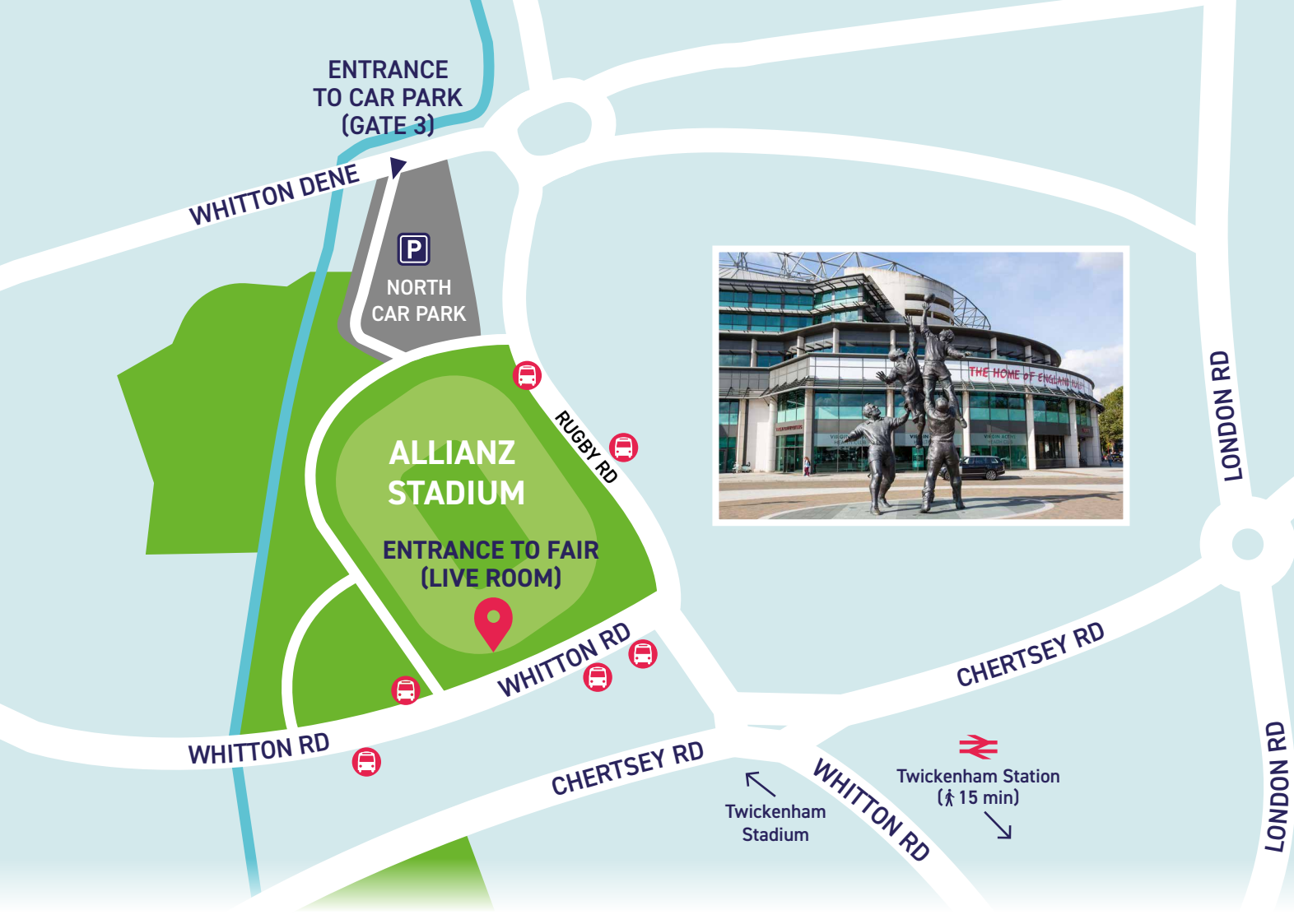




To subscribe to our newsletter and receive the latest news and information from Richmond Council, scan this QR code with your smartphone or sign up on our news page richmond.gov.uk/newsletter



Designed and Produced by Richmond and Wandsworth Design and Print. wdp@wandsworth.gov.uk TC2799 6 page (8.26) Illustration © (Stock) SurfUpVector

TRANSPORT OPTIONS

BY CAR

Drop-off: A designated drop-off zone is available outside the stadium. Drivers can wait for up to **20 minutes**. Please note that vehicles staying longer than 20 minutes will be issued with a **parking fine**.

