What's going on in the village?

Drop in clinic:

Blood pressure, weight, health advice, medication advice, prayer if requested. Dove close 1st Wednesday of the month and Capel Library on the 3rd Tuesday of the month 9.30–11.30am. No need to book and open to everyone so just pop along.

Daphne's Café - Dementia and Friends

Dementia café for peple living with dementia, their family and friends. Runs 2nd and 4th Friday of each month at Capel library 10.00am – 12.00 noon. Come along for a cuppa and a chat. Suggested donation £1.

Hope hub:

A café aimed at people living with mental health issues and their family and friends. A relaxed café where you can play board games / cards, create arts and crafts, read books or fact sheets and chat over a cuppa and a snack.
1st Saturday of the month 2-4pm at Capel Methodist Church coffee lounge. All welcome. You do not need to be a part of the church to come along. No charge.

Craft Group:

A small and friendly group aimed at anyone who would like to make new friends and get taught a craft at the same time. You do not need to be arty – full instructions and teaching is given during each session. Homemade cake and tea/coffee. Cost of £5 per session but if money is an issue then just let me know and we can subsidise it. Runs 1st and 3rd Friday of the month 9:45-11:45am at Caroline's house in Roundridge Road – send me a message and I will give you the house number.

Blessings,

Capel Parish Nurses Team
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