

Dementia Café

run in association with Abbey Fields Medical Centre & Ambrose Avenue Group Practice

Every second Thursday of the month

10:30am to 12 noon

starting Thursday 13 October 2022

Come along for refreshments, a chat and an opportunity to meet new people.

Planned activities include games, music and guest speakers. A qualified reflexologist will also be available for anyone wanting a free hand massage.

**C3 Church Hall
next to Abbey Fields Medical Centre,
Ypres Road, Colchester, CO2 7UW**

Parking places available

Information and advice for carers will be available from Dementia Action Alliance member organisations.

**For further details please contact
Abbey Fields Medical Centre t: 01206 517100
Ambrose Avenue Group Practice t: 01206 549444**

Community360

Winsley's House, High Street, Colchester, CO1 1UG

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