Day Services

Monday Club Day Services

- 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 Club Day Services
March**

Mondays

10.00am to 2.30pm

Contact us to find out more

Email: **dayservices@ageukcap.org.uk**

Tel: **01733 806 336**

What can we help with

- 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

☐ **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

Registered Charity No. 1165856

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