



Trustee Rebecca del Tufo has a taster of Reflexology from Anna Ludlow of Newmarket



Gail Ford of Saffron Walden entertained us with music



Tim Matthews of Mind told us about 'Connecting carers with the world, the web and each other



Lifeline information and here we are shown a medication dispenser.



Val, a Crossroads Care Uttlesford friend ran a Tombola



We all enjoyed our tea and scones and some nice cakes.

Thank you everyone who came and made it a memorable occasion.