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## **Kesgrave and District Help Centre - Coffee Morning**

Thursday: 10:00–12:00

### **Introduction**

The centre provides advice and support for disabled and retired people to help make positive changes to their lives .

They hold weekly coffee and activity mornings on a Thursday 10.00am to 12.00 noon to help keep people active and social.

They have a raffle each week, a game of Hoy every month (similar to bingo) and also do a fish and chip lunch each month for those who like to stay and have their meal together.

If you are feeling lonely and fed up with the dark dismal days, please pop in for a cup of tea or coffee and a chat. There's no joining fee; just come along whenever you feel like having a chat and meeting up with several local residents.

They also do a few small outings during the year, plus special afternoon teas.

If you think this may be of interest to you, come along one morning. You will be made welcome. There's no commitment to stay.

### **Location**

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[Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF](#)

### **Contact**

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**Sue Snoulten**



(01473) 620307

Last updated: 27 August 2021

Location: Kesgrave Community Centre - IP5 1JF