

East Herts Action Week

16th - 23rd May

This year's theme is **UNDERSTANDING & DIAGNOSIS** as it's better to understand how our brains are functioning as we age and know where to go for advice and support for ourselves or anyone we know showing signs of something more than normal age related memory decline.

There is a great deal of practical guidance and information on what next steps to take, what to expect during and after a Mild Cognitive Impairment, Alzheimer's or other Dementia diagnosis and be aware of support offered throughout. Because it's better to know.

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>

There will be several local very relaxed drop-in events across East Herts during action week where anyone can find out more about memory health and support. Please come along for a cuppa, cake and a chat on:

Monday 16th May

- 2pm - 4pm: Bishop's Stortford, South Mills Arts for a free 'At the Musicals' Afternoon Tea.

Tuesday 17th May

- 10am - 3pm: Bishop's Stortford, Grange Paddocks. Drop-in Café with Virtual Bike Ride, Neuro-Table Tennis & Nordic Walking taster sessions.
- 11.30am - 12.30pm: Neuro-Dance Taster, 11.30 - 12.30 @Hertford Wellbeing Hub SG14 2HN.

Wednesday 18th May

- 11am - 1pm: Little Hadham Eat & Meet cookery time.
- 2pm - 4pm: Hertford, Courtyard Arts for free Musical Afternoon Tea.
- 7pm: Bishop's Stortford, The Star Bridge St, for Pub Bingo Evening.

Thursday 19th May

- 10am - 12pm: Ware, Southern Maltings, Drop-in Café & music.

Friday 20th May

- 2pm - 4pm: Ware, Southern Maltings Freedom Fridays Cinema.

Monday 23rd May

- 2pm: Little Hadham, Village Hall Red Chair Cinema Relaxed Screening of Singing in the Rain, (£5, carer free).

Contact: Claire.uwins@mac.com, 07595 674241
or Mekhola.Ray@eastherts.gov.uk for details on all events.



Stepping Out



Hertswise
Dementia support in Herts



Home
Instead.



South
Mill Arts



Imagination Dance
Community Interest Company



everyone
ACTIVE



Carers
in Hertfordshire