



All Sorts Dementia Group

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High Cross - Mon & Thurs
Essendon - Weds
Sawbridgeworth - Mon & Thurs
www.allsortsdg.co.uk
Kelly: 01279 49893



Singing for memory

Hertford - Tues
B. Stortford - Thurs
HertsMusicalMemories.org.uk
Kerry: 020 8950 5757



It's Never Too Late to be Active.

Free 7 day pass at your local leisure centre runs for 12 weeks from 9th May - 29th July.
www.hertfordshire.gov.uk/nevertoolate - 01992 555627



Regular gentle, tailored walks.

B. Stortford, Grange Paddocks, Thurs 1 - 2pm with East Herts instructor Hazel.
www.easthertsnordicwalking.org.
Claire: 07595 674241



Virtual seated bike tours

Fortnightly at the following venues:
B. Stortford - Havers centre, Little Hadham - village hall, Ware - Leaside church & Hertford library.
Adam: 07538 706560



Table Tennis

Weekly at Grange Paddocks, B. Stortford as part of Neuro-friendly programme.
Claire: 07595 674241



Helpline & Weekly activity/ support sessions

Hertford, Sawbridgeworth & Bishop's Stortford
0300 123 4044
[https://hertswise.org.uk](http://hertswise.org.uk)



Tailored At Home Dementia Wellbeing support & personal care

www.homeinstead.co.uk
Jo: 07588 736610



Dance for Dementia

Hertford - Tues
Stevenage - Weds
Info.imaginationarts@yahoo.com
Hannah: 07394 934911



Seated & Walking Sports

Bishop's Stortford - Mon
adam.howard@activeinthecommunity.org.uk
Adam: 07538 706560



Regular walks for social connection

19th May Cambridge Botanical Gdns
31st May Henry Moore Sculpture Park
June (tbc) English Heritage's Audley End
Ali: 07739 361061, Sue 07836 283566



Carers Workshops

Call 01992 58 69 69 to find out about Sept workshops and Carers Passport
[https://www.carersinherts.org.uk](http://www.carersinherts.org.uk)



Timeless Tuesdays at South Mills Arts - Box office: 01279 710200
Freedom Fridays at Southern Maltings - Fiona: 07864 941546
Red Chair Cinema at Little Hadham Village Hall - Jan: 01279 771272



Advice, support & diagnosis referrals for memory loss

Helpline: 01707 378365 | central.herts@alzheimers.org.uk

www.eastherts.gov.uk/healthy-hub