HAMPTON
COMMUNITY HEALTH FAIR

27 NOVEMBER 2024

All Saints Church Hall, Hampton
11:30 AM - 2:30 PM

Join us for a completely free health fair for all of the Hampton Community.

12:00-1:00 pm
Eating for Better Health Nutrition Session

1:00-2:00 pm
One Step Closer Wellbeing Workshop

Local charities and organisations will be on site to share about their services and support:

- SWLEAP
- Healthwatch Richmond
- Carers Champion Council
- Richmond CVS
- Crossroads Care
- Richmond Borough Mind
- The Mulberry Centre
- Ruils Independent Living
- Active Living Richmond Council
- Multicultural Richmond
- Enable
- Richmond Furniture Scheme
- Lets Go Outside and Learn
- Friendly Parks for All
- RHP Community Engagement Team

Basic health checks

Mental health support

Free raffle prizes

Energy advice

Free first come, first serve hot lunch

020 8831 6083   info@ruils.co.uk   www.ruils.co.uk

ruils
independent living

Charity no: 1127896