

# ACE7 Cafés 2025 (Jan - June)



DATE	VISIT/ACTIVITY	PRESENTER
7TH JAN	BRUNCH FOLLOWED BY: NEW YEAR RESOLUTIONS / PLANNING FOR THE FUTURE OF ACE7	ANNA ROBERTS
21ST JAN	INFORMATION: SARAH EVANS, CARERS IW & BRUNCH	ANNA ROBERTS
4TH FEB	ACTIVITY: ART WITH MADDY	MADDY
18TH FEB	INFORMATION: SOCIAL PRESCRIBER - TBC & BRUNCH	ANNA ROBERTS
4TH MARCH	ACTIVITY: SEATED EXERCISES	ROGER MCCARTHY
18TH MARCH	BRUNCH + STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
1ST APRIL	ACTIVITY: BUTTERFLY WORLD	ANNA ROBERTS
15TH APRIL	INFORMATION: HERBERT PROTOCOL	WIGHT SAR & POLICE
6TH MAY	ACTIVITY: FANY, SUN DRUMMING - MUSIC & MOVEMENT (SEATED)	FANY
20TH MAY	INFORMATION: LIFE STORIES	ANNA ROBERTS
3RD JUNE	ACTIVITY: CALBOURNE MILL / CRAZY GOLF	ANNA ROBERTS
17TH JUNE	INFORMATION: STRESS, HOW DOES IT SNEAK UP ON YOU?	ANNA ROBERTS

NOTE: ACE7 cafés take place on 1st and 3rd Tuesdays of the month from 10AM - 12PM

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