

Health & Wellbeing

One of Hackleton Parish Council's key 2024 priorities is the Health and Wellbeing of our residents. We are therefore excited to announce the launch of a new Health and Wellbeing Working Group to develop wellbeing initiatives within our local area.

INVITATION TO ALL RESIDENTS

Health and Wellbeing Launch Event
WEDNESDAY 28TH FEBRUARY 2024
2pm - 4pm Coffee@Carey

Please come along and find out how you can benefit from our Health and Wellbeing initiatives, and also tell us how we can make a difference to you! Refreshments provided.

This event provides an opportunity to find out:-

- How the Good Neighbour Scheme works
- Take part /watch a demonstration of the new Get Up & Go classes - OTAGO, to promote strength and balance -suitable for all ages
- Talk to the Falls Prevention Team
- How the weekly run ABILITY Community Transport Scheme can take you out and about, cheaper than the car and you make new friends along the way!
- What is a 'Chatty Cafe?'
- Plus more

Do you have an hour or so, you can spare? We are very keen to hear from people who would be interested in joining our Health and Wellbeing Working Group to help grow the group, promote wellbeing with the aim of combatting isolation and loneliness within our community.

If you require further information, please contact Alison Benson, Clerk to the Parish Council on 07464 429630 or email: clerk@hackletonparishcouncil.gov.uk

