



# A HEALTHY RESPONSE

TO DIABETES, LOW ENERGY,  
HEART DISEASE,  
OUR STRESSFUL WORLD

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COME & LEARN  
COME & EAT  
COME & SHARE

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Cooking demonstrations, sample recipes, medical and practical advice and free diabetic-friendly lunch served.

— *at* —

ST ANDREW'S STAR CAFÉ,  
STAR ROAD / GREYHOUND ROAD, W14 9SA.  
(the road by North End Medical Centre)

15<sup>th</sup> Nov | 1<sup>st</sup> Dec\* | 13<sup>th</sup> Dec  
17<sup>th</sup> Jan | 21<sup>st</sup> Feb | 21<sup>st</sup> Mar

10:15am - 12:30pm

\*Only evening event 6:45pm - 8:00pm

FREE NO BOOKING REQUIRED



### PARTICIPANTS TAKING PART INCLUDE:

Staff from the North End Medical Centre  
MIND  
My Time Active  
Diabetes UK  
Turning Point- NHS Health Checkers

### FROM LAST SERIES:

*“Great to try the recipes that were being made and see how easy it is to produce healthy meals”*

*“My wife’s got dementia and diabetes and couldn’t come today because she’s got an appointment, I felt really supported here.”*

*“I know who to turn to now. My sister made me come. I’ve got diabetes and she’s worried about me”*

*“I’ve stopped smoking and eat broccoli now.””*



St Andrew's  
Church

[www.standrewsfulham.com](http://www.standrewsfulham.com)  
or email Pippa at [starcentrefulham@gmail.com](mailto:starcentrefulham@gmail.com)  
for more information

