

# Community Groups

Day	Event	Location	Time
Monday	Veterans' Friendship Group	Colchester	10am - 12noon
	Chit & Chat Friendship Café	Greenstead	12:30pm - 2:30pm
Tuesday	Dementia Café	Colchester	10am - 12noon
	Friendship Group	W. Mersea	10:30am - 12:30pm
Wednesday	Games Group	Witham	10am - 12noon
	Friendship Group (Monthly: 2 <sup>nd</sup> Wednesday)	Harwich	2pm - 4pm
	Dementia Café (Monthly: 4 <sup>th</sup> Wednesday)	Harwich	2pm - 4pm
	Veterans' Friendship Café (Monthly: 3 <sup>rd</sup> Wednesday)	Harwich	2pm - 4pm
Thursday	Friendship Group (Dementia Friendly) (Monthly: 4 <sup>th</sup> Thursday)	Brightlingsea	10am - 12noon
	Dementia Friendly Café (Monthly: 3 <sup>rd</sup> Thursday)	Jaywick	9:30am - 11:30am
	Friendship Group (Monthly: 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday)	Manningtree	2pm - 4pm
Friday	Friendship Group (Re-opening 4 <sup>th</sup> March)	Stanway	10:30am - 12:30pm

Contact us for more details: **01206 368 420**

\* All groups are subject to a £2.00 fee, please book in advance