

FULL OF LIFE

FAIR

TWICKENHAM
RFU STADIUM
WHITTON ROAD

TWICKENHAM
TW2 7BA

FRIDAY 23 SEPTEMBER 2022, 10AM - 4PM

www.richmond.gov.uk/full_of_life

**REGISTER FROM
MONDAY 22 AUGUST**

★ 020 8891 7662 ★

**FOR
RESIDENTS
IN LATER LIFE**

**OVER 70 LOCAL
STALLS AND
ACTIVITIES**

**FREE
CAFÉ AND
LUNCH***

**COME MEET NEW
FACES FROM
AROUND THE
BOROUGH!**



*The free café is available to all visitors. Sit-down lunch is for local residents only with limited spaces available on a first-come, first-served basis. Pre-booking is required.

August 2022

Dear Residents,

On behalf of Richmond upon Thames Council, I would like to invite you to attend the Council's annual Full of Life Fair on Friday 23 September 2022. We are thrilled to be able to host this free event in-person again at Twickenham Rugby Stadium, after two years away due to the COVID-19 pandemic.



The Stadium is located on Whitton Road, Twickenham, TW2 7BA (map and transport options included in this brochure). The fair will be open from 10am – 4pm. The aim of this fair is first and foremost to celebrate the huge contribution older residents make to the borough, but is also, importantly, to provide up-to-date and useful information about the local services, activities, businesses, groups and organisations available to our residents and carers.

Those attending will have the opportunity to seek advice and information from local professionals about health, social care and care technology, and how to get involved in local community and activity groups.

There will also be opportunity to access practical clinical services including blood pressure checks, advice from community pharmacists and COVID-19 jabs, as well as in-depth support from local technology professionals to improve and learn new digital skills and what devices are available to support independent living.

REGISTRATION

You are welcome to join us for the whole day, as we have plenty of stalls for you to visit and activities for you to take part in, as well as our free café and lunch.

Registration is essential if you wish to attend between 10am and 12pm. If you would like just to turn up on the day, please arrive between 12.30pm and 4pm. Please also be aware that you must register for the free lunch, as spaces are limited and sitting times will be staggered. If you aren't able to get a ticket for lunch, please be assured our café will be serving free drinks and light snacks throughout the day.

To register visit: www.richmond.gov.uk/full_of_life or call **020 8891 7662**.

As well as encouraging you to attend the event, we are also asking for you to help us reach residents who are more isolated. If you have a neighbour, carer or friend who you think would benefit from this event, please share this information with them. We hope you both will be able to come along and join in on what is sure to be a day to remember!

You will find all the information you need about the fair in this brochure, or on our website: www.richmond.gov.uk/full_of_life

Yours sincerely,

Councillor Piers Allen
London Borough of Richmond upon Thames
Lead Member for Adult Social Care & Public Health
and Chair of Richmond Health & Wellbeing Board



REGISTRATION IS ESSENTIAL

TO REGISTER:

 www.richmond.gov.uk/full_of_life  020 8891 7662

You must also register if you wish to join us for lunch. Numbers are limited and tickets are for Richmond upon Thames residents only. Please make sure to choose the lunch option when you register.

ACTIVITIES SCHEDULE

10am	Doors open
10:30am	Financial Advice Seminar
10:30am	Chair Yoga
11am	Ukulele Demonstration
11am	Avoiding Cyber Scams Seminar
11:30am	Community Choir Singing Workshop
11:30am	Building Resilience Workshop
12:15pm	Cancer Prevention Seminar
12:30pm	Gentle Yoga
1:15pm	Mindful Meditation
1:15pm	Healthy Eating & Nutrition Workshop
2pm	Tango Demonstration
2:30pm	Tips to Manage Your Energy Bills & Support Available Seminar

3pm	Zumba Class
4pm	Doors close

ALL-DAY ACTIVITIES

- Richmond Bridge Club
- Using Technology to Live Independently
- Improving Your Digital Skills drop-in sessions
- Community Pharmacy healthy lifestyle advice, blood pressure checks, COVID-19 vaccines and more
- Seated Massage and Reflexology Taster Sessions

Information correct as of August 2022

STALLHOLDERS & ACTIVITY PROVIDERS

CARE AND SUPPORT

- Crossroads Care Richmond & Kingston
- HANDS Neighbourhood Care Networks
- Homelink Day Respite Centre
- Richmond Carers Centre
- LBRuT Day Centres
- LBRuT First Contact and Sensory Services
- LBRuT Careline

