

DEMENTIA & CARERS

SUPPORT IN DISS

Dove Dementia Cafe At the Diss United Reformed Church

Wednesdays 10am-1pm. 1st Wed. of month

4thOct, 1stNov, 6thDec. 2024. 3rdJan. 7thFeb. 6thMar. 3rdApril

Time with Friends at the Cornhall Diss: 2nd Mon. of Month

Mondays 10-12.30am

9thOct. 13thNov. 4thDec. 2024. 8thJan. 12thFeb. 11thMar. 8thApril

Carers Support Group at St. Mary's Church Hall: 2nd Thurs.
of month (arranged by the Health Clinic.)

Thursdays 2-4pm

12thOct. 9thNov. 11thDec. 2024. 11thJan. 14thFeb. 13thMar. 11thApr.

Dove Song at Diss URC. 3rd Monday of month

Mondays 1.30-3pm

16thOct. 20thNov. 18thDec. 2024. 15thJan. 19thFeb. 18thMar. 15thAp

Dove Song Plus! 3rd Wed. of month 2.30 (for those with
complex needs

18thOct. 15thNov. 20thDec. 2024. 17thJan. 21stFeb. 20thMar. 17thAp

Dove Cafe Church at Diss URC. 4th Mon. of month

Mondays 1.30-3pm

23rdOct. 27thNov. No. Dec. 2024. 22ndJan. 26thFeb. 25thMar. 22ndAp

Ruth 07740 973195 rthbridges@gmail.com or Gabrielle 01379650770

