

Healthy Ageing Event



Wednesday 1 October 2025 | 11am to 1pm

Elmbridge Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG

Explore, connect and thrive: join us for a free community event focused on healthy ageing. Whether you're looking to stay active, manage your health, meet new people, or discover new hobbies, there's something for everyone.

Advice on the day and one to one sessions

- Assistive technology
- Disability support
- Falls prevention
- Palliative care
- Physical activity and rehabilitation
- Social isolation and loneliness

Meet the experts

CHEER | Citizens Advice | East Surrey
Steady on Your Feet | Elmbridge Locality
Team / Care Can't Wait | Macmillan |
Mary Frances Trust | NHS | Places Leisure
| Princess Alice Hospice | Sight for Surrey |
Social Prescribing | Dementia Support |
Walton Charity | Walsingham Trust

Get active – free taster sessions

Fun activities with Places Leisure. Participants receive a free gift and guest pass.

**Just drop in or to book your one to one session with an expert or
email: wellbeing@elmbridge.gov.uk**



Elmbridge
Borough Council

More info

