

# Learning Disability and Autism Big Health Week 2022



Morning sessions via Zoom



Afternoon sessions in person

### Come join us! 7th – 11th November 2022



Delivered by















### Monday 7th November 2022

### **Morning Virtual session Via Zoom**



Living with Diabetes





What can your Pharmacy do for you



#### **Afternoon In person sessions Venue: Community House (BR1 1RH)**



Yoga Art session







Art session Fun Exercise





### Register here

For more information contact the organisers on:









### Tuesday 8th November 2022

#### **Morning Virtual session Via Zoom**



Finding out about bowel cancer screening





What does a good Annual Health Check looks like



**Afternoon In person sessions Venue: Bede House (SE16 2JW)** 



Dance workshop – Magpie Dance



### Register here

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### Wednesday 9th November 2022

## **Morning Virtual session Via Zoom** Gig Buddies What is Personalised Care Afternoon In person sessions We ARE 336-Brixton (SW9 7AA) Death Cafe Keeping well in the community Mental health (Mind Apples)

Register here

For more information contact the organisers on:









### Thursday 10th November 2022

#### **Morning Virtual session Via Zoom**



Vaccinations and needle phobia





Reasonable adjustments in healthcare



**Afternoon In person sessions** The O2 Greenwich meet at 2.00pm



Walk and Talk



**Afternoon In person sessions Venue: Christchurch (DA6 7BT)** 



Songs that make you happy



### Register here

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### Friday 11th November 2022

#### **Morning Virtual session Via Zoom**



Speak up! Cost of Living





**Understanding Worry** 



**Afternoon In person sessions Venue: The Albany (SE8 4AG)** 



Big Health Quiz





Music Disco (option to join online via Zoom as well)



### Register here

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