

ENEWS 224 IS ATTACHED.

THIS FRIDAY

COME IN FROM THE COLD

**TO ENFIELD OVER 50S INDOOR WINTER
FAIR 2019**

What you can do for yourself to keep well in winter.
FUNDED BY THE NHS CLINICAL COMMISSIONING GROUP.

**ON FRIDAY 22ND FEBRUARY 2019
AT ENFIELD COUNTY SCHOOL, HOLLY WALK, EN2 6QS**

SPEECHES, WORKSHOPS, STALLS, DANCING AND LIVE MUSIC

**OPEN TO ALL -FREE ENTRY – FREE WORKSHOPS & LIVE
MUSIC**

Come anytime between 9.30 and 4.00

Bring a packed lunch or sandwiches for sale at £2 per head (subject to availability)

Free tea, coffee and afternoon cakes.

PROGRAMME (subject to change):

MORNING:

Listen to : (i) John Wardell, Chief Operating Officer, Enfield NHS CCG; (ii) Natalie Forrest, Chief Exec Officer and Director of Nursing, Chase Farm Hospital; Tom Welfare, Project Development Co-ordinator, NEA – Energy Tariff Switching; Doctor on Asian Health.

Workshops: (i) The role of the GP Practice Today and in the Future, Energy Best Deal – the links between cold homes and health – bring your energy bill to switch tariffs, (ii) Enfield Over 50s Writing Group – Recording Memories for Posterity,

Music/Dance: Winchmore Hill Folk Dancing, Cockney Singalong

AFTERNOON

Workshops: (i) Understanding your Medicines; (ii) Research into the effects of ageing on the immune system; (iii) Stroke Awareness; (iv) Computer drop in (help with your own devices); (v) Adult Abuse and Modern Slavery; (vi) Depression and Mental Health; (vii) Himalayan Yoga with Joints and Glands exercises.

Music/Dance: (i) Circle Dance and Keep Fit, (ii) Equinox Funky Jazz Band; (iii) Asian Dance display and join in (Jay Kumar)

STALLS BETWEEN 11.30 AND 2.30

Cancer Awareness, Chariot Register (dementia research) Blood Pressure Checks, , Enfield & Southgate WEA, Enfield Asian Welfare Association, Enfield Art Circle, Enfield Camera Club, Enfield Croquet Club, Enfield Horticultural Society, Enfield National Trust, Enfield NHS Retirement Fellowship, Fusion Leisure Centres, GP Online, Immune System Research, Meet a Need

with Christian Care, My Life Enfield, North London Morning Orchestra, Probus Club, Self Actualization Research Questionnaires, Sylvia Brown Circle Dance Club, The Enfield Society, Walkabouts Rambling Group, Winchmore Hill Dance Club

FULL PROGRAMME AVAILABLE BY EMAIL

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FORUM MEETING:

Tuesday 26 February 2019 – 10.00 for 10.30

At the Civic Centre, Enfield – PLEASE BE AWARE YOU MAY ONLY PARK FOR 2 HOURS IN THE CIVIC CENTRE CAR PARK

Joanne McCartney, the Greater London Assembly Member and a Deputy Mayor to Sadiq Kahn, will talk about her role and those issues relevant to older people.

All welcome – no need to book.