

Enjoy laughter and friendship at the



At the **TN22 PLUS⁺ CLUB**, we are committed to providing personalised support for those with mild to moderate **dementia** to socialise and take part in stimulating activities to enhance their wellbeing.

Members benefit from some light exercise, companionship, fun and laughter in a warm and caring atmosphere, where they can continue to do the things they enjoy and feel part of a community.



TN22 CLUBS run fortnightly on Wednesdays at Hadlow Down Village Hall and include a freshly cooked nutritious lunch.

The clubs are run by local charity, ENGAge, and are supported by a team of volunteers who are passionate about helping older people in their community. We welcome members from the Wealden area and local transport may be arranged.

To find out more about the club, volunteering opportunities or to book a taster day, please call Wendy Coleman on: 07961 450357 or email: info@tn22clubs.org

www.tn22clubs.org.uk

