

# ***Carers Support 4-week programme Theydon Bois***

**Every Monday  
3rd – 24<sup>th</sup>  
February 2025  
11.15am –  
1.15pm**



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:**

St. Mary's Church Hall,  
Coppice Row,  
Theydon Bois,  
Essex.  
CM16 7ER

To book your place contact  
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