



Friendly, welcoming and engaging for those with varying degrees of memory issues and those who love and care for them. Enjoy activities, singing, bingo and more with light refreshments.

**EVERY 3RD WEDNESDAY OF THE MONTH
10:00AM - 12:00PM**

AT

**St James' Church Hall
St James' Avenue | Ongar | CM5 9EL**

Supported by:



Joseph & Lillian Sully Foundation



**Contact : Pesh Kapasiawala
Tel: 01992 842 642 / 07973166940
info.3food4u@gmail.com**

3MemoryCafe4U is a project of 3Food4U. Charity Number 1192310



3Food4U.org

FREE FOOD FOR YOU!

NO ASSESSMENT OR REFERRAL NEEDED. JUST DROP IN. WE WILL HAVE ALL THE BASIC GROCERIES AND ESSENTIALS FOR YOU AND YOUR FAMILY

Charity No. 1185513

Every Monday & Friday | 11.30am to 1.00pm
at 13 Sun Street | Waltham Abbey | EN9 1ER

Every Tuesday | 11.30am to 1.00pm
at Loughton Club | 8 Station Road | Loughton | IG10 4NX

Every Wednesday | 5.00pm to 6.30pm
at All Saints Church Hall | Romford Rd | Chigwell Row | Chigwell | IG7 4QD

Every Thursday | 1.00pm to 2.30pm
at Zinc Arts | High Street | Chipping Ongar | CM5 0AD

If you require urgent support please contact us:

T: 01992 842 642 | E: info.3food4u@gmail.com

**Please note you will be required to adhere to all the latest social distancing rules.
Volunteers and donations would be greatly appreciated.**

Working in Partnership with:

