

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Althorne Friendly Circle	Althorne/ Southminster/ Mayland	Harvest/Christmas lunches etc, tea & cake/biscuits, bingo, talks, table-top sales, outings, raffles, lotto	01621 741 737	Annual £7 Entrance £1.50 incl Raffle	Every 3rd Thursday of month (except December) 2pm-4pm	The Parish Hall, Summerhill (Burnham Rd), Althorne, CM3 6BY	-
Forget Me Not Memory Cafe	Basildon	Memory Cafe for people living with dementia and their carers. Information also available on outreach programme and carers support group run by carers	07955570577	All activities are free	Every Friday 1.45pm to 3.30pm	The George Hurd Centre Audley Way Basildon SS14 2FL	
Forget Me Not Memory Cafe	Basildon	Memory Cafe for people living with dementia and their carers. Information also available on outreach programme and carers support group run by carers	07955570577	All activities are free	Every Tuesday 1.30pm - 3.30pm (run by carers)	Ghyll Grove Residential Home Basildon SS14 2LA	
Benfleet Methodist Wives Club	Benfleet	Speakers, club afternoons supporting various charities, craft and musical afternoons, tea & biscuits		Entrance £1.50 + £5 annual membership	Tuesday 1.45pm-3pm term time only	Benfleet Methodist Church (hall at rear), High Road, Benfleet SS7 5LH	www.benfleetmethodist.org.uk
Castle Point Probus Club	Benfleet & Hadleigh mainly but men from other local areas welcome	Social Club for retired men	01268 753 649	Joining Fee £15, Lunches £15	Meet on 3rd Wednesday each month at 12 noon for 12.30pm lunch. Two ladies lunches mid June/December. Three outings per year.	The Old Vienna Restaurants, 162 Eastwood Road, Leigh SS9 3AG	
Silver Threads	Berechurch	1st Wed - Tea & Company 2nd Wed - Crafting Companions 3rd Wed - Fun & Games 4th Wed - Food for Thought 5th Wed - Film	01206 576 859 01206 530 586	Nil - contributions appreciated	All 1.30-3pm Except 4th Wed - Food for Thought starts 12.30pm	St Margaret's Church Hall, Stansted Road, Colchester CO2 8RA	www.stmargaretscolchester.org.uk
Forget Me Not Memory Cafe	Billericay	Memory Cafe for people living with dementia and their carers. Information also available on outreach programme and carers support group run by carers	07955570577	All activities are free	Once a fortnight on a Thursday 1.30 - 3.30pm August 2018 sessions are 2nd, 16th and 30th	Billericay Town Council The Loft Crown Yard High Street CM12 9BX	

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Billericay Good Companions Club	Billericay	Social club offering entertainment and afternoon tea	01277 654 319	£5 annual fee, £1.50 meeting fee	2nd and 4th Wednesday of the month 1.45pm - 3.45pm	Billericay Day Centre, Chantry Way, CM11 2AT	
South Green Thursday Club	Billericay	Weekly meetings, bingo games, raffle, summer coach trips, buffet lunch, social evenings	01277 657 741	Quarterly subs	Thursday 1pm - 4pm	Billericay Memorial Hall, South Green, CM11 2NS	
St Johns Midweek Break	Billericay	various speakers entertainers occasional outings quizzes in house entertainment	01277 656 948	£1 per session including tea and cake	1st and 3rd Wednesday of the month closed in August	St John The Divine Church Centre, Outwood Common Road, Billericay CM11 2LE	
Action Learning	Billericay	We provide services and activities for over 55s who find themselves in circumstances such as retirement, bereavement or loneliness to meet new people or learn new skills or brush up on older ones - animal care, arts & crafts, basic computing, carpentry, gardening, mechanics	01268 711 677	£20 per person includes refreshments, tea, coffee & biscuits	Mondays 9am-2pm	Action Learning Centres Fairlight Farm, Hawkswood Road Downham, Billericay CM11 1JZ	http://www.actionlearningcentres.co.uk/
Birch & Layer Breton Get Together Club	Birch/Layer Breton	Afternoon tea & biscuits. Speakers, outings to various places, 3 events in the summertime.	01206 330 095	£7 a year	3rd Wednesday of each month at 2pm	Birch Memorial Hall, School Hill CO2 0LZ	
Blackmore 60 Plus Group	Blackmore	Bingo, outings and Christmas lunch	01277 824 318	£1 per meeting, 50p raffle, 30p bingo	Every other Monday 2pm - 4pm except bank holidays	Blackmore Village Hall, Nine Ashes Road, CM4 0QR	
Braintree Walking Hockey	Braintree & Surrounding Areas	Each session is to play Hockey, but only walking. Equipment can be provided. For people who wish to stay active regardless of age, health or ability, meet people and have fun	07720725029	First session is free then £3 per session of £100 per year	Every Monday at 8pm to 9pm & from 6th November 2018 every Tuesday 10am to 11am	Braintree Hockey Club, The fourReleet, Church Street, Braintree CM7 5LJ	www.braintreehc.co.uk/braintree-walking-hockey/

