

Merton Council
Health and Wellbeing Board
20 September 2022
Supplementary agenda

9 Age UK Whats On Poster

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At Home Service



ageukmerton.org.uk

At Home with Age UK Merton provides practical help to enable people to feel comfortable, safe and secure at home. Our team of reliable, friendly, caring and DBS checked Support Workers can help with these things:

- Cleaning, ironing and changing sheets
- Doing shopping or accompanying to the shops
- Escorting to appointments, going for short walks and running errands
- Preparing light meals or snacks
- Short-term respite / sitting service for carers

If you're interested in learning more about this service and costs please call us on 020 8648 5792 or email athome@ageukmerton.org.uk



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Tea & Talks

We're pleased offer lots of informative Tea and Talks

Thursday 20th October | 2-4pm | Free

Energy and cost of living Worried about money and energy and bills? Join us & Thinking Works for advice and support on managing your energy and money

Thursday 27th October | 2-3.30pm | Free

Interested in alcohol and brain health? Westminster Drug Project will be here to discuss



What's On

Image: Chris Lawton

October—December 2022

f AgeUKMerton t @AgeukMerton i ageukmerton e info@ageukmerton.org.uk
T 020 8648 5792 Elmwood Centre, 277 London Road, Mitcham CR4 3NT

Agenda Item 9

Outings by public transport

Special events



Wimbledon Tennis Museum

Thursday 13th October £15

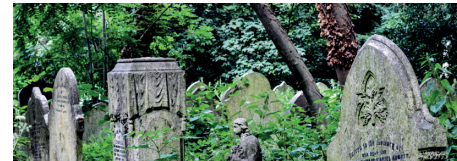
Visit the Tennis museum and enjoy light refreshments



St Mary's Church Beddington

Thursday 3rd November £5

We will have a guided tour of this ancient church



Highgate Cemetery

Monday 7th November £20

A walking tour of The West cemetery — it will be physically challenging



Ham House

Thursday 24th November £18

Join us as we visit this rare and atmospheric 17th-century house



Florence Nightingale Museum

Thursday 1st December £20

Learn all about this inspirational woman



Snow White and the Seven Dwarfs Panto

Friday 16th December £30

Oh yes, we will go to the Panto!
New Wimbledon Theatre

Photography: Christmas: Libby Penner, Cemetery: Tom Wheatley, Wimbledon: Carlo Bazzo, Stained glass: Paul Zoetemeijer, Ham House: callmeifred.com
Florence Nightingale: Florence Nightingale Museum



Health and Wellbeing event

Friday October 14th 10am–2pm | Free

Drop in any time to our Centre for a range of health and wellbeing information from many organisations

Followed by a free Zumba class at 2pm



An afternoon at the races

Thursday 17th November

12.30–2.30pm | £10

Join us in our Centre for some fun and festivities as we cheer on the horses virtually. Lunch included.

Christmas lunches

Monday 5th December to Friday 9th December

10am–2pm | £12

Join us for a week of festive cheer with tasty Christmas lunches served each day.

