

SPORTING MEMORIES

Club

**LIKE TALKING
ABOUT SPORT ?**

After the amazing success at Kingfisher Leisure Centre, we would like to welcome you to... our friendly new Sporting Memories group at Mildenhall Hub, **starting 24th November.**

A FREE weekly club for people to enjoy reminiscing about sport. There's even a chance of trying some sports too.

**At Mildenhall Hub
Thursday 13:00 - 15:00**

FREE
to attend

Everyone welcome!

“For 10 years Sporting Memories has used the power of remembering and talking about sport to tackle dementia, depression and loneliness and is dedicated to bringing people together.

Those who come to the community based ‘Club’ may be isolated, living with depression, dementia or other long-term conditions. They are fans, former players, carers, family members.

Everyone has one thing in common: a love of sport. We will ultimately provide social & physical activities, but you can come along and just listen or join in – it’s your decision.

Our aim:

That everyone builds friendships, develops shared connections, stimulates their minds, while extending active and healthy lives, plus increased well-being”

Just turn up or pre-book



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Find out more
www.acleisure.com

West Suffolk
Council

Abbeycroft Leisure
INSPIRING A HEALTHIER YOU

