

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

This FREE Day Trip to Southend on Wednesday 4<sup>th</sup> July 2018 has been organised by Epping Rotary with the support of Epping Forest District Council Community, Health and Wellbeing 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 on Wednesday 4<sup>th</sup> July 2018**. We then make our way to the seaside, and will have a few songs to sing on the way. We hope to arrive in Southend for about 11am. 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

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 on 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. **The Trip Includes Coach journey only**