

Regular Activities

Adults of any age are welcome!



Mondays

Coffee & Chat Drop-in ¹

10:30-12:30

All are welcome to drop in for tea, coffee, biscuits and good company sitting by the fire

Puzzles & Pals ¹

12:30-14:30

All are welcome to do jigsaws and socialise over a cuppa and biscuits.

Tuesdays

Carers Support Group ¹

10:30-12:30 1st Tuesday of the month

Peer support, talks and information for carers of a family member, friend or client(s)

Parkinson's Support Group ¹

10:30-12:30 2nd Tuesday of the month

Peer support, talks and information for Parkinson's sufferers and/or their carer(s)

Fridays

Games Group ¹

10:30-12:30

All are welcome to play board or card games, do jigsaws and socialise over a cuppa and biscuits.

Suggested Donations

¹ £3 per person, ² £5 per person

Opening Hours

Monday to Friday

10:30 - 14:30

Please let us know if you have any other activities you would like us to do—feedback always welcome!

info@q1foundation.org.uk

Tel: 01491 525637

Any Time

Support and Information ¹

If you need support on any aspect of living well in our community, from a listening ear to finding out about care options please contact us using the details at the bottom of this page

Jigsaw Swap or Buy

Swap used jigsaws for just £1.50 to do at home (or on holiday). Buy jigsaws new £5, used £2.50

We also have a selection of second hand books for sale!