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The Riverside Club	Braintree	Carpet bowls, raffle, use of library, fish and chips, entertainment, day trips, holidays	01376 321 316	£40 per year	Bowls 10.30am - 12noon Refectory 12noon	The College, Church Lane, Braintree CM7 5SN	
Braintree Pensioners Action Group	Braintree District Council	Open meeting with speaker, summer outings and Christmas party	01376 323 783	£3.50 annual membership	1st Tuesday of each month 10.30am - 12noon	Gateway Hall, Charles Leeks House, Coggeshall Road, Braintree CM7 9DB	
Hearing Help Essex	Braintree, Burnham, Braintree, Chelmsford, Danbury, Dunmow, Finchingfield, Maldon, Saffron Walden, Southminster, SWF, Stansted, Thaxted, Witham, Writtle	Walk-in Hearing Help Sessions - trained volunteers will be available to: Clean and retube your NHS hearing aid / Talk about specialist equipment / Offer help and advice	01245 348 440		Various	Various	www.hearinghelpessex.org.uk
Bradwell Over 60s Club	Braintree, Stisted, Bradwell	Regular speakers and entertainers, fish and chips, trips to shows and a Christmas annual bazaar	01376 584 179	£6 yearly membership, each meeting £3	Throughout the year	Stisted Village Hall, The Street, CM77 8AW	
Age Concern Brentwood & District	Brentwood	Quarterly meetings, summer outings, Christmas carol service	01277 372 070	Free	Jan/Apr/Aug/Dec	Brentwood	
Brentwood for Visually Impaired Persons	Brentwood	Weekly social club on Tuesday morning with various activities	01277 226 152	£3/£4 including transport	Tuesday 10am - 1pm	St Georges Court, High Wood Close, Pilgrims Hatch, Brentwood CM14 4YF	

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Tipps Over 55 Club	Brentwood (Doddinghurst and Blackmore)	In-house lunches, scrabble, coach outings and Christmas dinner	01277 823 976	£1.50 includes tea and biscuits	Every Thursday 2pm - 4pm	Tipps Cross Remembrance Hall, Blackmore Rd, Hook End, Brentwood CM15 0DT	
Coronation Companionship Club	Brightlingsea	Visiting Entertainers, Teas, Party, Coach Trips, Holidays, Quizzes, Bingo	01206 305 095	£3 per month	Every Thursday afternoon 1.30pm-4pm	YMCA Hall, High Street, Brightlingsea, CO7 0AQ	-
Bures Darby and Joan Club	Bures Hamlet and Bures St Mary	Various dates throughout the week	01787 228 417	Member attending every week £20 per year	Friday 2pm - 4pm	Bures Community Centre, Garrad Room, Nayland Road, CO8 5BX	
The Burnham Day Centre	Burnham and District	Refreshments, cooked lunch, socialising, craft activities, games, bingo and entertainment	01621 784 586	£5 per visit	Wednesdays 10am - 3pm	Burnham Baptist Church 171 - 173 Station Road Burnham on Crouch CM0 8HN	
Burnham Darby and Joan Club	Burnham on Crouch	Speakers, bingo, quiz, birthday party and annual outings	01621 783 136	£2 subscription yearly and 50p per week	1st and 3rd Friday in month 2.15 pm to 3.45 pm	United Reformed Church, Clark-Lewis Room, Station Road, Burnham CM0 8HR	
Age Concern Luncheon Club	Canvey Island	Lunch tea/coffee and biscuits	01268 515 883	£5 per year	Tuesday & Thursday 12-2pm	The Paddocks Community Centre, Long Road, Canvey Island SS8 0JA	
Goodwill Club	Canvey Island	Social Club and Sequence Dancing	01268 680 275	£3 per week	Wednesday 7.30pm-10.30pm	The Paddocks Community Centre, Long Road, Canvey Island SS8 0JA	
OAP No 2 Club	Canvey Island	Socials, holidays, day trips, theatre	01268 699 681	Annual membership £6	Monday 1pm - 4pm	No 2 OAP Club, 112 Central Avenue, Canvey Island SS8 9RH	

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Thames Amateur Radio Group	Canvey Island	Amateur Radio Group offers free speakers to deliver a talk on 'Amateur Radio: Operating Outside the Box'. Presentation at your venue by two instructors lasts 45 mins and covers Morse code to working satellites; how to get a licence and propagation: how radio waves bounce off the sky.	secretary@thamesARG.org.uk	Free		Speakers can travel to venues approxiamtely 15 miles from Canvey	www.thamesARG.org.uk
Women's Institute	Canvey Island	Meetings monthly, speakers, outings		£39 yearly	2nd Thursday every month	Canvey Conservative Club, Fielder House, 59 Long Road, Canvey SS8 0JA	
Kennington Avenue Senior Citizens Club	Castle Point	Talks, sing alongs, raffles, entertainment	01268 793 442	£1.50	1.30pm-3.30pm	Methodist Church, Kennington Avenue, Benfleet SS7 4BS	
New Thundersley Townwomens Guild	Castle Point	Meet twice a month for our ladies to hear speakers, play board games, bingo, chat and generally to be with each other. Coach trips to various destinations. Birthday, Christmas & Strawberry teas during the year. We also have auction and coffee & cake afternoons	01268 794 694	£30 per year	1st & 3rd Wednesdays in the month (Closed AUGUST) 1.30-3.30pm	St George's Hall, Rushbottom Lane, Benfleet SS7 4DW	
The Salvation Army 'Silver Service Club'	Castle Point borough but no restriction	Over 55s Club, days out, holidays, weekly 'bring and buy', Christmas lunch	01702 558 913	£40 annual or £45 if paid in increments (Jan & July)	Every Monday at 2pm (except Bank Holidays)	Salvation Army, London Road, Hadleigh SS7 2PF	www.hadleightemple.org.uk
Springfield Stitchers	Chelmsford	For those who would like to help or if you would like to learn to knit, crochet or sew or have any unwanted wool or haberdashery	01245 358 951		Thursdays 9.30am-12noon	Springfield Park Baptist Church, Springfield Park Road, Chelmsford CM2 6EB	www.springfieldparkbaptistchurch.org.uk

