

# **Stay Safe, Warm & Healthy this winter.....**

**Monday 21<sup>st</sup> October**

**12noon to 2pm**

**Darley Abbey Village Hall**

**FREE EVENT for Everyone**

**Come along, meet, chat with, get help from:**

- Dr Isobel Parkes, and staff from Park Lane surgery  
(giving Flu jabs (to Park Lane patients only), measuring blood pressure,  
and talk about any of your health issues & concerns)
- Ellie & Sean, your NHS Social Prescribers
- Cath, The Green Doctor, on how to save energy,  
keeping warm, arranging home assessment visits
- Amy from National Energy Foundation on your energy bills
- Sonia from Severn Trent on Water Bills, Affordable schemes
- Becky, your DCC Locality Officer, Rachel your Neighbourhood  
Manager and Chris, one of your Public Protection Officers
- Joanne, your local Police Community Support Officer,  
with Lisa, Fair Trading Officer re. Avoiding Scams
- Fire Safety with Sarah from Derbyshire Fire & Rescue Service

And others!!

Such as: Derby County Community Trust (Pain Management &  
Mental Health First Aid), Derby Heart, Derby Homes.

Info from: Age UK (DD), DCC, Pharmacy First

**Darley Abbey Women's Institute**  
will be providing delicious refreshments.

**Darley Abbey Community Association** working with  
the **Park Lane Surgery Patient Participation Group**