



## WALLINGTON COMMUNITY WELLBEING CHARITY

### Come and meet us Information & Advice Day

Friday 1<sup>st</sup> May 2020 from 11 am to 3 pm  
at Trinity Centre Maldon Road, Wallington SM6 8BL

**ADVICE** from NHS Healthcare Professionals

**ACTIVITIES** Taster sessions including:

Chair Yoga    Exercise    Singing    Hand drumming

**EXHIBITORS** over 50 stalls with advice & Information including :

Safer Sutton Partnership	Sutton Carers
Help Yourself to Health	Stroke Association (BP checks)
HealthWatch	Age UK Sutton
Citizens Advice	Sutton Talking Newspapers
Sutton Uplift	NHS Exhibitors
Carpenter & Co Solicitors	National Tremor Society
Volunteer Centre Sutton	Sutton Vision
Police Safer Neighbourhood Teams	Mobility Centre Wallington
Met Police Sutton	Sutton Culture Services
Local care homes	Oaks Way Seniors Centre

**Find out more about living safely and happily, meet new people  
and find out about activities available for you try locally**

**Refreshments available during day & buffet lunch  
Supported by Cllr Nali Patel, LB Sutton Older People's Champion**

*'Helping to overcome loneliness and isolation in our Community'*

***We are here to help you....***

**FREE EVENT**

***Advice  
Keep safe  
Keep healthy  
Join in  
Have Fun***

***Wallington  
Beddington  
Carshalton  
St Helier &  
surrounding areas  
All welcome***



Funded by



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