

# Pabulum Dementia Cafè

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Come along and join our friendly group for support,  
activities and information  
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3rd Thursday of every month  
12noon to 3.00pm  
At Tithe Barn, Rectory Road,  
Horstead NR12 7EP

**For more information:**

**Call 01603 787 111**

Making Norfolk a great place to grow older