

Help for people with dementia and their families

Get the practical and emotional support you need in Essex

Our Navigators can help you find exactly what local support is best for you. They will listen to your needs and offer tailored information and advice and link you up with local professionals and services.

Where to find us?

We do not want an address here as it is not a drop in office

Our group runs

This is not a group : service



'Una made me feel as though someone knew exactly what was going on and was not judging.'

David, who has dementia

To find out more contact us on:

essex@alheimers.org.uk

01245 260911

alheimers.org.uk

