



## All Sorts Dementia Group



All Sorts  
Dementia Group

High Cross - Mon & Thurs  
Essendon - Weds  
Sawbridgeworth - Mon & Thurs  
[www.allsortsdg.co.uk](http://www.allsortsdg.co.uk)  
Kelly: 01279 49893

## Singing for memory



Hertford - Tues  
B. Stortford - Thurs  
[Hertsmusicalmemories.org.uk](http://Hertsmusicalmemories.org.uk)  
Kerry: 020 8950 5757

## It's Never Too Late to be Active.



Free 7 day pass at your local leisure centre runs for 12 weeks from 9<sup>th</sup> May - 29<sup>th</sup> July.  
[www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate) - 01992 555627



## Regular gentle, tailored walks.

B. Stortford, Grange Paddocks,  
Thurs 1 - 2pm with East Herts instructor Hazel.  
[www.easthertsnordicwalking.org](http://www.easthertsnordicwalking.org)  
Claire: 07595 674241

## Virtual seated bike tours



Fortnightly at the following venues:  
B. Stortford - Havers centre, Little Hadham - village hall, Ware - Leaside church & Hertford library.  
Adam: 07538 706560



## Table Tennis

Weekly at Grange Paddocks, B. Stortford as part of Neuro-friendly programme.  
Claire: 07595 674241

## Helpline & Weekly activity/ support sessions



Hertford, Sawbridgeworth & Bishop's Stortford  
0300 123 4044  
<https://hertswise.org.uk>



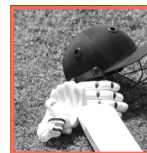
## Tailored At Home Dementia Wellbeing support & personal care

[www.homeinstead.co.uk](http://www.homeinstead.co.uk)  
Jo: 07588 736610

## Dance for Dementia



Hertford - Tues  
Stevenage - Weds  
[Info.imaginationarts@yahoo.com](mailto:Info.imaginationarts@yahoo.com)  
Hannah: 07394 934911



## Seated & Walking Sports

Bishop's Stortford - Mon  
[adam.howard@activeinthecommunity.org.uk](mailto:adam.howard@activeinthecommunity.org.uk)  
Adam: 07538 706560

Stepping Out



Regular walks for social connection  
19<sup>th</sup> May Cambridge Botanical Gdns  
31<sup>st</sup> May Henry Moore Sculpture Park  
June (tbc) English Heritage's Audley End  
Ali: 07739 361061, Sue 07836 283566



## Carers Workshops

Call 01992 58 69 69 to find out about Sept workshops and Carers Passport  
<https://www.carersinherts.org.uk>

Cinema

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