



WALLINGTON COMMUNITY WELLBEING GROUP

Health & Wellbeing Information & Advice Day

Friday 26th April 2019 from 11.00 am to 3 pm
at Trinity Centre Maldon Road, Wallington SM6 8BL

ADVICE from Healthcare Professionals including :

Audiology Optometry Free Health checks

ACTIVITIES Taster sessions including:

Chair Yoga, Medau Movement, Hand drumming, Singing

EXHIBITORS over 30 stalls with advice & Information including :

Diabetes UK
Help Yourself to Health
HealthWatch
Citizens Advice
Sutton Uplift
Carpenters Solicitors
Volunteer Centre Sutton

Sutton Vision
Stroke Association
Age UK Sutton
QEF
Sutton Talking Newspapers
NHS Exhibitors
National Tremor Society

NEW: NEIGHBOURHOOD SAFETY & SECURITY HUB

Police Safer Neighbourhood Teams Sutton Neighbourhood Watch
Trading Standards Local Ward Co-ordinators

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

Refreshments available, Buffet Lunch / Food by Chef Arif
Supported by Cllr Nali Patel, LB Sutton Older People's Champion

'Helping to overcome loneliness and isolation in our Community'

**FREE
EVENT**

*Advice
Keep safe
Keep healthy
Join in
Have Fun*

*Wallington
Beddington
Carshalton
St Helier &
surrounding areas
Are all welcome*



Telephone: 020 8647 3000 / 07770 533000
Email: info@wallington-community-group.org
www.wallingtoncommunitywellbeing.org