



**WALLINGTON COMMUNITY WELLBEING CHARITY**  
*with Beddington & Carshalton*

**Health & Wellbeing Information & Advice Event**

Friday 8<sup>th</sup> November 2024 from 11.00 am to 3 pm  
at Holy Trinity Centre Maldon Road, Wallington SM6 8BL

**NHS: Flu & Covid Boosters will be available**(over 65's)

Stalls Including: Health checks, Cancer screening info,  
Macmillan, Sutton Primary Care Network & more

**ACTIVITIES** Taster sessions including:

Tai Chi, Exercise, Singing

**TALKS** Health Coaches, Legal matters

**EXHIBITORS** 45 + stalls with advice & Information including :

Parkinsons UK

Inspire

HealthWatch

Sutton Carers

Sutton Uplift

Sutton Volunteer Centre

Met Police & SNT

Change Foundation

Sutton Vision

Stroke Association

Age UK Sutton

QEF

Trading Standards

CAP-Christians Against Poverty

Rotary of Carshalton Park

Home Care providers

**WALLINGTON Integrated Neighbourhood Team - wallingtonint.com - NHS**

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

**Refreshments available & 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*

*in*

*Wallington  
Beddington  
Carshalton &  
surrounding areas*



Telephone: 020 8647 3000 / 07770 533000  
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