



carerstrust

Epping Forest • Harlow • Havering • Redbridge
Crossroads Carer Services
action · help · advice



seven million reasons to care

Adult Day Service

Supporting those with mild to moderate Dementia living in Redbridge, Havering and surrounding areas

Wednesday & Thursday 10:30am - 3:30pm

Living Well Resource Centre, 372 Chadwell Heath Lane, RM6 4YG



- Lunch - Games & Puzzles
- Quizzes - Arts & Crafts
- Reminiscence - Gardening
- Information & Signposting
- Memory Activities - Gentle Exercise
- Pampering Sessions - Transport

First Session Free

Contact us on:

01708 757242

carerstrustehhr.org



Adult Day Service

Supporting those with mild to moderate Dementia living in Redbridge, Havering and surrounding areas

Care and support by qualified, vetted and insured staff
Social activities for those who need a little more support
Over 30 years of quality care and support to local families

We also offer bespoke care packages for clients in their homes or out in the community

Venue | Opening Times

Living Well Resource Centre
372 Chadwell Heath Lane
Romford RM6 4YG

Wednesday 10:30am - 3:30pm
Friday 10:30am - 3:30pm

Head Office

Harrow Lodge House
Hornchurch Road
Hornchurch
RM11 1JU
01708 757242

