

# Healthy Community Fair

At The Abingdon Arms, High Street, Beckley OX3 9UU

Wednesday 19<sup>th</sup> February 2020, 11:00-16:00



## Come and join in the Healthy Community Fair at The Abingdon Arms!

Being part of a community and engaging in social activities can be good for both mental and physical health.

Join us at The Abingdon Arms on Wednesday 19<sup>th</sup> February between 11am and 4pm to find out more. We will have a range of fun activities which we hope will help you think about ways to maintain and improve your health and wellbeing. There will be activities such as:

- a mindfulness session
- arts and crafts
- board games and a colouring corner for children
- museum object handling
- a tap dancing lesson

There will also be free refreshments!

This is an event for EVERYONE– all ages, all abilities and disabilities, those coming alone or with their families or friends.

We are researchers from the University of Oxford who are interested in how people living in rural communities experience health and wellbeing, and how the NHS can best serve these communities. Please do join us for a time, come and have a chat, perhaps try something new. All welcome.

*The Fair is organised jointly by the University of Oxford Department of Primary Care Health Sciences and the Beckley & Area Community Benefit Society, the community group which owns The Abingdon Arms. The organisers would like to thank Suzy, Vicky and Alex, the pub's tenants, for hosting the Fair.*