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Wet Your Whistle	Chelmsford	A drop Community Centre for all. All welcome for a cup of tea and chat	01245 358 951	Free	Every 1st and 3rd Wednesday afternoon 2pm-4pm (check for exclusion dates)	Springfield Park Baptist Church, Springfield Park Road, Chelmsford CM2 6EB	www.springfieldparkbaptistchurch.org.uk
Wednesday Over 60s Club	Chelmsford (Moulsham Lodge)	Days out 5 times a year. On a Wednesday there is tea and biscuit and bingo	01245 600 383	50p per week	Wednesday 2pm	Chelmsford Scouts Hut, Gloucester Avenue, CM2 9EW	
Chelmsford Retirement Action Group	Chelmsford and Districts	Regular speakers, members only day in July, buffet lunch and quizzes and a December get together	01245 461 932	£10 membership	1st Wednesday of each month 9.15am - 12.30 pm	Friends Meeting House, Rainsford Road, Chelmsford, CM1 2QL	
Age Concern Chelmsford, Day Centre & Luncheon Club	Chelmsford and surrounding areas	Social gatherings, lunch club, advice and info centre, deaf club, bingo, outings	01245 262 589	£4 two course meal, tea/coffee 50p, scones 50p	Mon-Fri 10.30am - 2.30 pm	Chelmsford Day Centre, 17 Cottage Place, CM1 1NL	
Moving On	Chelmsford and within 20 mile radius	Tea, talks and speakers. Sunday lunch club with events and outings.	01245 258 848	£10 annual membership, £2 for tea and biscuits	Every 3rd Saturday 10am - 12 30 pm	Christchurch, 164 New London Rd, Chelmsford CM2 0AW	
Games Afternoon	Chelmsford mostly but no limit	General Games	01245 450 056	£1 per week	1st Wednesday of month Winter 13.30pm - 15.30 pm Summer 2pm - 4pm.	Chelmsford	
Moulsham Lodge Methodist Church	Chelmsford Tile Kiln and Galleywood	Bingo, talks, quizzes, tea and biscuits	01245 602 004	50p per session	Mondays 2pm (except bank holidays)	Chelmsford Methodist Church Hall, Lime Walk, Moulsham Lodge, CM2 9NA	
Lawns Senior Citizens Club	Chelmsford, Springfield	Members play whist or bingo	01245 463 527	£15 Yearly subscription £1 weekly	Mondays at 1.30pm-3.30pm	All Saints Church Hall, Springfield Green, Chelmsford CM1 7HS	-
Bosom Pals	Clacton - Harwich	Meeting & Discussions. Local support group for breast cancer sufferers		£2 each meeting	4th Wednesday each month	Holland Hall, Frinton Road, Holland on Sea	

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Clavering District Over 60s Club	Clavering District	Lunch club, chiropody clinic, outings and over 60's lunch club	01376 561 368	Lunch £5.50 Chiropody £10.50 Over 60's group £2.50	Lunch Mondays Chiropody Mondays Over 60s Wednesday afternoons	Clavering Village Hall, Hill Green, CB11 4QS	
Autumn Leaves Club	Colchester	Talks & social afternoons. Two yearly outings	01621 810 619	£14 per annum	Alternate Wednesdays 2pm	The Community Centre, Caxton Close, Tiptree CO5 0HA	
Senior U's Social Club	Colchester	Guest speakers, tea/coffee/juice and biscuit/cake break, and also a social activity with prizes Open to all senior citizens 65+. Transport can be arranged for anyone living in Colchester at a small additional cost.	01206 755 160	£24 annual fee (£2 per session or 2 instalments of £12)	2nd Wednesday of every month 4th Wednesday of every month - trip	Shrub End Community Sports Centre, Boadicea Way, Colchester CO2 9BG	www.cu-fc.com/fitc
Colchester Monday Fellowship	Colchester - but all welcome	Christian organisation with a variety of interesting topics from talks to participating activities in a relaxed and friendly atmosphere		£12 annually	2nd Monday of the month 2pm-4pm	The Salvation Army, Butt Road, Colchester CO3 3DA	
Mount Zion Monday Fellowship	Colchester - but all welcome	Christian organisation with a variety of interesting topics from talks to participating activities in a relaxed and friendly atmosphere		£1 per visit	1st & 3rd Monday of the month 2.15pm-3.45pm	The Salvation Army, 328A Ipswich Road, Colchester CO4 0ET	
Coffee, Cake & Company	Colchester (Greenstead)	Coffee morning, bingo, coach trips, theatre trips, social meetings for retired people	07770 365 331	Donation per meeting less than £5.00	Thursday 10.30am - 12.00noon	Forest Road Meeting Hall, 121 Forest Road, Colchester CO4 3XG	

