

the great get together

**Winns Common
Winn Common Road
Plumstead**

Get entertained

Live music stage featuring a line-up that focuses on local talent with an eclectic mix of:

- Up and coming young musicians
- Dance performances
- MC entertainment
- Funky jazz and soul vibes, rock, blues - and much more

Get active

Give yourself a workout with:

- Charlton Athletic FC inflatable football pitch
- Army climbing wall
- Have-a-go netball activity with prizes
- Tan Gun Taekwondo demonstration and workshop (with special guest appearance of CBeebies TV presenter Andy Day, between 12 noon - 2.00pm)
- Exercise machines

- A variety of sports taster sessions
- Salsa group exercise session
- Table football
- Free bike health checks with Doctor Bike

Get smiling

Fun activities for all the family including:

- Children's bouncy castles, soft play area and face painting
- Trampolines
- Land train
- Rabbits and guinea pigs to see and touch

Get creative

Learn new skills or make something to take away:

- Badge making, puppet making, cartoon and mural workshops
- Willow weaving craft demonstration and workshop
- Chess sessions

Get healthy

Relax and unwind in the Healthy Living marquee:

- Alternative therapies, including foot massage and mini manicure
- Information on health and fitness
- Blood pressure checks

Get eating well

Visit the Healthy Eating marquee for:

- Fresh fruit salads from the Healthy Greenwich Network
- Advice on growing your own fruit and veg
- Healthy recipe and food preparation tips

Get informed

Browse the information stalls to find out about key local services and organisations:

- Go to the 2012 marquee to see how Greenwich is preparing for the Olympics
- Find out about your area's waste and recycling services
- Talk to our Beat the Squeeze team about job hunting and surviving the credit crunch
- See the advantages of walking and cycling at the Travel Awareness Roadshow

Get involved

Find out what's happening in your area - and see how you can get involved.

Groups include:

- Woolwich District Scouts
- One Day Café community group
- Abbey Angels Women's Netball Team

Have your say
at the

Talk Café

Go to the big Talk Café marquee to have your say on local issues:

- Add comments to the suggestion walls
- Put a suggestion card in our postbox
- Fill in questionnaires
- Complete online surveys

Or voice your opinions by talking to:

- Roving interviewers
- Representatives from key local services
- Local councillors

And enjoy free refreshments!

Get listened to

If you need help to have your say, the Talk Café staff will be happy to assist you. They can fill in questionnaires with you or enable you to give your views in the way that suits you best.



Please note that all our Great Get Together events have full disabled access.



www.gll.org



the great
get together
2009

Saturday
9 May
11am
to 4pm

Winns Common
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Plumstead

FREE fun for all and a
chance to have your say



Greenwich's 2012 Cultural Programme

