

# ***Carers Support 4-week programme Loughton***

**Every  
Wednesday  
4<sup>th</sup> - 25<sup>th</sup>  
September  
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:**

Loughton Town Council  
Chamber Room  
1 Buckingham Court  
Rectory Lane  
Loughton  
IG10 2QZ

To book your place contact  
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07548 145652