Parking: There is plenty of parking on site for coaches and cars, including limited accessible parking spaces. From Rugby Road, take the first exit onto Whitton Dene and enter Gate 3 for access to the **North Car Park**. You will need to register your vehicle in advance for free parking. It is a 10-minute walk to the stadium.

Full details on how to register are available on our website.

BY TRAIN

Twickenham is the nearest station. Turn right out of the station, cross the road and the stadium is approximately a 10-15 minute walk.

BY BUS

Bus routes 110, 281, 481 and 681 have regular services which pass close to the Stadium.

BY SHUTTLE

There will be **free shuttle buses** with wheelchair access running to and from Twickenham Station throughout the day.



For more information:

www.richmond.gov.uk/full_of_life
fullloflife@richmond.gov.uk

☎ 020 8871 8390

📱 @LBRuT #FullOfLife26

RICHMOND UPON THAMES

• FULL OF LIFE • FAIR

FRIDAY 30 OCTOBER 2026, 10AM-3PM

Allianz Stadium,
Twickenham, TW2 7BA



FOR
RESIDENTS IN
LATER LIFE

OVER 70 LOCAL
STALLHOLDERS

FREE
ALL-DAY CAFÉ

ENJOY LOCAL
ACTIVITY TASTER
SESSIONS AND MEET
NEW PEOPLE!



Scan the QR code to register now via Eventbrite

For more information visit:

richmond.gov.uk/full_of_life or call 020 8871 8390



September 2026



Dear Resident,

I'm delighted to invite you to Richmond Council's Full of Life Fair, returning once more to Allianz Stadium, Twickenham, on Friday 30 October 2026.

This free, all-day event for residents aged 55 and over, and unpaid carers across the borough, is all about helping you to live healthier, happier and longer lives.

With more than 70 stallholders, activities, workshops and health and care services all under one roof, there will be plenty to see, do and discover. You can find out about local services and support, try something new, get practical health advice or simply enjoy the day and meet people from across the borough.

What to expect

- Get moving - Try yoga, gentle exercise and strengthening activities, enjoy dance demonstrations and take part in informative workshops.
- Connect to technology - Get one-to-one support with everyday technology, build your confidence online and learn how to spot and avoid scams.
- Live well - Speak to local health professionals and access practical services including blood pressure and BMI checks, seasonal immunisations and advice on nutrition, hydration, exercise and healthy living.
- Find your community - Discover local groups, activities and opportunities to get involved, meet people and make new connections.
- Volunteer locally - Find out how you can get involved with local voluntary and community organisations, stay active, meet people and support stronger communities.
- Our free café will also be open throughout the day, with light snacks and refreshments.

Whether you're looking to get more active, discover what's available locally, find new volunteering opportunities, meet new people or simply enjoy a great day out, we'd love to see you there.

Please share this invitation with any friends, neighbours or family members who might enjoy the fair too.

We look forward to welcoming you.

Yours sincerely,

Councillor Piers Allen

Lead Member for Adult Social Care & Public Health
and Chair of Richmond Health & Wellbeing Board

REGISTER FOR FULL OF LIFE

The Full of Life Fair is free to attend, but all guests must register.



