

In partnership with Regis Local Community Network



Family fun and FREE activities for all ages!

The Regis BIG Event

Saturday 2 March 2019

10.30am – 3.30pm

**Arun Leisure Centre, Felpham Way,
Bognor Regis, PO22 8ED**

Your one-stop shop for local health and care information

Come and find out what is happening in your local area

helping you to *keep healthy, stay well and feeling good*

**Tell us where health and care services are working well and
what needs to change**

Taster sessions and activities include:

- Free NHS Health Checks
- Mindfulness, Yoga and T'ai Chi
- Fitness activities
- Free soft play and storytelling for children
- And so much more!

**Tell us your
views and claim your
FREE**

Swim voucher

valid until March 31st 2019!

EVERYONE WELCOME!

For more information please go to
www.coastalwestsussexccg.nhs.uk

Hosted by



freedomleisure
where you matter

FREE TRANSPORT TO EVENT - SEE OVERLEAF

FREE TRANSPORT - SEE LOCATIONS BELOW

**BUS 1 WILL
PICK UP FROM
SURGERIES
NUMBERED 1-5**

**BUS 2 WILL
PICK UP FROM
SURGERIES
NUMBERED 6-10**

**Please see
times below.**



THE SURGERIES FOR BUS NUMBER 1

- 1** Arthur Griffiths Clinic The Parade, Pagham, PO21 4TL Pick up times 10am and 12.15 pm
- 2** Grove House Surgery 80 Pryor Lane, PO21 4JB Pick up times 10.15am and 12.30pm
- 3** West Meads Surgery 2-8 The Precinct, West Meads, PO21 5SB Pick up times 10.30am and 12.45 pm
- 4** Maywood Healthcare Centre 225 Hawthorn Rd, PO21 2UW Pick up times 10.45am and 13.00pm
- 5** Bognor Medical Practice West Street, PO21 1 UT Pick up times 11.00am and 13.15pm

THE SURGERIES FOR BUS NUMBER 2

- 6** Bersted Green Surgery 32 Durlston Drive, PO22 9TD Pick up times 10.00am and 12.00pm
- 7** The Croft Surgery Barnham Road, Eastergate, PO20 3RP Pick up times 10.20 am and 12.20pm
- 8** Yew Tree Surgery North End Road, Yapton, BN18 0DU Pick up times 10.35 am and 12.35pm
- 9** Middleton Medical Centre Elmer Road, Middleton-on-Sea, PO22 7SR Pick up times 10.50am and 12.50pm
- 10** Flansham Park Health Centre 109 Flansham Park, PO22 6DH Pick up times 11am and 13.00pm

There is also a shuttle bus from Bognor Regis Town Hall at 11.30am for anyone who can get into town but not get up to the Leisure centre.

Trips back from the Leisure centre will be at 12pm for Bus no 1 and 11.50am for bus number 2.

Both buses will also be available from 2pm for the return journeys.

Please return on the same bus that you arrived on.

If anyone needs a wheelchair accessible vehicle please can they ring 07881808908 in advance of the event to make arrangements for this.