

DROP IN WELLBEING EVENT



THURSDAY 12TH SEPTEMBER 2024 - 11AM - 3PM

POOLE LIGHTHOUSE • 21 KINGLAND ROAD • POOLE • DORSET • BH15 1UG

COME ALONG TO OUR **FREE** COMMUNITY BASED EVENT
AND FIND OUT WHAT SUPPORT IS AVAILABLE
IN YOUR NEIGHBOURHOOD FOR YOUR HEALTH & WELLBEING

Join us for a cup of coffee & the opportunity to speak to Help & Care:
Dementia Coordinators, Health & Wellbeing Coaches and Link Workers
along with professionals from many other organisations including



The team from Poole Central Primary Care Network will be offering blood pressure checks



Meet Nelly, the lovable therapy dog from Hey Doggie, will be there to provide comfort and joy.



Get a glimpse of our free transformative Hope Courses, designed to empower and inspire.



Experience the groundbreaking Virtual Dementia Tour provided by Training2Care. This immersive experience gives a unique insight into the world of dementia.

... and many more

For further information about organisations attending and parking information please visit:

www.helpandcare.org.uk
or telephone 0300 111 3303



SCAN ME