Scan the QR code to register via Eventbrite
or call: **020 8871 8390**, Monday to Friday, between 9am and 5pm

Find out more: richmond.gov.uk/full_of_life

ACTIVITIES SCHEDULE

10:15 - 10:50am:	Origami
10:15 - 11:00am:	Talk about 'Lasting Power of Attorney'
10:15 - 11:00am:	Live podcast with The Encore Years
11:00 - 11:30am:	Men's Weights Workshop
11:10 - 11:50am:	Singing for the Brain
11:15 - 12:00pm:	Talk about 'How to Stay Safe from Scams'
11:45 - 12:15pm:	Chair Yoga
12:20 - 12:50pm:	Mindful Relaxation
12:30 - 1:00pm:	Line Dancing
1:15 - 2:00pm:	Talk about 'Tools for Life'
1:15 - 1:40pm:	Disco
1:45 - 2:30pm:	Tango Taster
2:00 - 2:45pm:	Chi Kung (Qi Gong)

ALL-DAY ACTIVITIES

- Seasonal Vaccines
- Blood Pressure and BMI Check
- Nutrition and Hydration / Blood Pressure, Balance & Musculoskeletal Advice
- Henna
- Reflexology

Join us for a day of expert talks, information and support, covering dementia prevention, memory changes, brain health, local services and support for unpaid carers. Drop in throughout the day to hear from specialists, ask questions and discover practical ways to live well and stay independent.



Information correct as of September 2026.

STALLHOLDER PROVIDERS

CARE AND SUPPORT

- Crossroads Care Richmond & Kingston
- FiSH Neighbourhood Care
- Homelink Day Respite Centre
- NHS Universal Care Plan
- Retirement Security
- Richmond Carers Centre

COMMUNITY

- Age UK Richmond
- Middlesex Association for the Blind (MAB)
- Probus Club of Twickenham
- RUILS Independent Living
- Richmond CVS
- Richmond Furniture Scheme
- Richmond Parks Service
- Richmond Sports & Fitness Services
- Sheddington
- SSAFA, The Armed Forces Charity
- Twickenham Repair Café
- Thinking Works



Information correct as of September 2026.

CULTURE AND ACTIVITIES

- Arts Richmond
- GLL (Greenwich Leisure Ltd) - Better (Pools on the Park)
- Multicultural Richmond
- Richmond upon Thames Library Services
- Richmond Ramblers
- Rotary Club of Twickenham
- Stable & Strong Women's Fitness Studio
- Visit Richmond
- Your Community Centres (Cambrian, Castelnau, ETNA, Ellera Hall, Greenwood, Kew, Linden Hall, Mortlake Community Association, White House Family Hub, Whitton)

COMMUNITY SERVICES

- Citizens Advice Richmond
- Community Toilet Scheme
- Metropolitan Police
- RAID
- RAKAT CT
- Richmond Adult Social Care
- Richmond Air Quality
- Richmond Customer Service
- Richmond Electoral Services
- Richmond Online Services
- Richmond Trading Standards
- Share & Care Homeshare
- Sit Stop
- Transit Community Support CIC

HEALTH AND WELLBEING

- Alzheimer's Society
- Dementia Friendly Communities Richmond
- Diabetes UK Richmond and Twickenham
- Enable Leisure & Culture (Adult Weight Management & Active Wellbeing Programmes)
- Healthwatch Richmond
- Integrated Neurological Services (INS)
- Kingston & Richmond NHS Foundation Trust (Community Dementia Service)
- King's College Hospital - Oral Health Team
- Mulberry Cancer Support (The Mulberry Centre)
- Princess Alice Hospice
- Richmond AquaPhysio Group
- Richmond Borough Mind
- Richmond Moves Campaign
- Richmond Public Health
- Richmond Response & Rehabilitation Team (Kingston & Richmond NHS Foundation Trust)
- Richmond Stop Smoking Service
- River Thames Boat Project
- Sensory Services by Adult Social Care
- Social-Ability
- South West London Breast Screening Service
- Spinecentral
- TW2 Club

USING TECHNOLOGY

- Care Technology Service by Adult Social Care
- Connect to Tech Service