



## WALLINGTON COMMUNITY WELLBEING CHARITY

### **Celebrating International Older People's Day Information & Advice**

**Friday 25<sup>th</sup> October 2019 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 40 stalls with advice & Information including :

Safer Sutton Partnership

Help Yourself to Health

HealthWatch

Citizens Advice

Sutton Uplift

Carpenter & Co Solicitors

Volunteer Centre Sutton

Police Safer Neighbourhood Teams

Met Police Sutton

Sutton Carers

Stroke Association

Age UK Sutton

Sutton Talking Newspapers

NHS Exhibitors

National Tremor Society

Sutton Vision

Mobility Centre Wallington

Sutton Culture Services

**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  
Are all welcome***



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