



Proud To Be  
Dementia Friendly



# Memory Meet Up

Come along to our friendly activity sessions for people diagnosed with dementia and their carers held on the *First and Third Wednesday* of every month

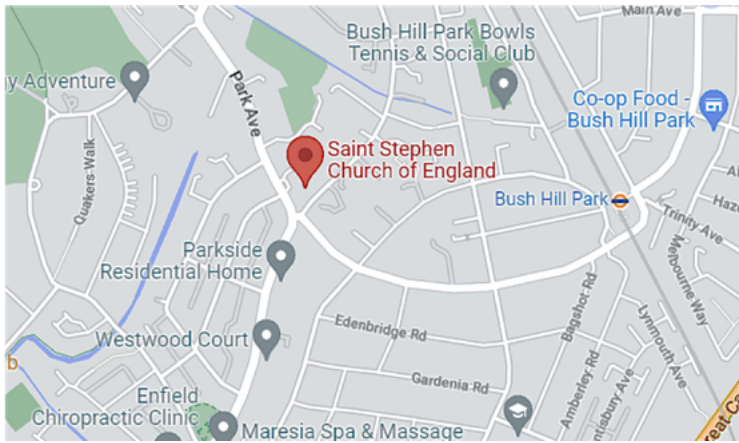
*10.30am - 12 noon*

A great opportunity to meet other people, share experiences and take part in fun and meaningful dementia friendly activities.

**St Stephen's Church Hall, Village Road, Enfield  
EN1 2BA**

*Refreshments provided - £3.50 per person*

**For more information  
email: [referrals@ageukenfield.org.uk](mailto:referrals@ageukenfield.org.uk) or  
call 0208 375 4120  
[www.ageukenfield.org.uk](http://www.ageukenfield.org.uk)**



**Wheelchair accessible. Parking available.**

**Bus routes: 329, W8**

<b>My next Memory Meet Up is on the</b>			
<b>1st April 2026</b>		<b>7th October 2026</b>	
<b>15th April 2026</b>		<b>21st October 2026</b>	
<b>6th May 2026</b>		<b>4th November 2026</b>	
<b>20th May 2026</b>		<b>18th November 2026</b>	
<b>3rd June 2026</b>		<b>2nd December 2026</b>	
<b>17th June 2026</b>		<b>16<sup>th</sup> December 2026</b>	
<b>1st July 2026</b>		<b>20th January 2027</b>	
<b>15th July 2026</b>		<b>3rd February 2027</b>	
<b>5th August 2026</b>		<b>10th February 2027</b>	
<b>19th August 2026</b>		<b>3rd March 2027</b>	
<b>2nd September 2026</b>		<b>17th March 2027</b>	
<b>16th September 2026</b>		<b>7<sup>th</sup> April 2027</b>	