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| |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **New Year, New You**  When: 19th January, 10.00 - 17.00 Where: Hammersmith Library  Try something new at your local library, activities running throughout the day will include:   * Health and wellbeing stalls from local providers * Free massage and therapies * Health checks and advice * Writing workshop taster session * Children's 'sing your way to health!' | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/3653660f-3135-4023-aee3-c3c9a8efa715.jpg |  |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/f24de7cb-7730-4c47-b754-4d2f06f844c5.jpg | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Elgin Close Resource Centre**    The Elgin Close Resource Centre is run by Notting Hill Housing, and organises a wide range of activities, trips, and events for Hammersmith and Fulham residents. Aside from spending time in the Café and garden, you could also participate in:  **Reflexology and Aromatherapy** Alternate Wednesdays, by appointment, £10  **Stand and Steady** Thursday and Fridays, 11.15 - 12.15, £3  **Writing 4 Wellbeing** Fridays, 13.15 - 15.15, £3    For a full list of activities view their timetable via the button below. For further information and enquiries please contact Jennifer on 020 3815 2186 or email [Jennifer.thazter@nhhg.org.uk](mailto:Jennifer.thazter@nhhg.org.uk) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Elgin Centre Timetable**](http://healthwatchcwl.us14.list-manage.com/track/click?u=fa2dfec18cc1ad91b7820deec&id=32e6c34921&e=e6580fe2cb) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/304ec050-237f-41b1-8d66-df51e5a5c8e9.png | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Fulham Good Neighbours**    Fulham Good Neighbours largely support older people, helping with tasks at home, as well as running weekly clubs and activities to help prevent social isolation. This January they are hosting the following at Rosaline Hall:  **Art Group** Tuesdays, 11.00 - 12.00 Free weekly drop-in group for over 60s. Focusing on nature within art, and experimenting with drawing and painting techniques.  **Fulham Carers** Wednesdays, 10.00 - 12.00 Supportative group for local older (although not exclusively) carers and ex-carers.  **Fulham Lunch Club** Wednesdays, 13.00 - 16.00 Free light lunch, followed by guest speakers and performers. You can also play word games, do crosswords, and chat over tea. January's speakers can be found via the website button below.  **Reading Group** Thursdays, 11.00 - 12.30 Shared reading group where you can relax, make new friends, and share stories with others every week. You can just drop in and listen. | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Fulham Good Neighbours**](http://healthwatchcwl.us14.list-manage.com/track/click?u=fa2dfec18cc1ad91b7820deec&id=0347b47283&e=e6580fe2cb) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/64d0557e-36b5-41e4-ad27-ff8581513e7d.png | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Dry January**  Dry January challenges people to give up alcohol for 31 days, hopefully encouraging them to drink at a safe and enjoyable level throughout the following year.  Change Grow Live, and The Alcohol Service are supporting Dry January, and are holding a series of events across the borough. This will include providing information on accessing services, harm minimisation advice, and brief chats offering support and guidance.  **Charing Cross Hospital** 9th and 16th January, 10.00 - 13.00 23rd January, 14.00 - 17.00  **Fulham Broadway Station** 9th and 16th January, 10.00 - 13.00  **Riverhouse** and **Kings Mall** 16th January, 10.00 - 13.00 | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/12bb353b-fe78-4059-a6e6-efe349039715.png |  |  | | --- | | **Kick It** is a free stop smoking service running in Hammersmith and Fulham.  They can provide you with six, weekly sessions, either as part of a group or as an individual, to support you through the hardest part of quitting.  To access your local Kick It clinics or one-to-one services, call their helpline on 020 3434 2500 | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/fa2dfec18cc1ad91b7820deec/images/80ea675b-6169-466c-960e-c7abe2ab7b5b.jpg |  |  | | --- | | **Healthy Hearts** is a cardiovascular disease prevention service that runs across the three boroughs. Anyone who has a 10% risk or more of developing CVD in the next ten years is eligible to access this service. | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | If you qualify you will get your own healthy hearts care planner, who will provide advice, guidance and motivation to help you achieve your goals.  To find out if you qualify go to the Healthy Hearts website, via the button below.    Both **Kick It** and **Healthy Hearts** are services provided by **Thrive Tribe.** | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Healthy Hearts**](http://healthwatchcwl.us14.list-manage.com/track/click?u=fa2dfec18cc1ad91b7820deec&id=f1f77ae340&e=e6580fe2cb) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Do you want to improve the way your health and social care services are designed and run? | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Join Us**](http://healthwatchcwl.us14.list-manage.com/track/click?u=fa2dfec18cc1ad91b7820deec&id=a125eaced3&e=e6580fe2cb) | | |