



Essex Dementia Care has over fifteen years of experience helping people with dementia continue to live active and fulfilling lives.

Our **One2One** services are tailored to the individual's personality and needs, enabling them to maintain a sense of well-being and independence for as long as possible. We also run a number of **group activities** that are designed to support different stages of the dementia journey within a social setting.

Our services have proven invaluable for providing caregivers with much-needed respite too:

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Essex Dementia Care services have been an absolute godsend! I can't remember how I coped before!

Margaret (wife of client)

EDC activity days take place in Springfield Parish Centre, Christian Centre Writtle, and Broomfield, Sandon, and Bradwell Village Halls.

To try a **free** taster session or for more information on any of our services, please contact us on **01245 363789** or visit **www.essexdementiacare.org.uk**



Every Day Counts Groups

Our Every Day Counts groups support people in the earlier stages of dementia, helping them to retain existing skills and to stay active in the community. Group members might produce artwork, participate in games, 'Movement and Music', or spend time out and about visiting places of interest. The main thing is they will be having fun!

Groups take place as follows:

Writtle, Chelmsford:

11am-4pm on Mondays

Springfield, Chelmsford:

11am-4pm on Tuesdays

Sandon, Chelmsford:

11am-4pm on Wednesdays

Bradwell, Braintree:

11am-4pm on Wednesdays
and Thursdays

Broomfield, Chelmsford:

11am-4pm on Fridays

One2One Services

This service offers a care package tailored to the individual. Our practitioners become an extension of your family, developing a personalised support plan that is built around the individual's personality and needs. By working on a one-to-one basis, we seek to encourage the return of lost skills and to offer opportunity for discovering new skills.

Oasis Activity Groups

Oasis groups have a less hectic schedule and are suited to those whose dementia has progressed further. Members enjoy a choice of activities including drama, music, arts and crafts, reminiscence and games, together with a homecooked lunch.

Groups take place as follows:

Bradwell, Braintree:

11am-3:30pm on Mondays

Sandon, Chelmsford:

11am-3:30pm on Tuesdays

