



As part of the Leicester, Leicestershire and Rutland (LLR) Community Assessment Day programme you are invited to attend our

in partnership with

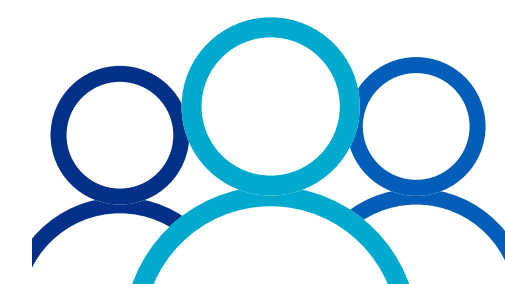


Community Health & Wellbeing Village

helping you stay healthy, active and connected

Free Support and Advice including:

- ✓ Blood pressure and diabetes checks
- ✓ Support for carers including legal advice and assessments
- ✓ Weight management and healthy eating guidance
- ✓ Tailored self-care suggestions to manage arthritis
- ✓ Dementia awareness and signposting to local services
- ✓ Warm and wise home energy check and how to lower your bills
- ✓ Vaccinations (subject to eligibility and availability)
- ✓ Stop smoking services
- ✓ Employment and wellbeing advice
- ✓ Help to become more active



Everyone is welcome

Tuesday 6th October 2026

drop in anytime between 9am to 4pm



Braunstone Leisure Centre

Hamelin Road, Braunstone, Leicester LE3 1JN

come along, meet local experts, discover community services and get practical support for your health and wellbeing

Free to attend

Open to all adults

No appointment needed



scan the QR code for more information or visit www.leicspart.nhs.uk/community-assessment-day/