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The Evergreens	Colchester (North) Greenstead	Lunch club, bingo, raffle	01206 868 357 (for lunches)	£6.50 lunch inc pudding, 2 games of bingo, tea & biscuits	Lunches - every Wednesday at 11.45am Club - 2nd Friday of every month 1.45-3.45 pm	Lunches - St John Payne Hall, Blackthorn Avenue CO4 3QD Friday Club - Greenstead Community Centre, Hawthorn Avenue CO4 3QE	
The Good Companions	Colchester and villages	Friendship and an enjoyable afternoon for a chat, quiz, bingo, raffle, trips out, cups of tea	01206 735 451	£10 per year 50p a month for tea & biscuits	Meetings 1st Wednesday of the month Winter 1.30-3.30pm Summer 2pm-4pm	Village Hall, Langenhoe, Colchester CO5 7LU	
Friendship Club	Colchester CO1, CO2, CO3	Christian organisation with a variety of interesting topics from talks to participating activities in a relaxed and friendly atmosphere		Lunch £1.50 or £4.00	Wednesday morning: Bowls Club 10-12noon Light Lunch 12.30pm Friendship Club 1.45pm	The Salvation Army, Butt Road, Colchester CO3 3DA	www.salvationarmy.org.uk/colchester-citadel
Copford WI	Copford, Marks Tey and surrounding areas	We are a small friendly group of ladies that enjoy sharing stories and learning new things from soap making to beekeeping	No need to book just turn up	£3.50 per visitor or £37.50 per yearly membership	Third Wednesday of every month at 7.30pm	Copford Village Hall, School Road, Colchester CO6 1BX	copfordwi.weebly.com
Danbury Over Sixties Club	Danbury & District	Various speakers, raffles, beetle drives, lunches, outings	01245 225 435	Membership £10 Meetings £1	4th Thursday of each month (except August) 2pm-4pm	Danbury Village Hall, Eves Corner, Main Road CM3 4QE	-
The Mothers Union - Rayleigh Branch	Deanary of Rochford	Prayers, discussions, speakers and craft days		£18.50 per year	2nd & 4th Wednesday of every month 10.45am	Cloister Hall, Holy Trinity Church, Rectory Garth, Rayleigh SS6 8BB	www.parishofrayleigh.org.uk/Groups/MothersUnion
Dunmow Disabled Club	Dunmow	Meetings with tea/biscuits, speaker, entertainer and outings	01371 874 049	Subscriptions £10 per year	Meetings 2nd Thursday of each month 2pm - 4.30pm	URC Hall, New Street, Dunmow CM6 1BH	

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Methodist Social Afternoon	Elmstead and nearby places	We have a speaker then light refreshments and a competition each month for which points are gained	01206 826 178	£1 per meeting	Once a month usually 3rd Wednesday of the month at 2.30pm	Trinity Methodist Church, Bromley Road, Elmstead Market CO7 7BY	
The Marketeers	Elmstead Market	Friendship - help with the over 60's		No cost	First Monday of every month 9.30am-12noon	Elmstead Community Centre, School Road, Elmstead CO7 7ET	
Epping "Evergreen" Club	Epping	Social club for retired men and women. Varied programme of speakers, entertainment, raffles, parties, other activities and occasional outings	01992 523 494	£4 per month	Every Thursday 2pm - 4pm	Pelly Court Hall, Hemnall Street, Epping CM16 4NA	
Fordham Friendship Club	Fordham and Eight Ash Green	Social afternoons, quizzes and outings	01206 240 034	£5 per annum and teas 50p	2nd Thursday in each month 2pm - 4pm	John Owen Barn, Church Road, Fordham CO6 3NL	
Welcome Break	Frinton, Walton, Kirby Cross	Quizzes, speakers, musical events, activity mornings (keep fit, boules, board games etc) Meal once a month, Coffee/tea homemade cakes weekly	01255 675 433	Free - donation box every week, meals £4	Wednesdays 10am-12noon school term times	Frinton Free Church, Connaught Avenue CO13 9PW	http://www.frintonfree.com/
Loftineers	Great Baddow	Quizzes, dominoes, guess who games	01245 262 445	50p per week	Tuesday 2pm - 4pm	St Paul's Church, Loftin Way, Chelmsford CM2 9TW	
Dunmow Flich Friendship Club	Great Dunmow	Live music, dancing, bingo, raffles, refreshments and summer buffet	07966 884 852	£10 annual membership, £2.50 per guest not joining	6 pm -9 pm July and December 6 pm - 10 pm 2nd Tuesday of the month no meeting January	Foakes Hall, Stortford Road, Great Dunmow CM6 1DG	
Dunmow Blind and Housebound Social Club	Great Dunmow plus radius of about 5 miles	Talks, musical entertainment, raffle and general social gathering.	01371 872 112	Annual fee £6 plus cost of transport (if required)	14.15 pm -16.15 pm every other Tuesday in two sessions march to July and September to December	Rowena Davy Day Centre, Chequers Lane, Dunmow CM6 1EQ	

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Great and Little Horkesley Friendship Club	Great Horkesley and Little Horkesley parishes	Monthly meetings with entertainer or speaker and outings.	01206 271 445	Annual fee £8	Third Thursday in the month 2pm - 4pm	Great Horkesley WI Hall, The Causeway, CO6 4EG	
Great Totham WI	Great Totham & Wickham Bishops	Social meeting for ladies. Monthly talks with tea/coffee & cake		£39 per annum	2nd Thursday of each month at 8pm except August	Great Totham Village Hall, Maldon Road CM9 8NH	www.greattothamwi.weebly.com
Great Waltham Friendship Club	Great Waltham village only	Meetings for the older villagers to get together for: music quizzes, talks of interest, cream teas, day trips, fund-raising auction, Christmas meal & craft afternoons	01245 360 945	£10 per year	3rd Monday of the month 2.30pm	Great Waltham Village Hall, South Street, CM3 1DG	
The Friendship Club	Gt Bentley and surrounding villages	Speaker/Entertainer at each meeting, Strawberry Tea in the summer, christmas buffet/post Christmas lunch, outings if viable cost wise	No need to book, just arrive	First visit free, subsequent visits £2, Annual membership £10	4th Wednesday of the month 2pm-4pm	Village Hall, Great Bentley, Colchester CO7 8LW	
Smart Minds	Hadleigh, Essex	Free, weekly group for people living with dementia and their carers to attend together. Fun creative programme available with plenty of tea and biscuits. Members are able to share experiences in a welcoming and supportive environment, chat to others and/or take part in a variety of art and craft activities.	07866 674150 - Please call prior to attending	Free	Every Monday except Bank Holidays 1pm-3.00pm	United Reformed Church, Church Road, Hadleigh, Essex SS7 4BW	
Halstead Day Centre	Halstead and within 7 mile radius	Housebound elderly people who want to come and join us once a week	01787 476 253	£9.80 a day plus £60 quarterly membership fee	Monday/Friday 9.30am - 2.30pm	40 Bridge Street, Halstead CO9 1HT	
Age Concern Halstead, Senior Citizens Club	Halstead postal area	Socialising, tea and coffee, chat, quiz, bingo and a cooked lunch from the Bull Hotel	07779 502 721	£1 entry and activities approx. £1.50	Monday Wednesday Thursday 10am - 4pm	The Bull Hotel, Bridge Street, Halstead CO9 1HU	

