



The Activity Companions Social Club

A Friendly Day of Companionship, Activities & Lunch

The club is designed for people who may be:

- Feeling isolated or lonely
- Living with early memory difficulties or dementia
 - Needing gentle daytime companionship
- Looking for social interaction and meaningful activities

Our aim is to provide a relaxed, friendly environment where people can enjoy conversation, activities and good food.

What the Day Includes

Tea, coffee and refreshments throughout the day
A hot home-cooked lunch
Creative activities and gentle games
Time to relax and socialise
Dementia-friendly environment

Day Details

Ile Youth and Community Centre, Ilminster, TA19 0AP
Tuesdays and Fridays
9:30am – 3:00pm
£75 per session

Places will initially be limited to a small group to maintain a friendly and supportive environment.

Waiting List Now Open

We are currently creating a waiting list ahead of launching.
If you would like to register interest for yourself or a family member, please contact us.

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The Activity Companions