



**Are you caring for someone with memory loss and / or dementia?**

**Then we are here to help you.**

**Our Carers Club provides a carers cafe, post diagnosis support, information, advice, peer support, songs for sharing, transport and much more.**

**The Carers Club & Info Cafe**

**10th & 24th February 2026 2pm-4pm**

**10th & 24th March 2026 2pm - 4pm**

**Dove Cottage. 24 High Street. Debenham.**

**IP14 6QN**

**Just come along!**

**Relax and find a listening ear.**

**(Your loved one is most welcome)**

**Further Information:**

**[The-debenham-project.org.uk](http://The-debenham-project.org.uk)**

**01728 862003**



# Care to Dance

**A dementia-friendly dance class. Share the joy of movement and music with your loved ones!**

**10.00am–12.00pm**

*Session will run from 10.30–11.30am with 30 minutes of refreshments before and after.*

**9 and 16 January  
6 and 20 February  
6 and 20 March**

**Dates from April  
onwards to be  
announced!**

**Just turn up!** For enquiries  
call 01473 295230.

**Worlingworth  
Community Centre  
Shop Street  
Worlingworth  
IP13 7HX**

**FREE!**

