



Come and join us every fortnight for our 'I Matter Too' activity groups.

This is a FREE two hour session once every two weeks for carers* to come together, have fun and socialise in a relaxed friendly environment.

Enjoy themed sessions including

- Arts and Crafts
- Pottery Painting
- Music and Dance
- Quizzes plus many more!

Refreshments will be included



Choose from the locations below –

Booking is essential:

- Lowestoft (Fridays)
- Stowmarket (Fridays)
- Haverhill (Wednesdays)
- Felixstowe (Thursdays)

Starting the first week of September

*We will be providing activities for the cared for too (subject to availability), with a team of volunteers and support staff, so that you can enjoy a couple of hours, knowing that your loved one is being looked after and having fun!



**TO BOOK OR ASK FOR MORE INFO: CALL 01449 707070 - LINES OPEN 9AM - 2PM, MON-FRI
OR EMAIL INFO@BSEVC.CO.UK**