

Dance for Dementia: Strengthening Lives

Imagination Dance
Dementia Action Alliance

A welcoming, inclusive and friendly class specifically tailored for those living with Dementia. Creative movement classes to improve balance, coordination and muscular strength and endurance. Aimed at those living with early stage - mild Dementia.

Wednesday, 1.30 - 3pm
St Peter's Church Hall
The Willows
Kewsgate
SG2 9AG

FREE TO ATTEND
Refreshments and social time
Parking charges welcome
Classes run: 20th April

Book your space: info.imaginationarts@yahoo.com | 07394 934911

FOREVER CYCLING EAST HERTS
HAVERS COMMUNITY CENTRE

Virtual cycle routes bring some of the most iconic cities in the world to you. Routes are projected onto a screen while you pedal at your own pace using floor pedals.

TUESDAYS - 2PM - 3PM

£2 PER SESSION

22ND FEBRUARY
5TH MARCH
22ND MARCH

29TH MARCH
19TH APRIL
26TH APRIL

PRE BOOK ESSENTIAL

EMAIL: [ADAM.HOWARD@HERTSMUSICALMEMORIES.ORG.UK](mailto:adam.howard@hertsmusicalmemories.org.uk)
TO BOOK OR CALL 07538 706560

SEATED CRICKET
BISHOPS STORTFORD

ACTIVE HERTS

MONDAY 12.00PM - 1.15PM
CELEP DEGRON
INDOOR, PALLIS
STADIUM - KENNEL FLD
PULHAM, BISHOPS CUM RAYLTON, H.
LU2 9PT

Hannah, 07394 934911 for details

Adam - 07538 706560 for May/June dates



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

SINGING FOR MEMORY
Tuesdays in Hertford
Thursdays in B. Stortford
8 other venues in Herts
hertsmusicalmemories.org.uk
Kerry on 020 8950 5757



High Cross, Mon 11.30 - 4pm, Thur 10.30- 3pm.
Essendon, Wed 10.30 - 3pm
Sawbridgeworth, Mon, Thurs 10 - 2.30
Kelly, 01279 49893 <https://www.allsortsdg.co.uk>

Helpline & Weekly activity/support sessions
B Stortford, Sawbridgeworth & Hertford
Call 0300 123 4044 for details
<https://hertswise.org.uk>

We're here for you
0333 150 3456

ALZHEIMERS SOCIETY
DEMENTIA CONNECT



Free 7 day pass during May
<https://www.everyoneactive.com>

Advice, Support & diagnosis referrals for memory loss
Helpline 01707 378365, central.herts@alzheimers.org.uk

Neuro-friendly Nordic Walking & Table Tennis
Claire, 07595 674241



Walks & social connection
<https://carerssteppingout.co.uk>



Tailored Home dementia care
www.homeinstead.co.uk Jo 07588736610

Carers Workshops
www.carersinherts.org.uk

