



**A CHANCE TO
WIN**
2 pairs of one day passes for
David Lloyd gym




PINEWOOD HEALTH AWARENESS DAY

**Tuesday
20 September 2016**

6.30pm - 8.30pm

**Shepherd Drive Baptist Church,
Labernum Close, Ipswich, IP8 3SL**

**Come along and find out
more about local services
available to you**



Brought to you by Derby Road Practice Patient
Participation Group (PPG) in association with NHS Ipswich
and East Suffolk Clinical Commissioning Group (CCG)



Come along to a health event (near Pinewood Surgery) aimed at helping you find out more about local organisations that are here to help you look after your own health and wellbeing.

Who will be there?

One Life Suffolk - offer free healthy lifestyle advice including health checks, quitting smoking, getting active and weight loss

Age UK Suffolk - help and advice for older people

Lofty Heights - social enterprise helping less advantaged and elderly people to have healthier homes as well as creating employment for young disadvantaged adults

Warm Homes, Healthy People - Public Health scheme helping vulnerable people and families in Suffolk make their homes warmer, and cheaper to heat

ActivLives - helping to motivate, support and inspire people to make positive lifestyles changes and improve health and wellbeing

Suffolk Mind - Mental health and wellbeing advice for local people

Citizens Advice Bureau - helping people find practical solutions to difficult issues including debts, benefits, employment, relationships

Wellbeing Service Suffolk - helping you with your mental health and wellbeing

Suffolk Family Carers - help and advice for those looking after family members

Healthwatch Suffolk - local health services watchdog

Cancer Research UK

Diabetes UK

Everyone welcome

Free car parking available

www.derbyroadpractice.co.uk

www.ipswichandeastsuffolkccg.nhs.uk

