

Carers Support 4-week programme Chigwell

**Every
Wednesday
19th March– 9th
April 2025
10am –12pm**



This programme has been sensitively created for carers looking after loved ones living with dementia.

Local support information will be provided and an opportunity to explore creative wellbeing activities.

Each session will take place in a safe, friendly and supportive environment.

There will be plentiful supplies of tea, coffee and cake!

Location:

Chigwell Community Parish
Hub,
Next to Victory Hall,
Hainault Road,
Chigwell,
Essex,
IG7 6QX.

To book your place contact
kmurray@eppingforestdc.gov.uk
07789 372196

