

West London Navigation Workshop

Preventing Frailty Together



Date

Wednesday 9th September



Time

12:30 - 3:30



Venue

RBKC Town Hall

Time	Session	Purpose
1 12:30 - 1:15	Community Marketplace and Lunch (provided)	Discover local health, social care and voluntary-sector resources
2 1:15 - 1:25	The Super Six, Georgia Martin	Everyone experiences the six frailty-prevention exercises
3 1:25 - 1:35	Welcome & Setting the Scene, Henry Leak and Helen Dunford	Why frailty prevention matters and what we want to achieve
4 1:35 - 1:55	Emeka Okoye, Local GP	What is the evidence for prevention?
5 1:55 - 2:15	Mariana Covalenco, Public Health Specialist	Loneliness, healthy ageing and the RBKC action Plan
6 2:15 - 2:20	Group work briefing, Henry Leak	Introduce the Frailty Prevention Handbook challenge
7 2:20 - 2:50	Group Work 1: What do we have, Helen Dunford	Map local activities, services and community assets
8 2:50 - 3:15	Group Work 2: What does a resident need, Henry Leak	Build practical resident journeys and identify gaps
9 3:15 - 3:25	Share back & next steps, Isabella Zdesar	Agree priorities for the handbook
10 3:25 - 3:30	Summary and close Henry Leak and Helen Dunford	Each person identifies one thing they will do differently