

## STALLHOLDERS

Organisation	Stall Number
Age UK Hertfordshire	7
Al-Anon Enfield	1
Alzheimer's Society	22
Bowel Cancer UK	8
Carers in Herts	18
Communities 1st	19
Community Pharmacy in Potters Bar	14
Friends of Potters Bar Community Hospital	12
Health & Independent Living Support (HILS)	21
Herts Ability	24
Hertfordshire Health Walks	15
Hertfordshire Mind Network	17
Herts Musical Memories	10
Herts Police	11
Herts Vision Loss	3
Hertsmere Borough Council	23
Hospital & Community Navigation Service, MacMillan Community Link Worker Service	16
HWE DSG - Herts & West Essex Diabetes Support Group	25
InspireAll	2
Moorfields Unit at Potters Bar Hospital	4
Oakmere Library	9
Prostate Cancer UK	20
Rennie Grove Peace Hospice Care	5
The Stroke Association	13
U3A Potters Bar	6
University of Hertfordshire	26

## POTTERS BAR

### HEALTH AND WELLBEING EVENT 2024

Friday 13 September

10am to 3pm

Wyllyotts Theatre

### PROGRAMME

Talks, Taster Sessions,  
Mini Health Checks  
& Stallholders

This event is organised and supported by the Potters Bar Patient Participation Groups (PPG) and their surgeries, working in partnership with Hertsmere Borough Council and Wyllyotts Theatre.



## FETHERSTONE ROOM: Taster/Interactive sessions

<b>10:30 - 11:00</b>	<b>Yoga Gold</b> A gentle, chair based introduction to the benefits of yoga. A few breathing exercises and a bit of stretching, delivered by Marina, a professional Yoga teacher. Come and try yoga poses that are adapted for the chair which, done regularly, can improve muscle strength, flexibility, joint mobility as well as balance.
<b>11:15 - 11:45</b>	<b>Clock Cricket</b> This will be a session where you will be seated and take part in a demonstration of a fun activity for all ages and all abilities. This will involve a game with two teams of people sitting opposite each other, hitting a foam ball with a small bat.
<b>12:00 - 12:30</b>	<b>Tai Chi</b> This session concentrates on gentle, mindful movements with a focus on breathing which is good for balance and reduces anxiety. Michele teaches Yang 8 short form Qigong Tai Chi with classes here at the Wylyotts Centre.
<b>12:45 - 13:15</b>	<b>Mindfulness relaxation</b> <b>Kate Connell Workshop:</b> Kate runs mindfulness and meditation workshops and courses to enhance wellbeing and promote relaxation. Join Kate for a bitesize introduction to mindfulness and all the benefits it can bring, including a chance to experience a peaceful mindfulness meditation.
<b>13:30 - 14:00</b>	<b>Musical Memories (stimulating memories through song)</b> <b>Herts Musical Memories:</b> A popular and easy-going social sing-along session. These are run each week at St John's Church Hall on Baker Street. Today experienced Group Leader Glenn Bassett will be playing guitar and singing songs from a variety of eras and styles, and taking requests. Come along and feel free to sing, grab some percussion, or just sit back and enjoy.
<b>14:15 - 14:45</b>	<b>Silver Swans (exercise through ballet movement)</b> Silver Swans classes are ballet-based and designed for the over 55s. Current classes include participants from age 50 - 82. This session will start with a simple warm-up, followed by exercises using a chair-back as a ballet barre. Activity involves gentle lyrical sequences to a variety of music styles – classical, as well as popular tunes from years gone by. No jumping or spinning involved!

*People taking part in the 'Taster Sessions' do so at their own risk.*

*The organisations delivering these sessions do not take responsibility for any injury or damage.*

## ALEXANDER WILDING ROOM: Talks

<b>10:45 - 11:15</b>	<b>Sarah Scotland - Wise About Food Nutrition for the Elderly</b>
<b>11:30 - 12:00</b>	<b>Prof Farshid Amirabdollahian (University of Hertfordshire) Robotics in Healthcare: Challenges and Opportunities</b> Robots can be used to assist people with disabilities, from self-feeding machines to prosthetic limbs, or for therapy and personal assistance. Some of the machines featuring in the talk, including the Kaspar robot used for autism education and the WiGlove for home stroke therapy, can be found at stall 26.
<b>12:15 - 12:45</b>	<b>Parkfield Medical Centre Respiratory Conditions: Asthma and COPD</b>
<b>13:00 - 13:30</b>	<b>Highview Medical Centre Cataracts: What are they? Why do we get them? Cataracts Surgery</b>
<b>13:45 - 14:15</b>	<b>Annandale Medical Centre Blood Pressure and Lifestyle Approaches to Treatment</b>
<b>14:30 - 15:00</b>	<b>Amanda Preedy, Cancel Out Cancer Volunteer Cancel Out Cancer</b> A lot can be done to minimise our risks of some cancers. Let's talk about it, reduce the fear, encourage people to make simple lifestyle changes and take up free screening appointments. Early diagnosis saves lives!

**Look out for...**

**Pepper robot** will be roaming around and making conversation...say hello and go to Stall 26 to meet other robots!

If you **need help with downloading the NHS app**, ask at the desk where you can find Dylan, who will be happy to help!

**Mini health checks** are available in the Market Place, conducted by nurses. Outside you will find **the Better Health Bus**, a Hertfordshire County Council initiative providing a free check-up of your overall health that can spot early signs of conditions such as heart disease. You can get a NHS Health Check (for eligible residents aged 40-74) or a wellbeing check (for those aged 18+ and not eligible for the NHS Health Check). You'll be asked a few questions about your lifestyle and medical history, the adviser will take some measurements and your results will be explained to you straight away.