



Health & Support Pop-Up: Community Wellness Event

All day, Every Day: Musculoskeletal Triage NHS Health Checks (40-74 yoa) Blood Pressure Checking
 Simulation Area Community Support Hub

WEEK 1

	Monday 18.3.24	Tuesday 19.3.24	Wednesday 20.3.24	Thursday 21.3.24	Friday 22.3.24
Morning	Living Well Together 11-12 Community Movers	Living Well Together Stop Smoking midwifery team 11-11.45 Everyday Fitness Session 10-12 Breastfeeding support coffee morning	Stop Smoking midwifery team Access & Participation – ‘Straighten Up UK’ Digital Skills Hub Team	Access & Participation – ‘Straighten Up UK’ 10.30 – 11.15 Everyday Fitness 10-12 Threads – Polish Creative Workshop 11.15-1 Community Health Promotion Workshop	11-12 Stress awareness and prevention session 12-1 Back Pain Myth Busting interactive session
Afternoon	Help & Care Diagnostic Ultrasound* 1-1.45 Everyday Fitness Session 2.15-3.00 Everyday Fitness Session	Diet & Healthy Eating support Help & Care 1-1.45 Everyday Fitness Session 2-3 – How to look after your back interactive session 1-3 pm Outside Project – Writing Workshop	Help & Care Life Advice & Support (BEC) Access & Participation – ‘Straighten Up UK’ 1-1.45 Everyday Fitness Session 1-3 Community Mondays Creative Workshop Digital Skills Hub Team	Access & Participation – ‘Straighten Up UK’ Help & Care Diet & Healthy Eating support Foot health checks Respiratory Nurse (1-3) 12.30-2.30 – Threads – International Textiles Workshop 3.30-4pm Kids after school fun movement session	Help & Care 1-3 Outsiders project – Photography Workshop

*referral through MSK triage required

Please note services available and timings may be subject to change

All day, Every Day:

Musculoskeletal Triage
Simulation Area

NHS Health Checks (40-47 yoa)
Community Support Hub

Blood Pressure Checking

WEEK 2

	Monday 25.3.24	Tuesday 26.3.24	Wednesday 27.3.24	Thursday 28.3.24
Morning	11-12 Community Movers Living Well Together Stop Smoking midwifery team	10.30-12.30 BSO -Music and wellbeing session Stop smoking midwifery team	Access & Participation – ‘Straighten Up UK’ 11-12 Stress awareness and prevention session	Access & Participation – ‘Straighten Up UK’ 10 – 12 Threads – Polish Creative Workshop Foot health checks
Afternoon	Help & Care Diagnostic Ultrasound* 1-1.45 Everyday Fitness 2.15-3.00 Everyday Fitness	Diet & Healthy Eating support 1-3.00 Life Advice (BEC) 1 -3.00 Respiratory Nurse 1-3 Outsider Project – Writing Workshop 1-1.45 Everyday Fitness 2.15-3.00 Everyday Fitness	Access & Participation – ‘Straighten Up UK’ 1-1.45 Everyday Fitness 2.15-3.00 Everyday Fitness Help & Care 1-3 Community Mondays Creative Workshop	Access & Participation – ‘Straighten Up UK’ Diet & Healthy Eating support Foot health checks 12.30-2.30 Threads – International Textiles Workshop 2pm - Breathing Easy: Unveiling the Secrets of Respiratory Well-being – Interactive Session 3.30-4pm Kids after school fun movement session

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Please note services available and timings may be subject to change