

Carers' Café

- Refreshments
- Benefits advice
- Children's activities
- Hairdressing
- Information
- Reflexology
- Chiropody
- Pampering
- and lots more...

Venues:

Biggleswade

1st Saturday of the month

Abbotsbury Day Centre,
Mead End,
SG18 8JU

Houghton Regis

2nd Saturday of the month

Houghton Regis Day
Centre, Parkside Drive,
LU5 5QN

Bedford

4th Saturday of the month

Goldington Centre,
Barkers Lane,
MK41 9SJ



To book a treatment, to organise transport or for general information, please contact us on:
01767 315079 or 01234 214914