

You're Invited!

Health and Wellbeing Festival

Wednesday 29th July 2026 • 10am–2pm

Cotmanhay Community Network

A free, friendly community event with interactive activities, advice and local support to help you look after your physical and mental wellbeing.

Open to all ages • Free entry • No booking required

Diabetes Support



Advice & local support to live well

Learn About Health



Screening advice & local health info

Healthy Living Support



Eat well tips & help to stop smoking

Family Fun



Games, puppets & holiday activities

Free Refreshments & Giveaways



Drinks, treats & free goodies

Local Groups



Find out about local groups & fun ways to meet new people

Community & Research



Local news, research & myth-busting

Wellbeing With Creative Activities



Meditation, journalling & more

