

Rural health and wellbeing roadshows coming to you soon.

- Health Checks
- Wellbeing Advice
- Friendly Chat
- Tea & biscuits!
- All free of charge



Who are these roadshows for?

These roadshows are for everyone - young, old, and everyone in between. Whether you're just after a cuppa and a chat, need a bit of help with a particular service, or know exactly what you need but are struggling to access it - we're here for you!

1. You could have a FREE blood pressure check from a professional. No need to book, just come along
2. You can chat to someone about your energy costs and if there is something we can help with.
3. Do you have a friend or family member who needs some help with the more sensitive things, we can offer support
4. Do you live alone and would love to have a chat over a cuppa with a friendly face and a listening ear.
5. AND SO MUCH MORE!

- 📍 Locations near you
- 🕒 Drop-in any time! No appointment needed
- 👤 Get a free blood pressure check
- 🧠 Tips for mental wellbeing and managing stress
- 🥗 Healthy eating and fitness advice
- 👨👩 Support for rural workers and families
- 👋 Everyone welcome – bring friends or family

**GET IN
TOUCH**

If you have any questions about any of these roadshows, please feel free to contact Wendy Savill, contact details below.

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Where we will be

- 2nd June, Ullesthorpe Village Hall, LE17 5BT. 12:30pm to 4pm
- 3rd June, Turville Memorial Hall, Husband Bosworth, LE17 6JX. 10am to 1pm
- 9th June, St Peter's Church, Tilton-on-the-Hill, LE7 9LB. 1pm to 4pm
- 10th June, The Coplow Centre, Billesdon, LE7 9FL. 10am to 1pm
- 16th June, Medbourne Village Hall, LE16 8DT. 1pm to 4pm
- 17th June, Great Easton Village Hall, LE16 8ST, 12:30pm to 4:30pm
- 23rd June, Gilmorton Village Hall, LE17 5LS. 1pm to 4pm
- 25th June, Belgrave Village Hall, North Kilworth, LE17 6EZ. 10am to 2pm