

DIARY OF ACTIVITIES

SEPTEMBER & OCTOBER 2026

A Dementia Friendly Community
Activities, friendship & support for carers and people living with dementia

SEPTEMBER

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| 1 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 3 | Songs for Sharing
Coopersfield, Aspoll Road, Debenham IP14 6QE | 10:00-11:30 |
| 4 | Care to Dance
Worlingworth Community Centre, Shop Street, Worlingworth IP13 7HX | 10:00am-12 noon |
| 8 | Carers' Club & Info Café
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 10 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 15 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 17 | Songs for Sharing
Coopersfield, Aspoll Road, Debenham IP14 6QE | 10:00-11:30 |
| 18 | Care to Dance
Worlingworth Community Centre, Shop Street, Worlingworth IP13 7HX | 10:00am-12 noon |
| 18 | TLC
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 22 | Carers' Club & Info Café
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 24 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 27 | Consultation Meeting
Debenham Community & Leisure Centre, Gracechurch Street, Debenham IP14 6QL | 2:00-4:00pm |
| 29 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 30 | Lunch Club
Coopersfield, Aspoll Road, Debenham IP14 6QE | 12:00pm |

OCTOBER

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|------------|---|------------------------|
| 2 | Care to Dance
Worlingworth Community Centre, Shop Street, Worlingworth IP13 7HX | 10:00am-12 noon |
| 6 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 13 | Carers' Club & Info Café
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 15 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 16 | Care to Dance
Worlingworth Community Centre, Shop Street, Worlingworth IP13 7HX | 10:00am-12 noon |
| 16 | TLC
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 20 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| 27 | Carers' Club & Info Café
Dove Cottage, 39 High Street, Debenham | 2:00-4:00pm |
| 29 | Fit Club
Dove Cottage, 39 High Street, Debenham | 2:00pm |
| TBC | Lunch Club
Date & venue to be confirmed | To be confirmed |
| TBC | Songs for Sharing
Date & venue to be confirmed | To be confirmed |