



# Health & Wellbeing Forum

Thursday 26 February 2026, 10am - 12pm

In Person: St John's Chelsea, 461-463 King's Rd, Chelsea,  
London, SW10 0LU

Chair: Vicki Harrison-Carr, Kensington & Chelsea Social Council (KCSC)

## AGENDA

Theme: Heart Month 2026

- 10:00 AM**      **Welcome and Introduction**  
Vicki Harrison-Carr, Director of Operations, KCSC
- 10:05 AM**      **Heart Health at Open Age**  
Lauren Earle, Head of Physical Activity, Open Age  
Younes El-Hasnaoui, Senior Clinical Exercise Specialist: Heart and Lung Health, Open Age
- 10:20 AM**      **Quiz**
- 10:30 AM**      **Health Hearts and Minds**  
Adrian Palmer, Partnership Manager for RBKC, One You  
Dafina Churchill, Health and Wellbeing Coach, One You
- 10:45 AM**      **Break**
- 10:55 AM**      **Horizon Scanning**  
Liam Pywell, Bi-Borough VCS Strategic Lead, KCSC/One Westminster
- 11:15 AM**      **Speed networking**
- 11:55 AM**      **Closing remarks**
- 12:00 PM**      **Finish**