - Carers & Cared for Support & Activity Cafe, 3rd week of the  
month,12-2pm,FREE Waterside Farm Leisure Centre  
Somnes ave,Canvey Island SS8 9RA

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THURSDAY. - Carers Relaxation Group, Trinity Church,Rectory Garth,Rayleigh  
4th of each month.11-12pm. FREE, Booking Essential,  
03331503456/ [essexgroups@alzheimers.org.uk](mailto:essexgroups@alzheimers.org.uk)  
If unable to leave the person you care for, you are welcome to  
bring them along.They will be entertained, but no Personal care.

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THURSDAY - Seated Music & Movement Group. 2nd Thurs, each month.  
11-12pm, Trinity Church, Rectory Garth,Rayleigh SS6 8BB  
FREE Run by the Alzheimers Society  
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FRIDAY - Forget Me Not Cafe - Todman Centre, Castle Rd, Rayleigh SS6 7QF  
Fortnightly-May 9th,& 23rd, June 6th & 20th FREE  
Contact [hub@megacentrerayleigh.co.uk](mailto:hub@megacentrerayleigh.co.uk) -01268 779999

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FRIDAY. - 3rd week Of each month 10.30-12.30. - Hullbridge Library  
Sunflower Memory Cafe(not Aug) [sianthomas055@gmail.com](mailto:sianthomas055@gmail.com)  
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SATURDAY - Music for the Brain  
3rd week of each month 2pm -4pm- Mill Hall Rayleigh  
£12 Includes sandwiches, cake ,tea/coffee & singer  
Next meetings - May 10th,June 21st  
Contact :- Shelley Blackburn. 07980 113392

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SATURDAY - First of the month -Memory Lane Cafe, Hockley 2pm-4pm,  
07804811954

## SPECIALIST HOLIDAYS

Dementia Adventure - 01245 237548. [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

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Revitalise Respite Holidays - 0303 303 0145

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## COMMUNITY DEMENTIA SUPPORT SERVICES

DEMENTIA SUPPORT LINE - 0333 150 3456 - Dementia advisors to listen , support & give advice for anyone living with dementia/their carers/people close to them  
Mon.-Wed. 9am-8pm, Thurs. - Fri. 9am-5pm, Sat/Sun 10am-4pm

[email-essex@alzheimers.org.uk](mailto:email-essex@alzheimers.org.uk)

Website- [www.alzheimers.org.uk/get-support/dementia-support-line](http://www.alzheimers.org.uk/get-support/dementia-support-line)

Adult Social Care

[www.essex.gov.uk/adult-social-care-and-health/get-social-care-help](http://www.essex.gov.uk/adult-social-care-and-health/get-social-care-help)

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## DAY CARE

The Harbour Club. - Hullbridge - 01702 232068.

Peaceful place Basildon 01702 546476- ( dealing with Young onset dementia)

Careers choices - 0300 302 1212 - [silverbirch@caraerschoices.org](mailto:silverbirch@caraerschoices.org) - pick up available

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## TRANSPORT

Community Transport - ( incl wheelchairs) 01268 753513

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LIBRARY - issue a Memory Card ( allows for extra return time etc)

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## DOCTORS SURGERY

Audley Mills surgery Rayleigh , all staff have had Dementia training & the surgery now has its Accreditation

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## SAFETY

Guardian Angel -Buddy Wristbands, contains loved ones contact details, in case those living with dementia become confused whilst out

[www.rochford.gov.uk/other-health-support](http://www.rochford.gov.uk/other-health-support) for the application form

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## CITIZENS ADVICE SERVICES - Rochford District

Adviceline - 0808 278 7877 Mon-Fri 9-5pm Wed open until 8pm

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## RAYLEIGH TOWN COUNCIL

Go to website click communities on dropdown dementia friendly town

There is further info on the support services , events & copy of this activities letter

Please check you have your Council Tax reductions and blue badge entitlement.

All Information updated May 2025

[cllreizabeth.brewer@rayleightowncouncil.gov.uk](mailto:cllreizabeth.brewer@rayleightowncouncil.gov.uk)

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