

'FRIENDS & MEMORIES'

Dementia Friendly Coffee Morning

For people with dementia
and their carers, family and friends.
All are welcome.



This weekly coffee morning meets
every Friday 10.30am – 12pm
at St. Mary-at-Latton Church Hall,
The Gowers, Harlow CM20 2JP

This is a lovely, friendly group, meeting in a
relaxed atmosphere where we have great fun
together chatting, sharing experiences, having a
cuppa and eating plenty of cakes and biscuits!
We have fun reminiscing, quizzes, exercises,
games, singing and the occasional lunch.

For further information contact
Lynn Hurry
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**AND IT'S ALL
FREE OF CHARGE!**

St Mary-at-Latton Church
working in conjunction with
Rainbow Services,
Heart for Harlow
DAA Harlow (Dementia Action Alliance)