

## Dementia-friendly coffee mornings and cafes across Colchester

What	When	Where	For more information...
AgeWellEast dementia café	Every <b>Tuesday</b> from 10am to 12 noon	Orchard Baptist church hall, Mersea Road, Monkwick, Colchester CO2 0AE	Please book in advance by phoning 0300-37-33-333. Parking spaces available. Donations welcome to cover refreshments
Seniors' coffee morning	First <b>Wednesday</b> of the month from 11am to 1 pm	Primary Care Centre café, Turner Road, Colchester CO4 5JR	Free. No need to book, just come along. Parking is in the PCC car park, or you can use the Highwoods country park car park. Call C360 on 01206-505250 with any questions
Coffee at Marylands – dementia-friendly	Second <b>Wednesday</b> of the month from 12 noon to 2pm	ECL Marylands, Shrub End Road, Colchester CO3 3UE	Free, no need to book, just come along. Parking spaces available toward the rear of the building. For more information call 0333-013-5438
West Mersea dementia café	Second <b>Wednesday</b> of the month from 1:30pm to 3pm	West Mersea Community Support Hall, 13 Melrose Road, West Mersea, CO5 8JB	Free. For more information contact The Mersea Island Practice 01206-382015
Loganberry Lodge dementia café	Last <b>Wednesday</b> of the month, from 10:00 – 11:30am, starting 29 March 2023	Loganberry Lodge, 79-81 New Farm Road, Stanway, Colchester CO3 0PG	Free. No need to book, just come along. Parking spaces available. Call Loganberry Lodge on 01206-237535 with any questions
Abbey Field dementia café, run by Abbey Field medical centre, Ambrose Avenue and Ardleigh medical practices	Every second <b>Thursday</b> of the month, from 10:30am to 12:30pm	C3 Centre, next to Abbey Field medical centre, Ypres Road, Colchester CO2 7UW	Free. No need to book, just come along. Parking spaces available. Call Abbey Field medical centre with any questions on 01206-517000
Wivenhoe Friendly Club & Café	Every <b>Thursday</b> afternoon from 2:30-4:30pm	St Mary's church, Wivenhoe, CO7 9BD	Flat fee of £2 to cover unlimited tea and biscuits. Please call Peter Hill on 01206-823073 for more information
Creffield Medical Centre dementia café	Last <b>Friday</b> of every month from 12 noon to 1:30pm	Creffield medical centre, Cavalry Road, Colchester, CO2 7GH	Free. Please book in advance by calling 01206-570371