

**Thursday 26th October**  
**Pavilion Room**

# Wellbeing Event



## Advice for You and Me in 2023

**9.30-10am**

**Open to Staff and Volunteers  
of The Alnwick Garden**

**10am-1pm**

**Open to anyone**

**(no Garden entry ticket needed)**

**Attending:**

Cancer Screening, Lipreading,  
Well Up North PCN - Social Prescribing  
and Health and Wellbeing Coaching Services,  
Hospice Care, U3A, Vision Northumberland,  
Alzheimer's Society, Northumberland  
Talking Therapies, Breast Cancer,  
Citizens Advise, Northumberland Domestic  
Abuse, Reiki, Northumberland Fire and  
Rescue Service, Northern Cancer Voices  
Age UK, Northumbria Sexual Health Service,  
Healthwatch Northumberland,  
Carer's Northumberland

**[www.alnwickgarden.com](http://www.alnwickgarden.com)**

