

# Community Support Service Essex Diary Dates for Virtual Groups April – June 2021



<b>Virtual Carers Peer Support</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:Claire.shearer@alzheimers.org.uk">Claire.shearer@alzheimers.org.uk</a>	<b>1<sup>st</sup> Monday morning</b> of the month <b>9.30am – 10.30am</b> <b>For Carers only</b>
<b>Dementia Friendly Quiz</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:Toni.Wilson@alzheimers.org.uk">Toni.Wilson@alzheimers.org.uk</a>	<b>Monday mornings</b> weekly <b>10am - 11am</b> <b>For persons with dementia and Carers</b>
<b>Virtual Activity Group - Bingo</b> Sessions by <b>ZOOM</b> Contact - <a href="mailto:Toni.Wilson@alzheimers.org.uk">Toni.Wilson@alzheimers.org.uk</a>	<b>Monday mornings</b> <b>11.30 – 12.30pm</b> <b>For persons with dementia and Carers</b>
<b>Peer Support for Carers of PWD in Care Homes</b> Sessions by <b>Zoom</b> Contact <a href="mailto:Melanie.Herlihy@alzheimers.org.uk">Melanie.Herlihy@alzheimers.org.uk</a> DSW rota for sessions	<b>Monday afternoons</b> weekly <b>12pm - 1pm</b> <b>For Carers of people with dementia in care homes only</b>
<b>Virtual Coffee/Activity Afternoon</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:Rae.moody@Alzheimers.org.uk">Rae.moody@Alzheimers.org.uk</a>	<b>Monday afternoons</b> weekly <b>3pm - 4pm</b> <b>For persons with dementia and Carers</b>
<b>Singing for the Brain with Martyn</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:Caroline.Hipkin@Alzheimers.org.uk">Caroline.Hipkin@Alzheimers.org.uk</a>	<b>Tuesday mornings</b> weekly <b>10.30am – 11.30am</b> <b>For persons with dementia and Carers</b>
<b>Peer Support Group for People with Dementia</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:emily.peel@alzheimers.org.uk">emily.peel@alzheimers.org.uk</a> or <a href="mailto:jodie.brede@alzheimers.org.uk">jodie.brede@alzheimers.org.uk</a>	<b>Tuesday afternoons</b> weekly <b>1.30pm-2.30pm</b> <b>For persons with Dementia only</b>
<b>Singing for the Brain with Kathleen &amp; Julia</b> Sessions by <b>Zoom</b> Contact - <a href="mailto:Caroline.Hipkin@Alzheimers.org.uk">Caroline.Hipkin@Alzheimers.org.uk</a>	<b>Tuesday afternoons</b> weekly <b>2pm – 3pm</b> <b>For persons with dementia and Carers</b>
<b>Activity Group- Coffee and chat</b> Sessions by <b>ZOOM</b> Contact – <a href="mailto:Diana.Hacker@alzheimers.org.uk">Diana.Hacker@alzheimers.org.uk</a> or <a href="mailto:Rashpal.bhogal@alzheimers.org.uk">Rashpal.bhogal@alzheimers.org.uk</a>	<b>Wednesday mornings</b> weekly <b>10.00am – 11.00am</b> <b>For persons with dementia and Carers</b>

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<p><b>Peer Support Group for YOD</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:rae.moody@alzheimers.org.uk">rae.moody@alzheimers.org.uk</a></p>	<p><b>Wednesday mornings</b> weekly 10am – 11am <b>For people with Young Onset Dementia</b></p>
<p><b>Carers Peer Support</b> Sessions by <b>Zoom</b> Contact – <a href="mailto:claire.taylor@alzheimers.org.uk">claire.taylor@alzheimers.org.uk</a></p>	<p><b>Wednesday mornings</b> weekly 11.30am - 12.30pm <b>For Carers only</b></p>
<p><b>Singing for the Brain with Clive</b> Sessions by <b>Zoom</b> Contact - <a href="mailto:Melanie.Herlihy@alzheimers.org.uk">Melanie.Herlihy@alzheimers.org.uk</a></p>	<p><b>Wednesday afternoons fortnightly</b> 3pm – 4pm April 14<sup>th</sup> &amp; 28<sup>th</sup> – May 12<sup>th</sup> &amp; 26<sup>th</sup> – June 9<sup>th</sup> &amp; 23<sup>rd</sup> <b>For persons with dementia and Carers</b></p>
<p><b>Activity Group - Movement and music - seated exercise</b> Sessions via <b>Zoom</b> <b>Contact –</b> <a href="mailto:claire.taylor@alzheimers.org.uk">claire.taylor@alzheimers.org.uk</a></p>	<p><b>Thursday mornings</b> weekly 10am-11am <b>For persons with dementia and Carers</b></p>
<p><b>Singing for the Brain with Gill</b> Sessions by <b>Zoom</b> Contact <a href="mailto:caroline.hipkin@alzheimers.org.uk">caroline.hipkin@alzheimers.org.uk</a></p>	<p><b>Thursday mornings</b> weekly 11.30am - 12.30pm <b>For persons with dementia and Carers</b></p>
<p><b>Singing for the Brain with Angela</b> Sessions by <b>Zoom</b> Contact <a href="mailto:caroline.hipkin@alzheimers.org.uk">caroline.hipkin@alzheimers.org.uk</a> <b>CURRENT GROUP FINISHING 27<sup>th</sup> MAY</b></p>	<p><b>Thursday afternoons</b> weekly 1.30pm - 2.30pm <b>For persons with dementia and Carers</b></p>
<p><b>Musical memories</b> Sessions by <b>ZOOM</b> Contact – <a href="mailto:claire.taylor@alzheimers.org.uk">claire.taylor@alzheimers.org.uk</a></p>	<p><b>Thursday afternoons</b> weekly 2pm – 3pm <b>For persons with dementia and Carers</b></p>
<p><b>ZOOM</b> – service-users can/will be given information about how to join a ZOOM session if required</p>	
<p><b>Information, advice &amp; support - Dementia Connect 0333 150 3456</b></p>	