



# Our Stay Well Fayre

## Godolphin Old Chapel TR13 9RA

### 9<sup>th</sup> October 25 1pm- 4pm

### Drop in; talk to us and

## Get your *vaccination booster*



**Come and find out more for your wellbeing, getting active ideas, information and health checks**

***Have a cuppa and chat to representatives from***

**NHS** – Local Social Prescribers and Health & Wellbeing Coach - support from your GPs services and others  
and Royal Cornwall Hospitals Trust - Vaccination and Health Promotion team

**Healthwatch Cornwall** – signposting and talk about issues/successes **Pain Cafes** - access support with pain

**Volunteer Cornwall Gateway and Community Maker**– referrals to all sorts of organisation's

**Diabetes UK** – get a risk assessment and support on managing Diabetes

**iCareiMove**– information on activities **Roots training** – Chair yoga and walks

**Fire Service** – Home safety **Police** – Keeping yourself safe

**Cornwall Heritage Trust** – Volunteering and mindfulness activities

**National Energy Action**– support and advice to keep you warm at home

**Healthy Cornwall and Winter Wellbeing** - information and free Health Checks

**WHAT'S ON** in Godolphin - **Godolphin Cross Community Association** and our **Reach Out Project**

For more information contact [rona.gcca@gmail.com](mailto:rona.gcca@gmail.com)