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Griffin Bowls Club	Harlow	Mixed outdoor bowls club in Harlow. Has a wide and varied number of bowling fixtures through the summer. In winter there is a short mat section. Lively social section and full bar. Disabled friendly and have disability bowling chairs, woods and ramps available. Trained coaches are available to help learn to bowl.	01279 451338	Full membership is £105 pa Associated membership is £50 (able to play for a fee and in the short mat winter programme)	Open 7 days per week from 11am until dusk. Variety of events including Internal competitions, ladies, mens and senior citizens leagues.	Latton Bush Centre Southern Way Harlow CM18 7BL	www.griffinbowls.co.uk
Salvation Army Lunch & Friendship Clubs	Harlow	Friendship and Lunch Club	01279 441 581	Lunch Club - £4 Friendship Club - 50p Bowls Club - 50p	Lunch Club 12-1pm Friendship Club 1.30 pm- 2.30pm Indoor Bowls - Wednesdays 7.30-9pm Tea n' Togs coffee morning every Tuesday 8.45-11am	The Hall, Tendring Road, Harlow CM18 6RN	
Church Langley Womens' Institute	Harlow & surrounding area		01279 453 248	Annual Subscription £34.60 although visitors are welcome to see if you like us before joining	8pm on 3rd Wednesday of every month, except December when we meet on 2nd Wednesday	Community Centre, Tesco Neighbourhood Centre, Church Langley Way, Harlow, CM17 9TG	
Happy Go Lucky	Harlow and surrounding area	Social, tea, raffle, bingo	01245 427 638	Entrance Fee £1.50	Every Monday except Bank Holidays 1pm-3.30pm	New Hall Moot House, The Stow, Harlow CM20 3AG	-
Harlow Latton Ladies	Harlow and surrounding area	Weekly programme of meetings and visits for senior ladies. One week at hall next week out.	01279 869 806	No joining fee. Activities at cost price vary according to event	Tuesdays 2pm Once a month day trip	New Christian Fellowship Hall, Tumbler Road, Purford Green, Harlow, CM18 6HP (Alternate weeks)	

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Parkinsons UK - Harlow District	Harlow district	We offer information, friendship and support to local people with Parkinson's, their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.	07982 094 194	None	1st Wednesday every month 11am-3pm	The David Livingstone Club (behind Livingstone House), 11 Potter Street, Harlow CM17 9AE	
Harlow & Epping Forest Breathe Easy Club	Harlow, Epping, North Weald	Support group for people with lung conditions from asthma to lung cancer. Outings. Local support group for the British Lung Foundation.			2nd Tuesday of each month 2pm-4pm	Purford Green, Tumbler Road (Hall behind Church)	www.blf.org.uk
Harwich Chess Club	Harwich	Chess Club for all ages and experience levels	07908 031 248		Monday 7.30pm	Parkston Railway Club, Hamilton Street, Harwich CO12 4PQ	www.harwichchessclub.co.uk
Harwich Friendship & Bereavement Cafe	Harwich & Dovercourt	A weekly group for anyone who feels isolated, wants to make new friends or has experienced bereavement The cafe will involve guest speakers, craft activities, refreshments and outings	01255 425 692 (or just turn up)	Free for 1st visit then £1 thereafter	Mondays 10am-12pm	Harwich Masonic Hall, Main Road, Harwich CO12 3LP	www.cvstending.org.uk
Age Concern Harwich and District	Harwich and District	Coffee/tea and a chat, lunch club and bingo	01255 880 261		10am for drop in and 12 noon for lunch club and 2pm for bingo	34 Rectory Road, Little Oakley, CO12 5JU	
Hockley & Hawkwell 55+ Centre	Hockley, Hawkwell, Rochford, Hullbridge, Rayleigh	Day Centre for the older person and provides 2-course lunches with door to door transport in our mini bus and have afternoon activities every day.	01702 206 208	£5 lunch, £3.50 return transport	Open from 10am-4pm Monday-Friday	55+ Centre, Library Car Park, Southend Road, Hockley SS5 4PZ	

