


Subject: FREE Gym sessions in your community

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**Live Well in
Wokingham Borough
Health & Wellbeing Zone**


Open Gym Session for Mental Wellbeing

The Gym can be a great place to be! The gym is popular because many people love working out in their own time, set personal targets and watch fitness goals be reached! So come and drop in our **FREE** open gym sessions and join in. Designed for people with mental health conditions to enhance mental wellbeing.

Health and Wellbeing Zone, Loddon Valley Leisure Centre, Rushey Way, RG6 4GD

Starting 12th January. Every Tuesday 2-3pm.

For more information please contact Stephen Orwin on stephen.orwin@wokingham.gov.uk or call (0118) 974 6962 or 07710 117 680.



**WOKINGHAM
BOROUGH COUNCIL**

**TELL US ABOUT A RECENT EXPERIENCE
WITH A HEALTH OR SOCIAL CARE PROVIDER - IN CONFIDENCE**

HERE

OR

CALL US ON 0118 4181418

Here are the Healthwatch team contacts should you have any questions...

Nicola Strudley, Locality Manager
Nicola.strudley@healthwatchwokingahm.co.uk

Nick Durman, Healthwatch Officer
Nicholas.durman@healthwatchwokingham.co.uk

UllaKarin Clark, Volunteer Coordinator
ullakarin.clark@healthwatchwokingham.co.uk

Ros Croy, Healthwatch Supervisor at Citizens Advice
ros.croy@wokingham-cab.org.uk

**DONT FORGET!
WHEN IT'S NOT LIFE THREATENING
CALL 111**

Get In Touch

Of course let us know about the service you are receiving - good or bad!

Call and tell us on 0118 4181418

Email enquiries@healthwatchwokingham.co.uk

Write at Healthwatch Wokingham, c/o Citizens Advice, 2nd floor, Waterford House, Erfstadt Court, Wokingham RG40 2YF, or

Come and see us by visiting the Healthwatch Co-ordinator at the Citizens Advice Bureau in Wokingham and Woodley town centres, the Swallowfield Medical Practice (by appointment), Crowthorne Baptist Church (by appointment) or via the MICE Bus.

Meetings & Events

News

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