



## 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:** There is plenty of parking on site for coaches and cars (with many accessible parking spaces). Drive down Rugby Road, to the next roundabout, take the first exit onto Whitton Dene and enter Gate 3 for access to the North Car Park. You will need to register for free parking. Find out how to do this easily on our website or by calling us using the information below.

### BY TRAIN

**Twickenham is the nearest station.** Turn right out of the station, cross the road and the Stadium is approximately a 10-15 minute walk.

### BY BUS

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

### BY SHUTTLE

There will be free shuttle buses with wheelchair access running to and from Twickenham Station throughout the day.

Visit our website or call us for more information



For more information:

[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)

[fulloflife@richmond.gov.uk](mailto:fulloflife@richmond.gov.uk)

☎ 020 8871 8390

📱 @LBRuT #FullOfLife25



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RICHMOND UPON THAMES

# • FULL OF LIFE • FAIR

FRIDAY 24 OCTOBER 2025, 10AM-4PM

Allianz Stadium,  
Twickenham, TW2 7BA

**REGISTER NOW**  
at [www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)  
or call 020 8871 8390



FOR  
RESIDENTS IN  
LATER LIFE

OVER 70 LOCAL  
STALLHOLDERS

FREE  
ALL-DAY CAFÉ

ENJOY LOCAL  
ACTIVITY TASTER  
SESSIONS AND MEET  
NEW PEOPLE!





September 2025

Dear Residents,

On behalf of Richmond Council, I would like to invite you to attend this year's Full of Life Fair on 24 October 2025.

Next month, we are excited to welcome residents back to the iconic Allianz (Twickenham) Stadium which will turn into a vibrant hub of celebration, wellness, and community connection for our Full of Life Fair visitors.

You can expect fun activities and up-to-date, useful information and advice about the variety of resources in Richmond upon Thames that are available to support you.

Our older residents and unpaid carers make immeasurable contributions to our borough, and whether you are looking to stay strong, or simply stay connected, this day is designed to support people to lead long, healthy and happy lives.

It is free to attend, and those who join us will have the opportunity to:

- **Get moving** - Try out a range of community activities like yoga, gentle exercise and strengthening routines, dance demos and attend informative workshops.
- **Stay connected** - Access one-to-one support for how to easily use everyday technology to live more independently and learn about how to avoid scams.
- **Healthy living** - Receive advice from local professionals, as well as clinical services like blood pressure checks and seasonal immunisations.
- **Find your community** - Learn how to get involved in your local community and activity groups.

## EVENT DETAILS

**When:** Friday 24 October from 10am to 4pm

**Where:** Allianz (Twickenham) Stadium, Whitton Road, TW2 7BA

## 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. Our free café will keep you fuelled throughout the day with complimentary drinks and light snacks.

**Early birds** - If you're joining us in the morning between 10am and 12pm, please register by visiting: [www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life) or call **020 8871 8390**.

**Relaxed afternoon** - If you would prefer to arrive between 1pm and 4pm, simply turn up on the day.

Everyone is welcome to join this celebration of Richmond's vibrant community. If you know someone who might enjoy this event, whether it is a neighbour, friend, family member or someone who helps care for you, please share this event with them.

**We hope to see you there!**

You will find all the information you need about the fair, as well as additional events happening in the community this October, in this brochure or on our website:

[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)

Yours sincerely,

**Councillor Piers Allen**

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](http://www.richmond.gov.uk/full_of_life)  
☎ **020 8871 8390**

## ACTIVITIES SCHEDULE

- 10:00** Doors open
- 10:20** Eating for Better Health
- 10:20** Zumba Gold
- 11:00** Chair Yoga
- 11:00** Tango Demo & Taster
- 11:30** Dementia Friends Information Session
- 12:00** Zumba Gold
- 12:30** How to set up your Lasting Power of Attorney
- 13:00** Walking Rugby
- 13:30** Tools for Life
- 13:50** Chair Yoga
- 14:00** Bollywood Demo
- 14:30** How to Stay Safe from Scams
- 14:30** Tai Chi
- 16:00** Event Ends and Doors Close

## ALL-DAY ACTIVITIES

- Seasonal vaccines
  - Blood pressure checks and advice, BMI checks, hydration advice and musculoskeletal health advice
  - Using technology to live independently & improving your digital skills drop-in sessions
- And more!**

Information correct as of September 2025



## STALLHOLDERS & ACTIVITY PROVIDERS

### CARE AND SUPPORT

- Crossroads Care Richmond & Kingston
- FiSH Neighbourhood Care
- HANDs (Help A Neighbour in Distress) Scheme
- Homelink Day Respite Centre
- NHS Universal Care Plan
- Richmond Carers Centre

### COMMUNITY

- Age UK Richmond
- Embracing Age
- RUILS Independent Living
- Richmond CVS
- Richmond AID
- Richmond Furniture Scheme
- Richmond Parks Service
- Richmond and Kingston Accessible Transport (RAKAT)
- River Thames Boat Project
- SSAFA, The Armed Forces Charity, London SW Branch
- Share and Care Homeshare
- Sheddington
- Twickenham Repair Café
- Thinking Works
- Middlesex Association for the Blind (MAB)

### CULTURE AND ACTIVITIES

- Arts Richmond
- Freedom Tango
- Multicultural Richmond
- Richmond upon Thames Library Services
- Richmond Sports and Fitness Service and Centres
- Richmond Rugby Club
- Richmond Ramblers
- Rotary Club of Twickenham
- Tw1 Fitness For Women
- Visit Richmond
- Your Community Centres (Cambrian, Castelnau, ETNA, Ellera Hall, Greenwood, Kew, Linden Hall, Mortlake Community Association, White House Family Hub, Whitton)

### COMMUNITY SERVICES

- Community Toilet Scheme
- Healthwatch Richmond
- Metropolitan Police
- Richmond Adult Social Care
  - Sensory Services
  - Financial Assessment & Debt Recovery
  - Safeguarding Adults Board
  - Quality Assurance
- Richmond Council Refugee Services
- Richmond Electoral Services
- Richmond Trading Standards
- Share & Care Homeshare
- Sit Stop
- Transit Community Support CIC

### HEALTH AND WELLBEING

- Alzheimer's Society
- Dementia Friendly Communities Richmond
- Diabetes UK Richmond and Twickenham
- Enable Leisure & Culture (Adult Weight Management & Active Wellbeing Programmes)
- Integrated Neurological Services (INS)
- Kingston & Richmond NHS Foundation Trust (Community Dementia Service)
- Richmond AquaPhysio Group
- Richmond Borough Mind
- Richmond Council Public Health
- Richmond Stop Smoking Service
- South West London Cancer Screening Services
- Southwest London Immunisation Service
- St Mary's University Allied Health

### USING TECHNOLOGY

- BT Group Digital Voice Programme
- Connect to Tech Service
- Richmond Adult Social Care Digital Service
- NHS Digital App Team



Information correct as of September 2025