

Leading **Lives**
Your life / Our support

WELLBEING SERVICE



Stowmarket Community Hub

Tel: 01449 745970

WE OFFER:

A safe, friendly, small and warm environment for older persons who are looking for an opportunity to engage in light conversation and with a choice of activities, such as: arts and crafts, indoor games, baking or cooking, community trips, or you can choose to relax and listen to music.

Or you may just be looking for the company of someone of a similar age.

There is a 2-course lunch provided at a cost or you can bring your own packed lunch. Biscuits and drink are available throughout the day, therefore there is a varying daily charge for the service.



THE STAFF TEAM:



Vanessa Goddard



Tracey Rushbrook



Ancea Daniel



Helen Hosking

There is a very regular, well trained team of friendly, support workers who will help you to enjoy your day.

This is a fun day service and we welcome all abilities and diagnosis.

For further enquiries or a visit and have a look around, please contact Stowmarket Community Hub details overleaf.

WE ARE HERE



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Stowmarket Community Hub,
Crown Street,
Stowmarket,
Suffolk
IP14 1HY

www.leadinglives.org.uk

tracey.rushbrook@leadinglives.org.uk

[@leadinglives](https://www.instagram.com/leadinglives)

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