



WALLINGTON COMMUNITY WELLBEING CHARITY

Health & Wellbeing Information & Advice Day Celebrating International Older People's Day

Friday 21st October 2022 from 11 am to 3 pm
at Trinity Centre Maldon Road, Wallington SM6 8BL

A SPECIAL HUB OFFERING FREE HEALTH CHECKS & ADVICE
from NHS Professionals

ACTIVITIES Taster sessions including:
Exercise & Hand drumming

EXHIBITORS over 45 stalls with advice & Information including :

Age UK Sutton	NHS Exhibitors
Citizens Advice	Sutton Carers Centre
HealthWatch	Sutton Talking Newspapers
Sutton Vision	Uplift
Police Safer Neighbourhood Teams	Adult Safeguarding Team
Met Police Sutton	Sing with us Sutton
London Fire Service	Neighbourhood Watch
QEF Transport Information Hub	Volunteer Centre Sutton

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

'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**



Funded by:



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