

Love talking sport?

We welcome you to our friendly
Sporting Memories Group at

The sessions are held on a weekly basis:

if you are over
50+:

- Alone
- Isolation & Loneliness

Tuesdays, 10.30am – 12.00pm

Abbey Leisure Centre
Bobby Moore Way,
Barking, IG11 7HW

Support with
Mental and
Physical
Wellbeing

Thursday's, 10.30am – 12pm

Dagenham & Redbridge FC
Chigwell Construction Stadium,
Victoria Road, Dagenham, RM10 7XL

Bring people
together,
become active
& healthier.

Living with:
• Dementia
• Alzheimer's

You can attend one or both sessions

FREE REFRESHMENTS

Come along, listen and share sporting memories with other older sports fans and join in some fun activities

For further information contact: Amolak.tatter@lbbd.gov.uk



everyone
ACTIVE



Barking &
Dagenham



www.sportingmemories.uk