

**CHINNOR
VILLAGE
CENTRE**

10:00 – 16:00

Hosted by u3a

LIVING WELL FAYRE

**SATURDAY
26 SEPTEMBER 2026**



**A DAY FOR YOUR
WELLBEING**

FREE TO ATTEND
but book your place
in advance



**Café open all day
for light
refreshments**



Sample experiences
Reiki; Mindful Massage;
New Age Kurling; Punch Hub;
Pilates; Nordic Walking;
Yoga; Tia Chi; Sound Bath
(to be booked in advance)



**Listen to presentations
including**
Maximising Bone Health;
Saving Lives: CPR;
Sound Relaxation;
Maintaining Brain Health



**Exhibitors & Community
Resources**
There will be a range
of exhibitors and
signposting to
community resources

To book your place please contact
Nettie Dearmun



chair1chinnoru3a@gmail.com



07711337243

LIVING WELL FAYRE

Saturday 26th September

10.00-16.00 (doors open at 9.45)

Chinnor Village Centre and Church Hall

PROGRAMME OF EVENTS

Welcome

Thank you for choosing this free event organised by Chinnor and District u3a. The Village Centre is hosting three strands of activities organised for the fayre: experiences in the therapy room, expositions/ presentations in the Chiltern Room and exhibitors in the café area.

Please note that the experiences need to be booked in advance.

Any remaining slots will be bookable on the day.

The café will be open all day and every visitor to the fayre will receive a complimentary drinks voucher to use in the café.

From 12 noon there will be a range of experiences in the Church Hall behind the Village Centre.

EXPERIENCES IN THE VILLAGE CENTRE THERAPY ROOM

Time	Experience	Therapist
10.30-11.45	Reiki	Denise
12.00-13.15	Body compass massage	Oliver
14.00-15.30	Indian Head Massage	Megs

For each timeslot there will be five 15 minute taster sessions **which will need to be booked in advance**. Any spare slots may be booked on the day.

EXPOSITIONS/PRESENTATIONS IN THE VILLAGE CENTRE CHILTERN ROOM

Time	Presentation	Presenter
10.00-10.15	Room set up	
10.15-10.45	Bone health and BMI	Kate Smith
11.00-11.30	Where did I put my glasses?	Dr Jim Ellis
11.45-12.15	Dementia	Melissa Spearman
12.30-13.00	Hobbies and volunteering	Dr Joan Reid
13.15-13.45	Saving lives	Fiona Mantle
14:30-15:30	Sound Relaxation: Calm Mind, Relaxed Body	Suzan Wells

EXPERIENCES IN THE CHURCH HALL

Time	Activity	Provided by
12.00-12.30	Punch Hub	Chinnor Punch Hub
12.45-13.15	Move 4 Fun	Wendy Hawkins
13.30-14.00	Kurling	Chinnor u3a group.
14.15-14.45	Yoga	Katy Bhogal
15.00-15.30	Pilates	Holly Morland
15.45-16.15	Tai Chi	Janey Tai Chi

EXHIBITIONS IN VILLAGE CENTRE

The following exhibitors will be set up in the café area:

- Brain health – board games and cards.
- Village Centre Activities.
- AgeUK – morning only.
- Good neighbours scheme and heritage website.
- Reiki and related products for sale.
- Nordic Walking.
- Humanist Society.
- Chinnor Tennis Club.
- A rolling display featuring the groups offered by Chinnor and District u3a.

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