



‘Connect with your care’

Online Information Sessions



Join us for **#WellbeingWednesday’s Facebook LIVE**

Every Wednesday starting 7th October from 12:30pm - 1:30pm
on our Facebook page.

Each week we will be joined by a special guest speaker
from one of your local services who will chat about help and wellbeing
support on a whole range of themes.

Grab a coffee at home and join us online for

‘Tell us your views Tuesday’s

Every Tuesday starting 6th October from 10am - 11am on Zoom.

Each week you can join us for an informal chat covering
different health & care topics and we will be joined
by other organisations in the town too!

Contact us for more information on 01325 380145 or email:
info@healthwatchdarlington.co.uk