

Healthy Ageing Event



Wednesday 1 October 2025 | 11:30am to 1:30pm
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
- Counselling
- Disability support
- Falls prevention
- Palliative care
- Physical activity and rehabilitation
- Social isolation and loneliness

Get active – free taster sessions

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

Meet the experts

Adult Social Care - Surrey County Council |
Age UK Planning for your future - Power of
Attorney | CHEER older people support |
Citizens Advice Bureau | The Counselling
Partnership | Elmbridge BC care and repair /
Dementia Services / Connected Communities /
Strength and balance | Ashford and St Peter's
Hospitals Macmillan Cancer Information and
Support | Mary Frances Trust Mental Health
Wellbeing | Places Leisure Centre Activities |
Princess Alice Hospice Compassionate
Neighbours | Sport in Mind | Surrey Downs
Health & Care Musculoskeletal Issues | U3A
Activities | Walton Charity.

**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

