

## Stalls:

Age UK Enfield	Lea Valley Park
Alzheimer's Society	Metropolitan Police
CommUNITY Barnet	Service Enfield - Safer
Contact the Elderly	Neighbourhoods Team
Enfield Asian Welfare	North London Hospice
Association	Compassionate Neighbours
Enfield Borough Over 50s	Team
Forum	Public Health
Enfield COPD Support Group	Royal Voluntary Service
Enfield Disability Action	Ruth Winston Centre
Enfield LGBT Network	Safe and Connected -
Enfield Saheli	supporting people to live
Enfield Women's Centre	independently
Greek & Greek Cypriot	Social care and assessment
Community of Enfield	of care needs
Healthwatch Enfield	University of the Third Age
Homeshare	Victim Support
Independence and	Volunteer Centre Enfield
Well-being Enfield	And more...

**There will also be cards, dominos, and other games over a cup of tea with friends.**

**Pop in to have a look around.  
We look forward to seeing you.**

# Friendship Matters

## We can help you to:

- Be independent
- Live healthily
- Make friends

## Join us at our free event.

There will be information and advice available, or just pop in to enjoy a cup of tea or coffee, a cake and a chat.

If you or anyone you know, a relative/friend/neighbour would benefit from this event, please let them know.

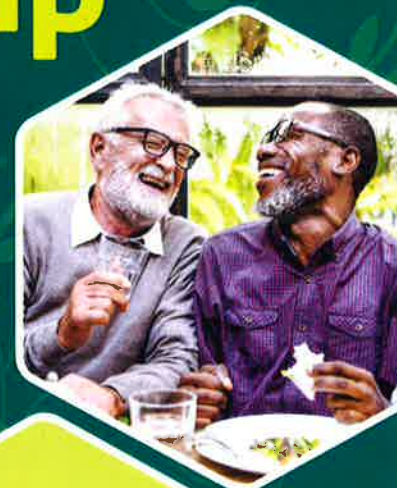
**Free refreshments**

## WHEN:

.....  
**Friday 22 June  
2018  
10am to 3pm**

## WHERE:

.....  
**Dugdale Centre  
39 London Road  
Enfield  
EN2 6DS**



**If you need transport or have any queries,  
please contact Nancie on 07773 180337**

**[www.enfield.gov.uk](http://www.enfield.gov.uk)**



# Friendship Matters

Friday 22 June 2018 • Dugdale Centre

## Programme of presentations and activities

**10:15am to 10:35am**    **Homeshare Presentation**  
Sharing accommodation for help in the home

**10:45am to 11:05am**    **Chair based Yoga Exercise**  
A gentle form of Yoga

**11:15am to 11:35am**    **Community Safety, Home Security, Scams Awareness Presentation**  
How to stay safe and secure at home

**11:45am to 12:05pm**    **Movement to Music**  
Exercise to improve your balance, coordination and overall health

**12:15pm to 12:35pm**    **Home Fire Safety Presentation**  
Advice on how to keep safe from fire

**12:45pm to 1:05pm**    **Tai-Chi**  
A gentle health-promoting exercise

**1:15pm to 1:35pm**    **Health Presentation**  
An overview of what NHS services are available and advice on how to stay healthy

**1:45pm to 2:05pm**    **Movement to Music**  
Exercise to improve your balance, coordination and overall health

**2:15pm to 2:35pm**    **Community Safety, Home Security, Scams Awareness Presentation**  
How to stay safe and secure at home

**2:45pm to 3pm**    **Tai-Chi**  
A gentle health-promoting exercise