

COMMUNITY MENTAL HEALTH AND WELLBEING FAIR

Thursday 15th October 2026

10am to 3pm

**Tadworth Leisure Centre
KT20 5FB**

Find out information from health care professionals and support organisations

Support Includes:

- Health checks
- Dementia support
- Menopause
- ADHD & Autism
- Depression & Anxiety
- Stress & Emotional Wellbeing
- Children & Young People's Mental Health
- Financial, Money & Housing Support
- General Mental Health & Wellbeing
- Plus, other local support organisations

**FREE
Event!**

Scheduled Talks:

11am

ADHD - WHAT MEDICATION CAN AND CAN'T DO WITH NIGEL

12pm

"AUTISM - FROM AWARENESS TO ACCEPTANCE" WITH HELEN

1pm

LIVED EXPERIENCE OF MENTAL HEALTH WITH DES

2pm

ADULT MENTAL HEALTH ANXIETY AND DEPRESSION WITH NICOLE

Free Taster Sessions

Please book on the day

10.15am - 11am

Pilates Basics - Studio

12pm - 12.30pm

Circuit Training Basics - Studio

12.45pm - 1.45pm

Body Conditioning - Studio
(Subject to change, but similar)

2pm - 2.45pm

Circuit Training - Studio
(Subject to change, but similar)

2.15pm - 3pm

Group Cycle - Spin Studio

