

The Mildenhall Club, Mildenhall

Discover a unique day club for older people

**Free taster session
Call today**

Welcome to the Mildenhall 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 couple of hours or up to a whole day.

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 Mildenhall Club is as much about you, the family carer, as it is about your loved one. As a carer it's easy to put your own needs last. Let us take care of your loved one while you enjoy some well deserved time to yourself, whether you need to go shopping, meet a friend or simply relax. Our current club members' families say they always return to their caring role refreshed and re-energised having had some time to themselves.



Typical club activities

- Gentle exercise
- Current affairs
- Gardening
- Flower arranging
- Music quiz
- Book club
- Baking
- Reminiscence
- Art and craft
- Tea dance
- Bowls
- Aromatherapy

Who will you meet at the Mildenhall 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 holds sessions for members who are living with Alzheimer's and other forms of dementia. These sessions are managed by carers who are highly experienced and trained in caring for older people with this condition.

Members can also use the facilities at the adjacent Mildenhall Lodge care home, which include a cinema, hair salon and coffee shop. Access to other healthcare professionals such as opticians and physiotherapists can also be arranged.

The support you deserve

Our experienced carers at the Mildenhall 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

- Open Monday to Friday
9.30am – 4.00pm
- Buy a day package, or pay by the hour
 - Day packages start from £35 and include a home cooked two-course lunch
 - Book by the hour at £9 per hour. Add lunch for only £4.50
- Enjoy fun, stimulating activities to suit all tastes. There's also space for quiet time
- Hairdressing, laundry service, assisted bathing, pamper sessions and transport are available at an extra charge

Full terms and conditions are available on careuk.com

**The Mildenhall Club, St John's Close,
Mildenhall IP28 7NX**

To join the club call **0333 321 1971**

**Free taster
session
Call today**

Why not come along and give it a go?

This voucher* entitles the holder to a free taster session at the Mildenhall Club.

Book your free session by calling
0333 321 1971

* Terms and conditions apply. The free taster session is for new privately funding members only. The offer cannot be used more than once and is subject to availability.