



New Year Better Health

Join us for our New Year Better Health event, where you can get support and advice to start 2026 on the right track!

WHAT'S ON OFFER:



Health & Wellbeing Checks: including blood pressure readings, information on improving health, and advice on prevention.



Energy Advice: tips to reduce bills and save energy at home.

Employment: Job Searching and Networking



Social Prescribing Assessment: explore local services and activities that can support your health and wellbeing.



Introduction to Services: meet local organisations and find out what support is available in your community.



26th Feb 2026



Bletchley Youth Centre

Derwent Dr, Bletchley

MK3 7BE



11:30am - 1:30pm

