



MORTAIN  
PLACE

BARCHESTER HEALTHCARE

# Carer's loved ones activity classes

Are you a carer, looking after a loved one at home. Unsure what you can do to stimulate your loved one or need encouragement with engagement with others? Come to Mortain Place, enjoy refreshments within our Bistro, then participate with our chair based exercise classes at your own pace. Register your interest to join the fun with [rob.hobbs@barchester.com](mailto:rob.hobbs@barchester.com)

**Fortnightly Tuesdays 1030hrs until 1230hrs**



Mortain Place Care Home

93 Pevensey Bay Rd, Eastbourne, BN23 6JF

Tel: 01323 465 150 · [www.barchester.com](http://www.barchester.com)

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