AgeWise

5 April 10am - 2pm

A FREE Event promoting Living Well and Maintaining Independence

A FREE tea/coffee and cake per person

ACT (Aylsham and District Care Trust) is organising a free event at the ACT Centre in Aylsham for people in the Broadland and North Norfolk area. There will be at least forty organisations providing information, advice, support and care for older people in the community and their family and carers.

Stand holders attending will include:

Fire Safety	Home Safety	Legal Issues	Trusted Handyperson
Housing	Care Options	Respite Care	Claiming Benefits
Hearing	Eyesight	Diabetes	Fraud Avoidance/Advice
Food Bank	Foot Care	Counselling	Help with Shopping/Meals
Alzheimer's	Dementia	Support Groups	Befriending
Mobility Aids	Assistive devices	Mobile Library	...and many more

People who use the many services that ACT provides regularly ask about the different options that might be available to them and to have this extensive range of information in one place would be very beneficial.

For those people who do not have easy access to the internet it can be challenging to find out what is available. This 'one stop shop' will hopefully provide lots of help and information for the whole family. This is the first event of its kind in the area.

You can find the ACT Centre on St. Michael's Avenue, Aylsham, NR11 6YA

There is a cafe and free parking available on site.

ACT provides transport for people who require assistance.

Aylsham and District Care Trust (ACT) have been providing care and support to older and/or vulnerable people in the community, as well as their family and carers for over 30 years. We offer lunch clubs, social outings, coffee mornings, transport to health care appointments, counselling, pastoral care, Dementia care and support, shopping trips, befriending, day care, and other activities at our centre.

You can contact ACT on: 01263 733385 for further information or to discuss your transport needs.

www.aylshamcaretrust.co.uk
Twitter @care_trust
 Facebook : Aylsham and District Care Trust