



Winter Wellness Fayre

Stay Warm, Stay Well, Stay Connected

Join us this Winter to learn about FREE local support services to help you through the colder months!



 **Tuesday 16th September**

 **10:00 AM – 2:00 PM**

 **Ankerside Shopping Centre - Castle Entrance**

Healthcare Guidance

Pharmacy First, **Dementia Care**, and the **Tamworth Wellbeing & Cancer Support Centre**.

Mental Health & Wellbeing

Access support groups and local services, including **Mind** and **Tamworth Samaritans**.

Warm Spaces & Community Support

Find local community hubs to stay warm and connected.

Energy Advice

Get energy-saving tips from **Beat the Cold**.

Children's Zone

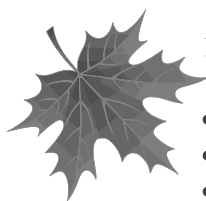
Enjoy activities and wellbeing advice for the little ones.

Prizes

Enter our free competitions for a chance to win great prizes!

Interactive Zone

- Seated Yoga, Breathwork & Gentle Exercises with **Octavia and Om**
- Live Music with **40's 3 plus 1 band / The Melody Express Live Band**
- Line Dancing with **Wagon Wheels Line Dancing Club**
- Qigong and Tai Chi Fan with **Kai Ming Association for Tai Chi Chuan**



TikTok's Spudman will be providing free jacket potatoes to over 70's on the day of the event!



Mercian Primary Care Network
Collaborating to care



Free Flu Vaccines!

As the colder months approach, it's important to protect yourself against the flu. If you're aged 65 or over or in a clinical risk group, you're eligible for a free flu vaccine.

Here's why you should get vaccinated:

Protect Your Health: The flu can lead to serious complications, especially in older adults. The vaccine is your best defence.

Safe and Effective: The flu vaccine is safe and has been shown to reduce the risk of flu illness, hospitalisation, and even death.

Quick and Easy: Getting vaccinated is simple and takes just a few minutes.



Remember to book your free vaccine at your GP practice and protect yourself this winter!