



Cedrus House Day Club, Stowmarket

Discover a unique day club for older people

Welcome to the Cedrus House Day Club, providing flexible day care for older people who are still living independently.

Our club is the ideal place for your loved one to come and enjoy fun and stimulating activities and to make new friends, all in comfortable surroundings. It also gives you, their carer, the chance to have some time to yourself - whether it's a half or full day with us.

Everything we do is focused on helping your loved one to maintain an active and healthy

lifestyle, whether they're into gardening, cooking, gentle exercise or quizzes.

Time for you

The Cedrus House Day Club is as much about you, the family carer, as it is about your loved one. Let us take care of your loved one while you enjoy some well deserved me-time, whether you need to go shopping, meet a friend or simply relax. Our club carers say they always return to their caring role refreshed and re-energised having had some time to themselves.



Cedrus House Day Club

Many of our club members are still living in their own homes but find that getting out and about on a regular basis gives them something to look forward to, keeps them independent and actually makes life back at home easier.

The club also caters to those who are living with Alzheimer's and other forms of dementia. Sessions are managed by one of our carers who are highly experienced and trained in dementia care.

The support you deserve

Our experienced carers at the Cedrus House Day Club are here to support you and your loved one by delivering high quality, flexible care. Talk to them today to find out how they can help you.

How it works

- Day packages start from £60, which includes a three course home cooked meal*.
- Half day packages start from £35.
- We also offer hairdressing and pamper sessions for Day Club users on the day of attendance.
- Access to other healthcare professionals such as podiatry and chiropody can also be arranged.
- Additional service requirements are subject to availability.

Full terms and conditions are available on [careuk.com](https://www.careuk.com)

Come along and give it a go!

This voucher* entitles you to a free taster session at the Cedrus House Day Club.

**Book your free session by calling
01449 360 351**

*Terms and conditions apply. The free taster session is for new privately funded members only. This voucher can only be used once and is subject to availability.

**Free
2-hour
taster
session**

To join, please call 01449 360 351.

**Cedrus House Day Club
Bittern Crescent, Stowmarket IP14 5XG**

care UK

*May be subject to a small additional charge, please contact the day club for further information.