



Wellbeing & Community Advice Event



Connect



Be Active



Take Notice



Keep Learning

Thursday 8 November, 11am - 3pm
The St Hugh's Centre, Coach Road, BD17 5HS

www.sthughs.org ☎ 07421 328187

FREE Health Checks for Carers

FREE Flu Jab for those who qualify

Carers' information from Carers' Resource

Trading Standards

Police - Crime Prevention/Neighbourhood Watch

HALE - Check what is available to you from your
local health charity

Local groups/Clubs find out what's going on in your area

**FREE Tea and
Cake, Goodie
Bag and Raffle**
in aid
of
local
charities

