



## March Monday and Wednesday Day Clubs

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- ☐ Our staff are trained to support your health and wellbeing, and to help you remain independent.
- ☐ Support to access other services.
- ☐ Vital respite for families and carers.
- ☐ Opportunity to socialise and feel secure in a happy and stimulating environment.

## Come and join us!

**Monday and Wednesday Day Club  
March**

**Mondays and Wednesdays**

**10.00am to 2.30pm**

## Contact us to find out more

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Email: [dayservices@ageukcap.org.uk](mailto:dayservices@ageukcap.org.uk)

Tel: **01733 806 336**

## What can we help with

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- ☐ An opportunity for older people to socialise, make friends and participate in activities.
- ☐ A hot meal is served at lunchtime with refreshments throughout the day.

## Our Services

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### ☐ Information and Advice

Finances, Health, Social Care, and much more

### ☐ Practical Support

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyperson

### ☐ Social Opportunities

Day Opportunities and Friendship Clubs

Sharing Time

### ☐ Get Involved

Volunteering

Fundraising

**Visit our website**

**[www.ageukcap.org.uk](http://www.ageukcap.org.uk)**