Colchester Dementia Cafe

Wednesdays
10.00 - 12.00
Community & sports centre
12 Boadicea way
Colchester
C02 9BQ

For more information, please contact the Dementia Service.
01206 228970
Who is it for?

Anyone who has an interest in dementia - you may have dementia yourself or care for someone who has dementia and you want to find out more about what can be done to help. You may be a health care professional who wants more information.

Maybe you are worried about your own memory or that of someone close to you and want to find out where you can go for more help and advice. Whatever your reason for coming along, you will be welcome.

What will I find there?

- health care professionals from the Trust’s Dementia Service;
- information including leaflets and booklets;
- representatives from the Alzheimer’s Society and Age UK will be available once a month.

And, most importantly, a warm friendly atmosphere where you can meet others who understand your situation and can offer support and friendly advice based on their own experiences.

Patient Experience Team

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Experience Team on 0800 085 7935 or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.

Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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