

Carers Support

4-week programme

Ongar

Every
Wednesday 8th
– 29th January
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:

Ongar fire Station,
67, High Street,
Chipping Ongar,
Ongar,
Essex,
CM5 9DT

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

