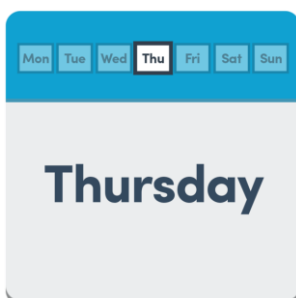


The EILDS Community Nursing team are offering **Keep Warm Stay Well** weekly drop-in sessions.



These sessions are for people with a learning disability, their carers, and paid staff

They will take place on **Thursdays**, from **1:00 – 3:30** at the **Carnegie building**.



These sessions will offer –



- Physical health monitoring during the winter,



- Wellbeing support and advice,



- A warm drink and snacks,



- Help link with the local food banks to request food parcels for those in need



- Flu and covid vaccines for clients, carers and paid staff



Please book in advance by calling 020 8379 5759 or



emailing [Community.Nurses@enfield.gov.uk](mailto:Community.Nurses@enfield.gov.uk)