

Managing My Health

20 June 2025



People's
Group

MANAGING MY HEALTH

PRO ACTIVE COMMUNITY

Surrey

Friday 20th June 2025
10am-3.30pm
Woodhatch Place
RH2 8EF

Join us for an event dedicated to providing accessible information and skills for adults with learning disabilities, families and carers, focused on physical and mental health needs.

- Expert talks on health checks and screening on physical and mental health needs.
- Mental Capacity Act, advocacy and your Rights
- Interactive marketplace with stands and outdoor activities
- Complimentary finger buffet lunch and refreshments

Event Details:
Free admission – pre-event registration required.
Accessible location with free parking.

Book now with the QR code. Spaces are limited.

unum

include.org



Workshops

BLOOMIN' ARTS
Wellbeing Movement

ACTIVE SURREY
Physical Health and Exercise

include.org
Communication, health and my rights

Health Check Drop In

Beyond Words

Active Wellbeing

Active Wellbeing

Annual Health Checks

SOLD Surrey Outdoor Learning & Development
Outdoor Activities

LinkAble
Relaxing with nature



Market Place





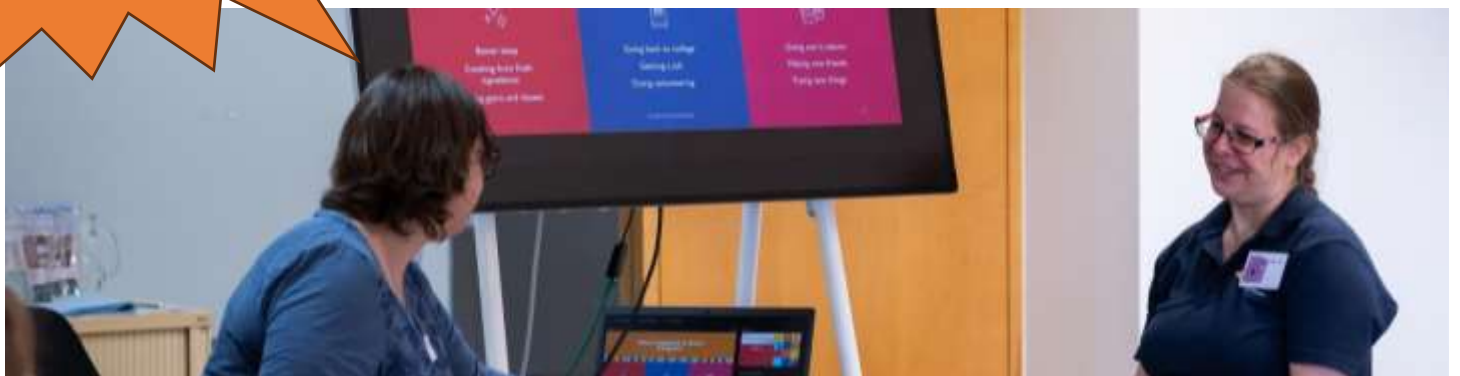
We had lots of different stalls







Indoor Workshops



What people said

You could do what you wanted to do not stick in one room all day.

Opening the event with Mark Nuti was the best bit, getting out there with everyone

Organised and very beneficial. Staff team very helpful and friendly.

I love everything about it especially Alix's sessions about mental health act. I really enjoy it, also love meeting up with new people and making new friends

The thing I liked best was the buzz of it all and the atmosphere.



Feedback



Everyone (100%) thought the event was well organised



Just under half (41%) of the people there had not been before



Nearly everyone (93%) thought the event was the perfect length



Everyone (100%) said they would come to another event



Nearly everyone (97%) said they know more about managing their health now