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Hullbridge Senior Citizens Welfare Council	Hullbridge Village and Surrounding Areas	Bowling, patchwork group, tea dance, keep fit to music, line dancing and dance tuition	01702 232 060	£1 per activity except Saturdays £3.50 for 2 course lunch	Monday - Friday 1st and 3rd Monday evenings Saturday	Hullbridge Day Centre, Windermere Avenue SS5 6JR	
Jaywick Community Handicraft Club	Jaywick but no limit	Social, crafts, visits to craft centres	01255 476 529	Yearly £2 and £1 each visit	1st & 3rd Wednesday each month 2pm-4pm	Golf Green Hall, Golf Green Road, Jaywick CO15 2RH	-
Kelvedon Good Companions	Kelvedon and Feering	Fish & Chip meal, AGM, trips to the theatre and other clubs for tea. Entertainment, singers, auction, bingo, birthday tea, Christmas dinner	01376 572 215	£7 annual fee	Every other Monday	Kelvedon Labour Club, High Street, CO5 9AA	
Kelvedon Hatch Senior Citizens Lunch Club	Kelvedon Hatch	Two course lunch, social contact, friendship group.	01277 822 233	Lunch £3.50	Wednesday during term time: 12noon -2.30pm	Fane Hall, Church Road, Kelvedon Hatch CM14 5TJ	
LINKS	Leigh	LINKS - A group for active retired people living in Leigh. We have a programme of guest speakers and opportunity to make friends over a cup of coffee. BARNABAS - Hymns, prayer and guest speaker - usually Christian content OASIS - 'Drop-in' for the elderly	01702 478 698	LINKS - Recommended donation £1 per week OASIS - no cost	LINKS - Monday mornings 10am-11.45 am BARNABAS - Tuesday afternoons 2.15pm-3.30 pm OASIS - Wednesday afternoons 2.30-3.30pm	LINKS - The Stables Lounge, Chalkwell Park Drive, SS9 1LX OASIS - Coffee House 189 Leigh Road, SS9 1JE	www.lrbc.org.uk
Ladies Fellowship	Leigh - Hadleigh - Benfleet	Fortnightly meetings, usually a speaker, coach trip, film show, tea/coffee - refreshments	01702 551 470	£14 annually or £1 per week	Fortnightly on a Thursday 2.30pm	Salvation Army (opposite Morrisons), London Road, Hadleigh SS7 2PF (ample parking at rear)	-
Glendale Over 60 Club	Leigh-on-Sea	Weekly programme of musical entertainment/speakers/refreshments	01702 716 607	£3 per month	Monday 2pm - 3.30pm	Salvation Army, Elm Road, Leigh On Sea SS9 1SF	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Chair Yoga	Leigh-on-Sea	Senior Chair Yoga Class	01702 475700	£5 per session	Fridays 12 - 12.45pm	Bradford Bury Court Hall, Eastwood Old Road, Leigh-on-Sea	www.yoga4all.co
National Jazz Archive	Loughton and surroundings but no limit	Archive holds the UK's finest collection of written, printed and visual material on jazz, blues and related music from 1920s to present day. Talks on jazz and blues are held in the Archive and fund-raising concerts given in Loughton Methodist Church 3/4 times a year	020 8502 4791	No cost to visit Archive. Concerts typically cost £15 and talks £5	Archive open 10am-1pm Mon, Tues, Wed & Fri. Talks and concerts are usually on Saturday afternoons	National Jazz Archive, Loughton Library, Traps Hill, Loughton, IG10 1HD	www.nationaljazzarchive.org.uk
Thursday Friendship Club	Mainly St John's Estate	1st Thursday - traditional Communion Service 2nd Thursday - Evergreen Lunch Club - members over 70 only 3rd Thursday - Discipleship Thursday 4th Thursday - Thursday Friendship Club 5th Thursday - various activities		Free	Various - generally 10am Thursday morning Lunch Club 12noon	St John's Church, St John's Close, Colchester CO4 0HP	www.stjohnscolchester.org.uk
Age Concern Luncheon Club	Maldon	Meet for tea or coffee and a two-course lunch. Special annual outing and Christmas Lunch also arranged. Please call to secure your place.	01621 852 950	£4 for 2-course lunch with tea/coffee	every Thursday	The Quaker Hall, Butt Lane, Maldon CM9 5HD	
Steeple Evergreens	Maldon (Dengie)	Talks, Bingo, Quizzes	01621 774 296	£7.00 per year £1.50 per month	1st Monday of the Month 2-4pm not Bank Holiday	Steeple Village Hall, Garden Fields, Southminster CM0 7JY	
Woodham Walter Silver Threads	Maldon (Woodham Walter)	Programme of quizzes, bingo and raffles	01621 860 451		Tuesdays 2.30pm	Woodham Walter Village Hall, Rectory Road CM9 6RD	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Maldon and Dengie Peninsula Breathe Easy	Maldon and Dengie	To provide information and social support for patients, family and friends of people living with Lung conditions. We also have a Christmas dinner which the group pays 50% of the cost and we go on outings during the summer.	01621 742 833	None	Every 3rd Monday, 10:30-12:30pm	Maldon Community Centre, Sudbury Way, Maldon, CM9 6YH	
Manuden Friendship Club	Manuden and Farnham	Monthly meetings, jumble sale, spring/summer lunch, Christmas lunch and bingo/tea party every October	01279 814 145	£3 annual fee, £2 at monthly meetings	Third Tuesday of the month 2.30pm - 4pm	Manuden Village Hall, The Street, CM23 1DS	
Melbourne Ladies Club	Melbourne and surrounding areas	Various speakers 10 months a year. Social fish & chips and Xmas buffet. Always time for tea and a social chat. Raffle/book stall. Small but friendly group	01245 344 710	£9 annual membership 1st visit free, £1 per visit after	Second Tuesday afternoon in the month starts at 2.30pm til 4pm, except August & December Bus no 54 stops outside	St Andrews Church Hall, Melbourne Avenue, Chelmsford CM1 2DT	
