

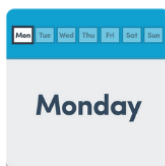
Learning Disability
and Autism**big**
Health Week

Come join us!

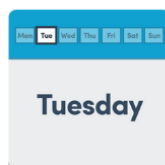
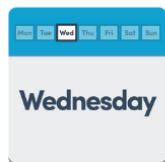
Monday 07 November until Friday 11 November 2022



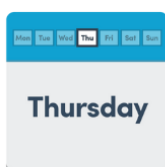
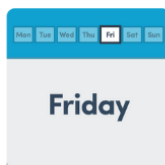
Morning Via Zoom



10.00am Living with Diabetes

11.15am What can your
Pharmacy do for you10.00am Finding out about bowel
cancer screening11.15am What does a good
annual health check looks like

10.00am Gig Buddies

11.15am What is
Personalised Care10.00am Vaccinations and
needle phobia11.15am Reasonable
adjustments in healthcare10.00am Speak up! The cost of
living

11.15am Understanding Worry



Afternoon In-person

Venue: Community House (BR1 1RH)

2.00pm Yoga

2.00pm Art Session

3.00pm Art Session

3.00pm Fun Exercise

Venue: Bede House (SE16 2JW)

1.30pm Dance workshop with Magpie Dance

Venue: WE ARE 336 Brixton (SW9 7AA)

1.30pm Death Cafe

2.30pm Keeping well in the community

3.30pm Mental health (Mind Apples)

Venue: The O2 Greenwich meet at 2.00pm

2.00pm Walk and Talk

Venue: Christchurch (DA6 7BT)

2.00pm Songs that make you happy

Venue: The Albany (SE8 4AG)

2.00pm Big Health Quiz

3.30pm Music - Disco (this session you can also
join online via Zoom)

To register you can scan the code

or contact: HA@advocacyforall.org.uk or 07548 740 224



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