

Bringing the outdoors, inside....

Dementia Carer Support Group

Relaxed, informal and free sessions:

Conversation, crafts and refreshments for unpaid family carers of people living with Dementia and those cared for.

Join us at the Steam Café Gorleston High Street

Enjoy a range of easy craft activities, refreshments and chat in a friendly environment.

The 3rd Monday of every month in Steam Café Gorleston 10:00 - 12:00

- ♦ 21st March—Reflective Portraits and Poems
- ♦ April is closed for Bank Holiday
- ♦ 16th May - Mindful Painting—Pots, Canvas and Rocks to decorate your garden
- ♦ 20th June - Celebrating the Jubilee with crafts and refreshments

For more information: monument@norfolk.gov.uk

or call: 01603 223146 / 07785 655872

Drop-ins welcome space permitting or you can book. Stay as long as you like.



European Regional Development Fund



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