

THE BIG HEALTH DAY



FREE EVENT

When: Tuesday 18th June, 11am-3pm

**Where: Basildon Sporting Village
Cranes Farm Road, Basildon, Essex SS14 3GR**

Purpose:

To improve accessibility of health care services for people with learning disabilities and/or autism.

What to expect:

The opportunity to meet with your local health and social care services to learn how they can support you

Support and advice with annual health checks

Inclusive physical activity sessions, including cycling, Boccia, Kurling, & Tabletop games

If you would like to come along, please tell us by scanning the QR code:



If you have any questions or require further support, please email Naomi Tucker at events@sportforconfidence.com

Food and drink are not provided. Basildon Sporting Village does have a café available on site, however, please note it is a **cashless venue**, and only bank/credit card payments are accepted.