Congleton Partnership - For immediate release.

**Community Health & Wellbeing Fayre Returns for 2023!**

Congleton Partnership is delighted to be hosting the sixth annual Congleton Community Health and Wellbeing Fayre in Congleton Town Hall on Tuesday 28th March. The event is open to all and free to attend, drop in any time between 10 am and 3 pm and spend as long as you need!

There will be 35 exhibitors at the Fayre bringing together the best the community has to offer. Visitors will receive a goody bag, a free raffle ticket, the option to attend workshops and complimentary tea and biscuits served in Bluey’s inside the Town Hall. Come along and see what your community can offer to ensure a happy, healthy life!

In addition to the stalls, Congleton Lions and Congleton Partnership have organised two defibrillator training workshops with Northwest Ambulance Service (NWAS) Community Resuscitation Team. The workshops will take place at 11am and 1pm, although booking isn’t essential, there will be limited spaces so booking is advised to guarantee a place.

During the workshop you will have the opportunity to handle a defib up close to see what it looks like and how it works. There will also be the chance to practice cardiopulmonary resuscitation on the CPR dummy, to give you the skills and confidence to help a person in the unfortunate event of cardiac arrest.

At 12.15pm there will be a Fraud Awareness Workshop – just 20 minutes to protect yourself from scams and fraud. Last year in Cheshire, 5,281 people reported being scammed, costing them over £20 million. The best way to protect yourself is to attend the fraud awareness session at the Community Health and Wellbeing Fayre.

Join the Scams Awareness Team from Age UK Cheshire East, along with Cheshire East Council Trading Standards, to find out the common features of fraud, and how to avoid becoming a victim.

Book a place on a workshop visit: https://bit.ly/HealthFayre

If you have any questions, please contact Cathy Dean on 07977 065 647 or email cathy.dean@congleton-tc.gov.uk.

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The Congleton Partnership is a community-based, volunteer organisation, which draws on and utilises the skills and expertise of local residents and organisations in Congleton. https://www.congletonpartnership.co.uk/