

STAND UP TO FALLS

Falls Prevention and Wellbeing Event

Join us to hear the free advice to help you
stay active and safe at home



Wednesday 23 September 2026



**Bryntirion & Laleston Community Centre,
Mount Pleasant, Bridgend, CF31 4EF**



10am – 2pm

- Free refreshments
- Demo sessions
- Free Raffle
- Blood pressure checks
- Walking Aid Checks



**For more info contact Layla Ennis at
Bridgend Care & Repair:**

layla.ennis@bridgendcareandrepair.co.uk

01656 646755

**STEPPING STONES
TO FALLS
PREVENTION**

Bridgend Falls Partnership Group



Care & Repair
Gofal a Thrwsio



CRT

Community Resource Team



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr



Gwasanaeth Tân ac Achub
De Cymru
South Wales
Fire and Rescue Service