

Bringing the outdoors, inside....

# Free Dementia Carer Support

## Relaxed, informal and free sessions

Conversation, Easy Crafts, Refreshments and a Slipper Swap for unpaid carers of people living with dementia and those cared for

Exchange your old slippers for a free new pair

**The last Wednesday of every month in Gorleston Library 10:00 - 12:00**

- ◆ **30th March - Reflective portraits and poems**
- ◆ **27th April - Mindful painting, flower pots & mini canvas**
- ◆ **25th May - Decorative Rocks**
- ◆ **29th June - Celebrating the Jubilee with crafts and afternoon tea**

For more information

[monument@norfolk.gov.uk](mailto:monument@norfolk.gov.uk) / 01603 223146

Drop-ins welcome space permitting or you can book. Stay as long as you like.



**Interreg**   
2 Seas Mers Zeeën  
**MONUMENT**

European Regional Development Fund

**borrow  
discover  
connect**



**Norfolk**  
County Council

The project MONUMENT's Norfolk pilot is led locally by the Environment Service at Norfolk County Council, working closely with colleagues in Adult Social Services, charities and our UK and European partners. MONUMENT is gratefully funded by the Interreg 2 Seas Programme 2014-2020, co-funded by the European Regional Development Fund.