

**FREE
TO ATTEND**

COMMUNITY *Information Day*

THURSDAY 28 NOVEMBER

Drop in anytime between 10.30am - 1.30pm
Braintree Museum, Manor Street, Braintree, CM7 3HW

Come along to this free event to find out about services and activities available in the area. Is there something going on in your community that you would like to know more about? Pop in and chat to one of the many agencies there.

11.00am Seated Exercise Demonstration

12.30pm Dementia Friends Session

COME AND CHAT TO COLLEAGUES FROM:

- Essex County Fire & Rescue Service
- Community Transport
- Other Halves
- First Stop
- Driveability
- Community 360
- Essex Libraries
- Greenfields Community Housing
- Carers First
- Inclusive Communication Essex
- Adult Community Learning
- Dementia Friendly Cinema
- Dementia Friendly Choir
- Care UK
- Bluebird Care
- Essex Shed Network
- Energy Management
- Natwest Community Bankers
- Healthwatch Essex



Organised by the Braintree District Dementia Action Alliance. For more information contact Community Services on **01376 552525 ext 2313** or communityservices@braintree.gov.uk