



Healthy Abingdon

Learning about each other, 5 - 7 pm, Thursday 26 April

Registration, networking and refreshment from 4:30 pm

This meeting is open to all whether community groups, health service providers or members of the public.

Venue. North East Abingdon Community Association. Entrance on western edge of car park for Peachcroft Shopping Centre, Peachcroft Road, Abingdon, OX14 2QA

Purpose of meeting. For community groups to learn about each other and for others to learn about the range of activities in the town.

Agenda

1. **4:30 pm. Registration, networking and refreshments.**
2. **5:00 pm. Welcome and introduction** from the meeting chair, Ros Alstead, Director of Nursing and Clinical Standards, Oxford Health NHS Foundation Trust
3. **5:05 pm. Making Abingdon More Dementia Friendly.** Dave Butterworth, Healthwatch Oxfordshire.
4. **5:15 pm. Voluntary Group Talks.** Brief presentations from a number of voluntary groups covering different aspects of health and wellbeing. See below for list of presentations.
5. **6:15 pm. Voluntary Group 1-to-1 presentations** (see more below).
6. **6:45 pm. Roundup discussion**
7. **7:00 pm. Close**

Presentations to the whole meeting

- Sheila Furlong and Lu Cozma of **Archway Foundation** on relieving the distress caused by loneliness. Including information on the new young people project.
- Eleanor Dangerfield of **Abingdon Green Gym** on keeping fit by doing countryside conservation work.
- Rachel Hammond of **Stonehill Community Gardens** on bringing people closer to nature by sharing the joys of being outside and gardening together
- Hannah Gray of **Dance to Health (Aesop)** on getting fit and improve strength, balance and flexibility, making new friends and having fun

1-to-1 presentations

Each Community group will be given table space to set up a sign and lay out leaflets so that people can circulate and talk to the different groups.

Registration

To register to attend, or to find out more, please email Dave on healthyabingdon@aol.com, or phone him on 01235 525 955. Also, let Dave know if you need table space to lay out your stall. **We are sure we can accommodate you at the event if you don't have time to register**