

FREE DAY TRIP TO SOUTHEND

for those living with dementia



This **FREE Day Trip to Southend** on **Wednesday 17th July**, has been organised by Epping Rotary with the support of Epping Forest District Council Community & Partnership Team, for those living with dementia and their friend, relative or carer.

The coach, with toilet on board, will pick you up from:

- **The bus stop outside St John's Church, High St, Epping at 10am**
- **North Weald bus stop opposite the Library at 10.10am.**



We then make our way to the seaside. We hope to arrive in Southend for about 11.30am. You then have lots of free time in Southend to do as you wish.

Southend-on-Sea is well known for its pier. At 1.34 miles it's the longest in the world boasting a railway, gift shops and museum. The seven miles of seafront provide an array of attractions, including the famous 'Golden Mile' of amusement arcades, Adventure Island theme park, shops, restaurants, cafes, Sea Life Centre and Palace Theatre. We then board our coach at 3.30pm for our return home.

Booking Information:

- **Book over the phone** by calling our admin team on **01992 564226** (Monday to Friday 10am to 4pm).
- **Book in person** by visiting our Community Services Office, 25 Hemnall Street, Epping CM16 4LU (located on the same site as Epping Sports Centre), Monday, Tuesday and Thursday 10am to 4pm.
- **All attendees must be accompanied by a friend, carer or relative.**

Karen Murray, the Forever Active Day Trips Coordinator, will be pleased to provide you with any further details about the trip and she can be contacted by email kmurray@eppingforestdc.gov.uk or tel. **01992 564222** and leave your details. Please note: you cannot book day trips on this telephone number/email.