

RICHMOND UPON THAMES

# FULL OF LIFE

# FAIR

TWICKENHAM  
RFU STADIUM  
WHITTON ROAD

TWICKENHAM  
TW2 7BA

FRIDAY 27 SEPTEMBER 2024, 10AM - 4PM

[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)

**REGISTER FROM  
MONDAY 12 AUGUST**

★ 020 8871 8390 ★



**FOR  
RESIDENTS  
IN LATER LIFE**

**OVER 65  
LOCAL  
STALLHOLDERS**

**FREE CAFÉ  
AND LUNCH\***

**ENJOY LOCAL  
ACTIVITY TASTER  
SESSIONS AND MEET  
NEW PEOPLE!**

\*The free café is available to all visitors. Sit-down lunch is for local residents only with limited spaces available on a first-come, first-served basis. Pre-booking is required.

August 2024

Dear Residents,

On behalf of Richmond Council, I would like to invite you to attend this year's Full of Life Fair on Friday 27 September 2024. We are excited to welcome residents back to Twickenham Stadium for another year of celebrations, fun activities and up-to-date, useful information and advice about the vast resources in Richmond upon Thames that exist to support you.

Our older residents and carers make immeasurable contributions to our borough, and this is our opportunity to provide you with direct access to what's available locally to help you live active, healthy, happy and independent lives.

It is absolutely free to attend, and those who join us will have the opportunity to do things like:

- Try out community activities like table tennis, yoga, gentle exercise and strengthening routines, dance demos and informative workshops
- Access one-to-one support for how to use everyday technology to live more independently, and learn about how to avoid scams
- Receive healthy living and social care advice from local professionals, as well as clinical services like blood pressure checks and seasonal immunisations
- Learn how to get involved in local community and activity groups

#### EVENT DETAILS

**Where?** Twickenham RFU Stadium, Whitton Road, Twickenham, TW2 7BA (map and transport options included in this brochure)

**When?** Friday 27 September from 10am to 4pm

#### REGISTRATION

You are welcome to join us for the whole day, as we have plenty of stalls for you to visit and activities for you to take part in, as well as our free café, which will be serving free drinks and light snacks throughout the day.

Registration is essential if you wish to attend between 10am and 1pm. If you would prefer to simply turn up on the day, please arrive between 1pm and 4pm.

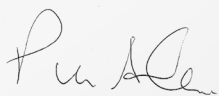
To register visit: [www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life) or call 020 8871 8390.

If you have a neighbour, carer or friend who you think would benefit from this event, please share this information with them. We hope to see you there!

You will find all the information you need about the fair, as well as additional events happening in the community this October, in this brochure or on our website:

[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)

Yours sincerely,



Councillor Piers Allen

Lead Member for Adult Social Care & Public Health and  
Chair of Richmond Health & Wellbeing Board





## REGISTRATION IS ESSENTIAL

### TO REGISTER:



[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life) ☎ 020 8871 8390

You must also register if you wish to join us for lunch. Numbers are limited and tickets are for Richmond upon Thames residents only. Please make sure to choose the lunch option when you register.

## ACTIVITIES SCHEDULE

- 10am** Doors open
- 10:20** Men's Strength Training
- 10:20** Zumba Gold
- 10:30** Mindful Flow Yoga
- 10:45** Dementia Friends Information Session
- 11:00** Chair Yoga Dance
- 11:00** Tango Demo & Taster
- 11:30** Mindfulness Meditation & Breathing Session
- 12:00** BT Digital Voice - Landline Switchover Q&A
- 12:15** Mobility Improvement: Strengthening & Stretching Session
- 12:15** Wellbeing Art & Craft Drop-in Workshop (Dementia Friendly)
- 12:30** Zumba Gold
- 13:15** Eating Healthily on a Budget Workshop
- 13:30** 'Everyone Has a Story or Two' - Readings from Age UK Creative Writing Challenge

- 14:00** Recognising & Avoiding Scams Seminar
- 14:30** Chair Yoga Dance
- 14:30** Tai Chi
- 4pm** Event Ends and Doors Close

## ALL-DAY ACTIVITIES

- Table Tennis
- Complementary head & shoulder massage
- Seasonal vaccines
- Henna Art
- Blood pressure checks and advice and hydration, respiratory and musculoskeletal health advice
- Healthy living tips from a local pharmacist
- Using technology to live independently & improving your digital skills drop-in sessions

**And more!**

Information correct as of August 2024

# STALLHOLDERS & ACTIVITY PROVIDERS

## CARE AND SUPPORT

- Crossroads Care Richmond & Kingston
- FiSH Neighbourhood Care
- HANDs (Help A Neighbour in Distress) Scheme
- Homelink Day Respite Centre
- NHS Universal Care Plan Programme
- Richmond Carers Centre

