

Carers Support

4-week programme

Waltham Abbey

Every Monday
11th November
– 2nd
December
2024 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:

Waltham Abbey Leisure
Centre,
Hillhouse,
Waltham Abbey,
Essex,
EN9 3EL

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

Community Transport meets the needs of local people who for various reason are unable to use conventional public transport.

For more details, please telephone 01992 579556

