

## Enjoy a lovely day at the seaside with a friend, relative or carer.

This **FREE** Day Trip to Southend on Wednesday 17<sup>th</sup> July 2019 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**
- **and North Weald bus stop opposite the Library 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, the longest in the world, which boasts 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)
- Or in person by visiting our **Community Services Office, 25 Hemnall Street, Epping Essex 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 n Email **[kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)** or Tel. **01992 564222** and leave your details, please note you **cannot book day trips** on this telephone number/email.