



# Tuesday Club

Our Day Centres offer the opportunity for older people to socialise, make friends, and participate in activities in a happy and secure environment.

## How can we help

- Our staff are trained to support our members' health and wellbeing and help people to remain independent.
- Vital respite for families and carers, as well as providing support to access other services.
- A variety of activities, crafts, games, entertainment, and gentle exercise.

## Contact Us



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

Our Tuesday  
Club in March is  
for older people  
with learning  
difficulties.

