



# Community builder

## SAFE & SOCIAL

Stay Safe & Well this Winter

Professional Health & Wellbeing Advice

With an afternoon of live entertainment from Diane Moore

Monday 29th October 10.30am to 3.30pm Harlow Rugby Club	Wednesday 31st October 10.30am to 3.30pm Harlow Cricket Club	Tuesday 13th November 10.30am to 3.30pm The GPCA
--	---	---



The event is free, but  
**Booking is Essential.**  
A Hot Lunch will be  
Provided.

Please contact Kelly on  
the details below



West Essex

Clinical Commissioning Group

Contact Kelly on 07793 007737 or  
kelly@rainbowservices.org.uk  
Charity Registration No. 1077228

