



Calverton Health and Well-Being Event

Saturday 21st October 2023

10.00am – 3.00pm

Calverton Village Hall



- For residents of Calverton and surrounding villages
- 20+ providers of health and well-being solutions
- Information, advice and free health checks
- Informative talks throughout the day
- Covid vaccination drop-in clinic – over 65s

Take charge of your health and see what is available
in your local area!

Entrance is free!

Planned by the Calverton Patients Participation Group with support from NHS Nottingham and Nottinghamshire Primary Care Network and The Calverton Practice

Limited car parking space. Calverton Connection bus stop opposite the Village Hall.



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Talks Programme

As well as many informative stands there will be four talks during the day.

- **10.30am – 11.30am: Using the Community Defibrillator**

There are defibrillators in your village, but would you know how to use one? Come along and find out. Martin, from The Community Heartbeat Trust, will show you how saving a life can be easier than you think!

- **11.30am – 12.30pm: Pillars of Nutrition**

The world of nutrition can sometimes seem like a confusing place with so many people telling us what we should and shouldn't eat. This talk will bust some popular myths around the foods we eat, and everyone should go away with some simple principles that they can adopt in their own lives to support not just their own health, but their families too.

- **12.30pm – 1.30pm: The Memory Café**

A Memory Café is a friendly and welcoming place for anyone with dementia and their carers to gain practical information, emotional support or just a fun, sociable time together. Find out more, with Terry, about this very successful local group.

- **1.30pm – 2.30pm: An introduction to mental health and well-being**

What is mental health and well-being? Covering tips and techniques for keeping well, the links with physical health, creating healthy habits, in the moment techniques and coping strategies plus where to go for help.

Remember! The Calverton Connection Bus runs every 15 minutes and stops by The Village Hall.