Mersea Blind Spot	Mersea Island	Informational talks, entertainment and occasional outings	01206 383 925	£5 yearly fee £1 per meeting	1st Saturday of each month: mornings	Harrison Court, Grays Close, West Mersea CO5 8QR	
Tea & Support Group	Misley/ Manningtree	A practical support and friendship group for those on their own. Various talks, visits, lunches, including free afternoon tea	01206 391 918	None	Every 3rd Wednesday 2-4pm (unless otherwise stated)	Mistley Church Hall, New Road, CO11 1ER	
Benfleet Hard of Hearing Club	No restriction (no transport available)	Social Club for the hard of hearing	01268 793 580	Joining fee - £7.50pa Monthly - £1 to cover refreshments, speakers, etc	Meetings on Third Friday of each Month (excl August) 2pm-4pm	Benfleet RVS Hall, Richmond Avenue, SS7 5HE	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Ramsey War Memorial Hall & Recreation Ground	Ramsey/Harwich peninsular	Ladies Club, Scottish Dancing, Bingo, Yoga, Camera Club Regular fundraising events/activities including coffee mornings - please see website for details	07786 040 598	Various	Ladies Club (1st Thursday monthly 7pm) Scottish Dancing (Oct-May Thursdays 8pm) Bingo (2nd Wednesdays monthly) Yoga (Thursday weekly 5-7pm - 2 classes) Camera Club (Mondays weekly 7pm)	Ramsey War Memorial Hall, Church Hill, Ramsey, CO12 5EX	
Rayleigh Castle Townswomen's Guild	Rayleigh		01702 554 488	£28 annually. Activities costed separately	4th Wednesday of the month 10am-12noon	Rayleigh Methodist Church, Eastwood Road, Rayleigh SS6 7JP	
St Michael's Luncheon Club	Rayleigh and surrounding areas	Over 55's Club	01268 781 044		2nd & 4th Thursday in the month from 11am-2pm including lunch	St Michael's Church, Sir Walter Raleigh Drive, Rayleigh, SS6 9JB	http://www.parishofrayleigh.org.uk/
Coffee, Cake & Chat	Rayleigh and surrounding district	Opportunity for people who are on their own to come along for coffee, chat and cake	07952 148 636 07504 114 762	Voluntary donation	Thursdays 2pm-4pm	Rayleigh WI Hall, Bellingham Lane, SS6 7ED	
Hullbridge Fellowship	Rayleigh, Hullbridge, Hockley, Ashingdon	Talks, day trips, holidays, dancing, bingo, quizzes, theatre, places of interest and Christmas dinner	01702 231 294	£13 per year 85 and over are free	Friday afternoons 12.30 pm - 3.30pm	Hullbridge Community Association, Pooles Lane, SS5 6PA	
Gt Wakering OAP Club	Rochford and Gt Wakering District Council	Social afternoons with various entertainment, quizzes, special tea afternoons, fish & chips, bingo	-	Yearly subscription £1 per meeting	Fortnightly wef Tuesday 27/1/15	Gt Wakering Memorial Hall, High Street SS3 0EF	
Faith Hope & Charity Over 65's Youth Group	Rochford/Ashingdon			£1 (50p buys Coffee/Tea, 50p to designated charity)	Last Tuesday of each month 2pm-4pm	Faith Hope & Charity Shop 39, Hedingham Place, Ashingdon Road, Rochford SS4 1UP	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Saffron Walden Over 60s Club	Saffron Walden	Bingo, speakers, lunch, raffles and outings.	01799 501 021	£5 joining fee £20 annual membership	Alternate Thursdays 2pm - 4pm	Saffron Walden Day Centre (The Garden Room), Hill Street, CB10 1EH	
Silver Circle	Shoeburyness	Speakers (low cost) and varied activities		£2 paid on entry	3rd Wednesday in the month 2pm-4pm	St Peter's Church Hall, Hinguar Street, Shoeburyness, SS3 9AN	
South Ockendon Over 60s Club	South Ockendon	Weekly quiz/raffle/bingo tea and biscuits and annual Christmas dinner	01708 856 172	£2 per month	Mondays 1pm - 3.30pm	South Ockendon, Village Hall, North Road, RM15 6QD	
Tuesdays at Two	South Shoeburyness	Opportunity for people to meet-up and have a chat. Refreshments are provided. Open to all and does not require church membership/attendance. We try to have a speaker once a month. Most of the Group are 70+	01702 292 778	No cost but donations are given to help fund refreshments	Every Tuesdays 2-4pm (holiday periods excepted)	St Andrew's Church Hall, Church Road, Shoeburyness SS3 9EU	www.southshoebury.org/
JACS - Jewish Association of Cultural Societies	Southend, Westcliff & adjacent areas	Speakers, Entertainers, Quizzes, Discussions		£4.00 per year £2.50 per week for members/ £3.50 for visitors	Every Wednesday - doors open 12.45pm. Programme from 2pm-3pm then light refreshments	Southend & Westcliff Hebrew Congregation, Finchley Road, Westcliff-on-Sea, SS0 8AD	www.jumpingjacs.org.uk
Hadleigh Temple Luncheon Club	SS postcode area	Lunch on Mondays 12 noon	01702 558 913	£2.50 per lunch	Lunch on Mondays at 12 noon	Hadleigh Salvation Army, London Road, SS7 2PF	www.hadleightemple.org.uk
Stanway Ladies Group	Stanway/ Colchester	Speakers, competitions, quizzes etc	01206 543 931	No annual fee, pay on visit £2.00 incl coffee & biscuits	First Thursday in the month at 7.30pm (except Jan & May) 10 meetings per year	Stanway Village Hall, Villa Road, Stanway CO3 0RH	www.stanwayladiesgroup.co.uk
