



**PROVIDING SUPPORT FOR CARERS IN EAST GRINSTEAD AND DISTRICT**



**At Daybreak we believe that with the best care and support, people can live well with dementia and in older age.**

***If you like social media:***



**FACEBOOK:** @ageukegandd







**We aim to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break.**

We offer a tailor-made service with activities planned around the needs of the individual, for those with early to mid-stage dementia and frail older people. Our social days involve group activities, stimulating games, a delicious lunch and all refreshments. We are also on hand to offer information and advice for carers and point you in the right direction for other services and activities.

Ask  
about our  
**FREE**  
trial  
session!

### **Our East Grinstead service:**

**1<sup>ST</sup> AND 3<sup>RD</sup> SATURDAY EACH MONTH @ 10AM**

The group operates on the 1st and 3rd Saturday of each month, providing respite for carers from 10am to 3:30pm. Morning and afternoon slots provided upon availability.

Find us at **Glen Vue Centre, Railway Approach, East Grinstead, West Sussex, RH19 1BS.**

**Get in touch to find out how we can help:**

**CALL US:** Kate Strong – 01342 327046

**EMAIL US AT:** [shortbreaks@ageukeastgrinstead.org.uk](mailto:shortbreaks@ageukeastgrinstead.org.uk)

*To find out more, visit our website: [www.ageuk.org.uk/eastgrinstead](http://www.ageuk.org.uk/eastgrinstead)*

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