

Lakes Estate and South Bletchley Self-Care Week

13–17 November 2017

Spotlight, Lakes Estate

ALL WEEK STANDS

Your MK / Carers MK / Public Health / CCG / Healthy Living Pharmacy / Eyesight

MONDAY 13th NOVEMBER – YOUR HEALTHY LIVING PHARMACY

10am - 3pm – Compass / Mini Health Checks (Blood pressure, BMI, Lifestyle)

12pm – 2pm - CAYAK

1pm – 4pm – Youth Network

All Morning – Mindfulness Session

All Afternoon – Daisy Chain Family Centre

All Day – GP Surgery / Pharmacies Minor Ailments schemes

TUESDAY 14th NOVEMBER – CHILDREN & FAMILIES

12pm – 2pm – CAYAK

1pm – 4pm – Youth Network / Mini Health Checks (Blood pressure, BMI, Lifestyle)

All Afternoon – Daisy Chain Family Centre

All Day – GP Surgery / Pharmacies Minor Ailments schemes

WEDNESDAY 15th NOVEMBER - CAKE & NATTER

11:45am – Mindfulness Session

All Day – Victim Support / Brook

THURSDAY 16th NOVEMBER - OVER 50s

10am – 12pm – Medicine Management “What’s in your cupboard?”

FRIDAY 17th OVER 50s

11am – Mindfulness Session, Spotlight



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MONDAY 13th
YOUR HEALTHY LIVING
PHARMACY

TUESDAY 14th
CHILDREN & FAMILIES

WEDNESDAY 15th
CAKE & NATTER

THURSDAY 16th
OVER 50s

Friday 17th
SPORTS AND SOCIAL FOR ALL

SELF CARE WEEK

