

Networking and information meetings



Pre-lockdown

- Working with local government
- Working with the NHS
- Learning about each other
- Helping those with mental problems
- Where community groups can get help
- Music for the mind and body
- Working towards a happier healthier community
- The wonder of food – challenging poor diets

Post-lockdown on Zoom

- Meeting of Associates to share experiences
- Living with diabetes
- The health-benefits of walking (including Nordic walking)
- Sleep well to keep well



Typical audience during presentation



Networking at event



Discussion group



Demonstration activity at event

Other events/activities



General

- Set up of Dementia Friendly Abingdon
- Dementia Action Weeks 2018 and 2019
- Clubs and Societies day 2019
- **Play:Full:** Encouraging children to eat well (with Good Food Oxford)
- **Abingdon Healthfest 2021**

Pandemic related

- Web page on services during lockdown
- Children's art competition
- Photographic competition
- News items on how associates were coping with the lockdown
- Set up Healthy Abingdon Walks



Dementia Action Weeks 2018



Dementia Action Weeks 2019



Play:Full
Bags of ingredients with recipes for school children to use

HEALTHY ABINGDON WALK

Walk 2: Boxhill Park and Bath Street 1.2 miles

Be amazed by the amount of green space amongst the houses in Abingdon.

Route

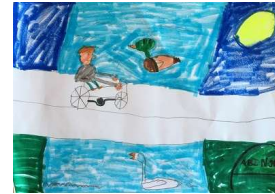
You can start and finish anywhere but these directions start across the road from John Mason School.

- Follow Boxhill Walk past St Nicolas School
- Cross the River Street and bear right into Boxhill Park
- Walk around the sides of the park (use the gym equipment if so inclined)
- Turn left onto path by the River Street
- Re-cross River Street into Kingston Close
- Bear left into Fitzhays's Road (at junction right) and head south on the right to Fitzhays's Lane
- Turn right into Bath Street
- Follow Bath Street back to start point.

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Photo competition



Children's art competition



Pictures from Abingdon Healthfest 2021