

## 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.
- Hot lunch provided with refreshments throughout the day
- A variety of activities, crafts, games, entertainment, and gentle exercise.

### Contact Us

-  01733 806336
-  [dayservices@ageukcap.org.uk](mailto:dayservices@ageukcap.org.uk)
-  [www.ageukcap.org.uk](http://www.ageukcap.org.uk)

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



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