CARE PROVIDERS & HOUSING

- Absolute Care Services
- Holistic Community Care
- LBRuT Sponsored Moves Scheme

COMMUNITY

- Citizens Advice Richmond
- Age UK Richmond
- Embracing Age
- Richmond Rotary Clubs
- SIT STOP
- The Richmond Charities
- Alzheimer's Society (Richmond)
- Ruils
- Richmond CVS
- Richmond AID
- Multicultural Richmond
- The Mulberry Centre
- CPR Financial LLP
- Thinking Works

- SWLEAP (South West London Energy Advice Partnership)
- LBRuT Climate Policy & Engagement
- VISOR (Visually Impaired Society of Richmond)

CULTURE AND ACTIVITIES

- Ellera Hall Social Centre
- ETNA Community Centre
- LBRuT Libraries
- LBRuT Sports
- Arts Richmond
- Richmond Ramblers
- West London Family History Society
- Whitton Adult Community Choir
- Not Just Travel London
- Richmond Furniture Scheme
- Visit Richmond
- Freedom Tango Teddington
- RAKAT (Richmond and Kingston Accessible Transport)
- Richmond Bridge Club
- Sarah Greenall Yoga

HEALTH AND WELLBEING

- Hounslow and Richmond Community Healthcare
 - Falls Prevention Service
 - Community Dementia Service
 - Richmond Long Covid Service
- St George's University Hospitals Hepatology Pharmacy

- Diabetes UK
- Richmond Borough Mind
- DORCAS (Doing Others Right Caring and Sharing)
- NHS COVID-19 Vaccination Service
- Integrated Neurological Services
- Middlesex Association for the Blind
- NHS Diabetes Prevention Programme
- Prostate Cancer UK
- Richmond AquaPhysio Group
- LBRuT Public Health
- The Conservation Volunteers/ Green Gym

PUBLIC SERVICES

- LBRuT Quality Assurance
- London Fire Brigade
- LBRuT Customer Services
- LBRuT Electoral Services
- LBRuT Safeguarding Adults Board
- LBRuT Cost of Living Support
- Healthwatch Richmond
- Metropolitan Police & Safer Neighbourhood Board

INDEPENDENT LIVING TECHNOLOGY & DIGITAL SUPPORT

- Canary Care
- Connect To Tech Service
- Gloria Care Technology Service



TRANSPORT OPTIONS

BY CAR

From London take the A316 over Twickenham Bridge. At the Lexus/Curries car dealership, take the 3rd exit out on to B361 Whitton Road. With the Stadium straight ahead keep right into Rugby Road and follow the sign to the car park.

Parking: Parking is available on site for coaches and up to 2,000 cars. As you approach Rugby Road, follow signs for the car park.

BY TRAIN

Twickenham is the nearest station. Turn right out of the station, cross the road and the Stadium is approximately an 8 minute walk.

BY BUS

Bus routes 281, 481 and 681 have regular services which pass close to the Stadium.

SHUTTLE

There will be a free shuttle bus with wheelchair access running from Twickenham station to the stadium. The bus will depart regularly from the side of the station (accessible by lift). Signage and volunteers will point people in the right direction.

For more information:

- www.richmond.gov.uk/full_of_life
- fulloflife@richmond.gov.uk

☎ 020 8891 7662

📍 @LBRuT #FullOfLife22



FULL OF LIFE FUND

APPLY FOR FUNDING
TO CELEBRATE SILVER SUNDAY!

**KEEP AN EYE OUT FOR MORE OPPORTUNITIES
TO GET INVOLVED IN YOUR LOCAL AREA!**

In line with the Full of Life Fair and Silver Sunday, we are supporting local groups and organisations to host their own community events in September and October 2022, through the Full of Life Fund.

Full of Life Fund events are supported throughout the borough to give you the chance to benefit from Full of Life, even if you are unable to attend the main fair on Friday 23 September 2022. We will be announcing funded events across our channels, through community partners and in our weekly newsletter in early September.



To subscribe to our newsletter and receive the latest news and information from Richmond upon Thames, scan this QR code with your smartphone or sign up on our www.richmond.gov.uk homepage.

**For more information please visit
www.richmond.gov.uk/full_of_life_fund**