



Mid and South Essex Integrated Care System

## Southend-on-Sea Slipper Swap

Elderly residents in Southend-on-Sea can receive a free pair of new slippers to help reduce the risk of accidents due to trips and falls.

Find us 10am to 12pm at:

- Kent Elms Library Tues 7th Nov
- Havens Hub Westcliff Fri 10th Nov
- Leigh Library Tues 14th Nov
- Shoebury Library Tues 21st Nov
- The Forum Tues 28th Nov

No booking needed. Come along and have a chat with our friendly team for advice and information about how to stay steady on your feet.

For more information email Communitiesteam@southend.gov.uk