

Stage events at Rotary Fit for Life Showcase 2019

- 10:00 **Gymnastics exhibition** by GymSpire
- 10:10 **Formal opening** by Richard Leman; Thanks given by Club President to VIPs
- 11:05 **CPR/Defib** demonstration by First Responders
- 12:00 **Dance exhibition** by Ariel, with audience participation
- 12:45 **Relax and Breathe** by MSDC, with audience participation
- 14:15 **Boxfit demonstration** by énergie fitness, with audience participation
- 15:00 **Closing remarks** by Town Mayor Danny Favor; Thanks by Club President
- 15:10 Formal closure of event

Stallholders at Rotary Fit for Life Showcase 2019

- **4Sight vision support** - Information & awareness; 'Simulator Specs' to show the sighted what impaired vision is like
- **Action for deafness** - Simple test for basic hearing acuity
- **Ariel Dance & Theatre Academy** – Live performance – fitness with fun.
- **Bloomin' Arts** Support and advice for young adults with learning difficulties
- **Carers Support West Sussex** - Information & awareness; see equipment available to carers
- **Chartham Park** (Golf and Fitness Club) - BP and Heart Rate checks; information and membership
- **Combat Stress** Support for those suffering as a result of Combat Stress
- **Cornmill Complementary Health Centre** Complementary Health plus Kinesiology taster
- **Crawley Parkinsons Group** - Information & awareness
- **Dementia Alliance** - General advice and view ideas like Headphones suitable for those living with Dementia
- **Disability Access East Grinstead Area** Provides practical support for the disabled
- **East Grinstead and District Lions Club** - Hand out of 'Message in a Bottle' emergency medical history store; promotion of Prostate screening session in November
- **East Grinstead in Bloom** – Keep healthy through gardening
- **East Grinstead Macular Support Group** Supports those suffering from Macular degeneration
- **énergie fitness** (Fitness Club) - equipment demonstration; Boxfit demonstration on stage
- **Extra Care Nurses East Grinstead** Charity providing nursing support to the community – Offering Information and blood glucose tests
- **GymSpire Gymnastic Academy** - Live demonstration on stage
- **Horsham & Mid Sussex Clinical Commissioning Group** (Consortium of the Surgeries in Mid Sussex and Horsham) - Gathering views on health priorities as part of their 'Big Conversation' consultation programme

- **ICOM (International College of Oriental Medicine)** Complementary Health - short consultations
- **Marie Curie** - Information & awareness
- **Marion Rowe Pilates** (Pilates teacher) - Information and Pilates tasters
- **Melanoma fund** (Research and awareness of Melanoma) - basic skin checks
- **Meridian Rotary** – who we are – what we do.
- **Mid Sussex Older People's Council** - Information & awareness
- **Mid Sussex Voluntary Action** Coordinates charities and volunteers in Mid Sussex
- **MSDC Health & Wellbeing team** - Falls Prevention taster and Relax and Breathe session
- **MSDC Health MOTs** - BMI tests and interpretation
- **MSDC/NHS Health Check** - BP tests and interpretation
- **Multiple Sclerosis Society** – Information on aspects of MS
- **Muscular Dystrophy UK** - Information on aspects of MD
- **Pets as Therapy** - See the dogs – hear what they do.
- **St John Ambulance** – Information on their role in the community – plus First Aid support for the event on the day
- **Sussex Oakleaf** offering Mental health: Anxiety counselling
- **Time to Talk** Mental health: Stress management - Information & awareness
- **Weight Watchers** – Advice on how to keep to the ideal weight for you.
- **West Sussex HealthWatch** Championing the public's health needs in West Sussex

Event Catering by Stone Quarry Crew, one of Meridian Rotary's Charities of the year 2018/19.