

Have you entered our
monthly Quiz?

Information & Signposting Calendar

healthwatch
Blackburn with Darwen

Win up to £20 in vouchers!

August 2015

Chat to us about local Health & Social Care and find services that are right for you. Come and see us at :

	Morning 10-12	Afternoon 2-4
Monday	Join us every month for #personfirst Art Session at Blackburn Enterprise Centre, 2-4pm Monday 10th August (more info overleaf)	
Tuesday	Barbara Castle Way Health Centre (25 th)	Job Centre Plus, Blackburn (4 th , 11 th , 18 th , 25 th)
Wednesday	Darwen Library (19 th) Darwen Health Centre (12 th , 26 th)	Blackburn Royal Hospital (5 th , 26 th)
Thursday	Barbara Castle Way Health Centre (6 th , 13 th , 20 th , 27 th)	Darwen Credit Union (13 th , 27 th) Darwen Leisure Centre (6 th , 20 th)
Friday	Darwen Town Hall (28 th)	Your Support Your Choice (28 th) Asda, Blackburn (7 th)

Join our social group **Communities of Blackburn** on **Saturday 15th August 10-2pm** at **Your Support Your Choice** for fun activity, music & refreshments as we celebrate our **1st Birthday**



@healthwatchBwD

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HealthwatchBwD

www.healthwatchblackburnwithdarwen.co.uk

Your View Your Voice
Mental Health, Stigma & Lived Experience

Have you experience of living with a mental health condition either personally, as a family member or carer? We want to hear your stories & experiences, what works well, what are the challenges & how could needs be better met. Share your views & experiences over an interactive workshop

Monday 17th 10-12pm Your Support Your Choice, *Lunch included*

Wednesday 19th 2-4pm at **Café Hub, Darwen** *Coffee & Cake*

Healthwatch Bitesize

Wednesday 11-1pm at Darwen Central United Reformed Church Hall Asylum & Refugee Drop In

Communities of Blackburn, Its our birthday!
Come & celebrate with us on **Saturday 15th August** at Your Support Your Choice. Expect fun activity, pub style quiz, music & refreshments, find out what we've done so far & have a say on our plans for future activity

What's #personfirst Art Session all about?

It's about enjoying art, being creative, meeting new people whilst having an active contribution towards our projects, creating art not just for the sake of it but that stands for something & can be used to promote our work whilst engaging people

Interested in joining one of our Task Groups? We run monthly task groups on both Young People & Mental Health & Wellbeing, help develop our targeted engagement projects using your own knowledge & experience. Contact us for further details



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Share your story now...



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