

COMMUNITY MENTAL HEALTH AND WELLBEING FAIR

Thursday 15th October 2026
10am to 3pm

Tadworth Leisure Centre
KT20 5FB

Find out information from health care
professionals and support organisations

Support Includes:

- Health checks
- Dementia support
- Vaccinations - covid and flu
- Menopause
- ADHD & Autism
- Depression & Anxiety
- Stress & Emotional Wellbeing
- Children & Young People's Mental Health
- Financial, Money & Housing Support
- General Mental Health & Wellbeing
- Plus, other local support organisations

**FREE
Event!**

Scheduled Talks:

11am

ADHD - WHAT MEDICATION
CAN AND CAN'T DO WITH NIGEL

12pm

"AUTISM - FROM AWARENESS
TO ACCEPTANCE" WITH HELEN

1pm

LIVED EXPERIENCE OF MENTAL
HEALTH WITH DES

2pm

ADULT MENTAL HEALTH ANXIETY
AND DEPRESSION
WITH NICOLE

Free Taster Sessions

Please book on the day

10.15am - 11am

Pilates Basics - Studio

12pm - 12.30pm

Circuit Training Basics - Studio

12.45pm - 1.45pm

Body Conditioning - Studio
(Subject to change, but similar)

2pm - 2.45pm

Circuit Training - Studio
(Subject to change, but similar)

2.15pm - 3pm

Group Cycle - Spin Studio