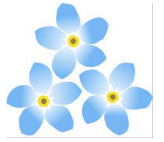




GROUPS & MEETINGS FOR THOSE LIVING WITH DEMENTIA  
& THEIR CARERS & USEFUL CONTACTS & RESOURCES



MONDAYS - Friends & Memories Cafe 10am-12pm @ Holy Trinity Church  
FREE incl. Car Park, entry from Rectory Garth, Rayleigh  
Every Monday Except first Monday of the month  
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 - Quiet Swimming 2.15pm-3.15pm -Weekly at Clements Hall Leisure  
& THURSDAY centre £2.75 per session, May book online -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, Canvey Island  
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THURSDAY. - Carers Relaxation Group, 4th week of each month. 11-12pm  
Trinity Church Rayleigh. 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 2nd week of each month. 11-12pm  
Trinity Church, Rectory Garth, Rayleigh Run by Alzheimers Society  
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FRIDAY - Forget Me Not Cafe - Todman Centre, Castle Rd, Rayleigh SS6 7QF  
2nd and 4th Friday - FREE 10.30-12.30,  
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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FRIDAY - Seated Exercise, Rayleigh Library, 2-2.45pm Free, contact library  
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SATURDAY - Music for the Brain  
3rd week of each month 2pm -4pm- Fitzwimarc School, Rayleigh  
£15 Includes sandwiches, cake, tea/coffee & singer  
Next meetings - 25th April, 23rd May, 27th June  
Contact :- Shelley Blackburn. 07980 113392  
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SATURDAY - First week 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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## 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)

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## 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)  
Carers choices - 0300 302 1212. Benfleet and Wickford - pick up available

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## TRANSPORT

WYVERN Community Transport -minibus & car, wheel chair & scooters  
01268 753513/ 754936

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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 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 out or lost- contact Elizabeth

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## CITIZENS ADVICE SERVICES - Rochford District

Advice line - 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 Attendance Allowance , Council Tax reductions and blue badge entitlement.

All Information updated April 2026

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

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