



Day Services

March Monday and Wednesday Day Clubs

- ☐ Opportunity to socialise and feel secure in a happy and stimulating environment.
- ☐ Our staff are trained to support your health and wellbeing, and to help you remain independent
- ☐ Hot lunch provided, with refreshments throughout the day
- ☐ Vital respite for families and carers
- ☐ Lots of fun, variety of activities and speakers

Come and join us!

**Monday and Wednesday Day Club
March**

Mondays

10.00am to 2.30pm

Contact us to find out more:

Email: dayservices@ageukcap.org.uk

Tel: **01733 806 336**