

**Come and join us**  
to mark

# **Dignity Action Day**

**Wednesday  
1 February**

Help us make this a truly memorable day for our service users by joining us for the Dignity in Care Lifeswap event.

Experience a day in the life of somebody in care. Join us for an hour for lunch or a variety of activities and events.

To take part in this event, contact:

**Beverley Sammons on 01473 264348**  
or email [beverley.sammons@suffolk.gov.uk](mailto:beverley.sammons@suffolk.gov.uk)

**By taking part in Dignity Action Day you'll be:**

- raising awareness the importance of Dignity in Care
- providing someone with an extra special day
- reminding society that everyone has a role to play in respecting the dignity of those in your community
- part of a national celebration and demonstrate solidarity for Dignity in Care

Find out more about Dignity Action Day by visiting [www.dignityincare.org.uk](http://www.dignityincare.org.uk)