## COMMUNITY

- Age UK Richmond
- Cruse Bereavement Support
- Embracing Age
- The Mulberry Centre
- RUILS Independent Living
- Richmond CVS
- Richmond AID
- Richmond Climate Change Engagement
- Richmond Furniture Scheme
- Richmond Parks Service + Habitats & Heritage
- Richmond Refugee Services
- Richmond and Kingston Accessible Transport (RAKAT)
- SSAFA, The Armed Forces Charity, London SW Branch
- Share and Care Homeshare
- SIT STOP
- South West London Energy Advice Partnership (SWLEAP)
- Thinking Works
- Visually Impaired Society of Richmond (VISOR)

## CULTURE AND ACTIVITIES

- Arts Richmond
- Art & Soul
- Freedom Tango
- LiveWell Kew
- Multicultural Richmond
- The PROBUS Clubs of Twickenham
- Richmond upon Thames Library Services
- Richmond Sports and Fitness Service and Sport Richmond
- Rotary Club of Twickenham
- Teddington Theatre Club (Hampton Hill Theatre)
- Visit Richmond
- Whitton Tennis Club
- Your Community Centres (Cambrian, Castelneau, ETNA, Elleray Hall, Greenwood, Kew, Linden Hall, Mortlake Community Association, White House Family Hub, Whitton)

## HEALTH AND WELLBEING

- 50 Hill Rise Ltd
- Alzheimer's Society
- Cooking Up
- Dementia Friendly Richmond
- Diabetes UK Richmond and Twickenham
- Enable Leisure & Culture (Adult Weight Management & Active Wellbeing Programmes)
- HRCH Community Dementia Service
- Integrated Neurological Services (INS)
- Kingston Hospital

- NHS Bowel & Breast Screening Programmes
- Prostate Cancer UK
- Richmond AquaPhysio Group
- Richmond Borough Mind
- Richmond Council Public Health
- Richmond Moves Campaign
- Richmond Stop Smoking Service
- South West London NHS Roving Immunisation Service
- St Mary's University Allied Health
- Thrive Tribe (NHS Diabetes Prevention Programme)

## COMMUNITY SERVICES

- Citizens Advice Richmond
- Healthwatch Richmond
- Metropolitan Police & Safer Neighbourhood Board
- Richmond Adult Social Care
- Sensory Services
- Financial Assessment & Debt Recovery
- Safeguarding Adults Board
- Quality Assurance
- Richmond Customer Services
- Richmond Electoral Services
- Richmond Trading Standards

## USING TECHNOLOGY TO LIVE INDEPENDENTLY

- BT Group Digital Voice - Landline Switchover
- Connect to Tech Service
- Richmond Adult Social Care Digital Service
- How to Manage Your Health with the NHS App



## TRANSPORT OPTIONS

### BY CAR

From London take the A316 over Twickenham Bridge. At the Lexus/Curries car dealership, take the 3rd exit out on to B361 Whitton Road. With the Stadium straight ahead keep right into Rugby Road and follow the signs to the car park.

**Parking:** Parking is available on site for coaches and up to 2,000 cars (with plenty of accessible parking spaces). As you approach Rugby Road, follow signs for the car park, which you can access through Gate D.

You will need to register for free parking. Find out how to do this easily on our website or by calling us using the information below.

### BY BUS

**Bus routes 281, 481 and 681** have regular services which pass close to the Stadium.

### BY TRAIN

**Twickenham is the nearest station.** Turn right out of the station, cross the road and the Stadium is approximately a 10-15 minute walk.

### BY SHUTTLE

There will be free shuttle buses with wheelchair access running to and from Twickenham Station throughout the day.

Visit our website or call us for more information.

**For more information:**  
[www.richmond.gov.uk/full\\_of\\_life](http://www.richmond.gov.uk/full_of_life)  
[fulloflife@richmond.gov.uk](mailto:fulloflife@richmond.gov.uk)

**020 8871 8390**  
**@LBRuT #FullOfLife24**



# FULL OF LIFE FUND

## GET INVOLVED WITH EVEN MORE EVENTS ACROSS THE BOROUGH!

**In addition to the main Fair, we are supporting local groups and organisations to host their own activities and events in each of our communities during October, through the Full of Life Fund.**

Full of Life Fund events are supported to give you the chance to benefit from Full of Life, even if you are unable to attend the main fair on Friday 27 September, or are simply looking for more opportunities to connect with your local community. We will be announcing funded events across our channels, through community partners and in our weekly newsletter in September.



**To subscribe to our newsletter and receive the latest news and information from Richmond Council, scan this QR code with your smartphone or sign up on our News page [www.richmond.gov.uk/news](http://www.richmond.gov.uk/news)**