

Carers Support 4-week programme Sheering

**Every
Wednesday
16th April – 7th
May 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:

Sheering Village Hall,
Next to Victory Hall,
Hainault Road,
Chigwell,
Essex,
IG7 6QX.

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

