

COMMUNITY ACTIVITY GROUP



NORTHAMPTONSHIRE CARERS INVITES YOU TO ATTEND OUR NEW DEMENTIA FRIENDLY SUPPORT, SOCIAL AND INFORMATION GROUPS

REMINISCENCE GROUPS

A TRIP DOWN MEMORY LANE-
SHARING LIFE EXPERIENCES

ADVICE FROM PROFESSIONALS

SOLICITOR
FRAUD PREVENTION
FIRE SAFETY
& OTHERS

HEALTH & WELLBEING

HEALTHCARE PROFESSIONALS
GIVING INFORMATION AND ADVICE ON A
RANGE OF MEDICAL TOPICS

PEER SUPPORT

A RELAXED ENVIRONMENT TO MEET OTHERS
IN A SIMILAR SITUATION, MAKE FRIENDS
AND SHARE EXPERIENCES

OUTDOOR ACTIVITIES

NUMEROUS OUTINGS SUCH AS
WALKING AND BIRD WATCHING
GROUPS

SOCIAL ACTIVITIES

CRAFTS
GAMES
QUIZZES
& MUCH MORE

WHERE AND WHEN?

MOULTON PARISH CHURCH ROOMS
NN3 7SW

PLUS , SEATED MUSIC
AND
MOVEMENT GROUPS

10.00a.m. – 12.30p.m. 1st and 3rd
Tuesdays in the month. First one on
Tuesday 18th January.



Northamptonshire Carers Association is a Registered Charity No 1061417
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