Stock Over 60s Club	Stock area including West Hanningfield	Speaker or musical entertainment each week, three outings per year and four parties per year	01277 840 063	£3 per month and £2 for non members	Tuesday 2.15pm- 4pm	Stock Village Hall, Common Road, CM4 9NF	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Takeley Day Centre	Takeley and surroundings	Lunches every Tuesday and Friday at 12.30pm	01279 870 932	Lunch is £3.50	Every Tuesday and Friday at 12.30pm	Takeley Day Centre, South Road, CM22 6RB	
Age Concern Clacton, Day Centre & Luncheon Club	Tendring	Lunch tea/coffee and biscuits	01255 475 913	Lunch £3.50	Lunch 2 sittings 12noon and 12.30pm Mon-Fri Tea/coffee and biscuits from 10.30am - 11.30 am	99 Carnarvon Road, Clacton CO15 6QA	
Great Bromley Friendship Club	Tendring	Speakers, music, entertainment, refreshments, competitions and raffles	01206 230 578	Membership £10	3rd Thursday of each month 2.30pm	Great Bromley Village Hall, Parsons Hill, Great Bromley, CO7 7JF	
The Oakstones	Tendring (Great Oakley and Stones Green)	Monthly meetings, tea and coffee and outings.	01255 870 552	Members £2 per annum, £2 per meeting	First Wednesday of each month 2pm - 4pm	Great Oakley Village Hall, The Street, CO12 5AD	
Tendring Specialist Stroke Services	Tendring (North East)	Provide therapeutic activities for stroke survivors	01255 815 905	Attendance fee & contribution to transport costs	Monday-Friday 9.30am-2pm	85 Frinton Road, Holland on Sea, CO15 5UH	www.tendringstoke.org.uk
The Monday Club	Thorpe-le-Soken & surrounding villages	For the more mature person. Music, quizzes, talks, games, trips out for meals	01255 861 001	£2 per meeting - also most a member of Thorpe Social Club	Usually once every 2 weeks (start 4/9/17)	Thorpe Social Club, Station Road, Thorpe-le-Soken, Clacton CO16 0HD	
Home from Home	Tilbury	Discussion, board games quizzes and outings	01375 409 355	£1 per week	Every Thursday 1pm - 3pm	St Johns Centre, Dock Road, Tilbury RM18 7BY	
Tiptree Active Living Centre	Tiptree and Surrounding areas	Trips to local pubs, restaurants, garden centres, theatre and clubs. Craft, dancing, quizzes and games.	01621 819 281	£30 per day	Days vary: 10am - 3pm	United Reformed Church Hall, Chapel Road, Tiptree CO5 0HR	
Jubilee Club	Uttlesford	Bingo, outings and speakers	01799 541 306	£5 yearly membership £1 each session	Every other Thursday	The Garden Room, Jubilee Gardens, Hill Street Saffron Walden CB10 1EH	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Wimbish Good Companions	Uttlesford (5 mile radius of Wimbish)	Monthly meetings, social gatherings and outings	01799 599 540	£5 annually	1st Monday of the month 2pm - 4pm	Village Hall, CB10 2XG	
Little Waltham Good Companions	Walthams/ Broomfield & other areas	Programme of Meetings, Outings and Special Events	01245 442 113	£6 per annum 50p entrance incl tea/coffee & biscuits	First Tuesday of the month 2.15pm-4pm. No meetings in January due to possible bad weather	Little Waltham Memorial Hall, Brook Hill CM3 3LN	-
Time Together	Westcliff - but all welcome	For everyone who is 'young at heart' offering a lively and varied programme of activities.	01702 334 877	£1 for general expenses. £5 when cooked lunch is provided	Thursdays - meet at 1pm with own packed lunch if cooked meal not provided. Activities commence at 2pm	Earls Hall Baptist Church, 120 Hobblythick Lane, Westcliff on Sea SS0 0RJ	www.earlshall.com
Shotgate Wednesday Club	Wickford Shotgate	Tea biscuits and cakes, cards, bingo, raffle, multiple choice quiz, team skittles	01268 733 621	£3 per month	Wednesday 1.30pm - 4pm	Shotgate Community Hall, Bruce Grove, Shotgate, SS11 8QL	
Concorn Ladies Club	Wickford/Chalkwell	We have a varied programme of events with many interesting and entertaining speakers, occasional outings and meals out	01268 784 431 Eileen Hardy	£2 joining fee £2 per week	Wednesdays 1.30pm-3pm	Christ Church United Reformed Church, Crown Hill, Rayleigh SS6 7HA	
Age Concern Drop In	Witham	Drop-in centre for older people where you can play board games, tea/coffee, chat. Very friendly group and a warm welcome to everyone.	01376 502 996	£1 for drinks and a raffle	Every Wednesday 10am-12pm	Witham Methodist Church Hall, Guithavon Street, Witham CM8 1BJ	
Young at Heart Club	Witham and surrounding areas	Raffles and bingo	01376 516 619	Average cost is 75p per week	Every Wednesday 2pm - 4pm	Witham Football Club, Spa Road, CM8 1UN	
Friday Fellowship	Witham mainly	Lunch club for senior citizens and includes some form of entertainment in the afternoon, which varies week to week	01376 500 958	£4.50 for meal	Friday 10.30am-2.30pm with entertainment in the afternoon	United Reformed Church, Newland Street, Witham CM8 1AH	

Clubs & Groups as at October 2018

Name of Club/Group	Area covered	Description	Booking line	Cost	Time/dates of events	Meeting Place	website
Dementia Tea Party	Writtle - anyone who attends Writtle surgery	Tea Party once a month for those with Dementia and their carers to come along for tea/coffee & cake with talks and company for all	No need just turn up (01245 423 189 for info)	Free	4th Monday of the month 2pm-3.30pm (no club August or December)	The Christian Centre, Small Hall adjacent All Saints Church, Pump Lane, Writtle	