



Do you, someone you care for or a loved one have **one or more long term conditions*** that need medication or other support to manage?
If the answer is yes, please spare a minute to read this leaflet.

Plans are being developed to bring the organisations that provide support to manage health and care needs closer together to enable more support to be provided in people's homes and in your local community.

We'd really like the opportunity to talk to you about your experience of managing a long term condition and what would work best for you. To do this, we are holding a number of **community conversations** in your area where you can come to share your experiences and ideas and influence how support could be provided in the future.

A list of the dates and venues for these community conversations are over the page. **If you are interested in attending one of these, please call Chris Davenport on 01244 400222.** We will reimburse your travel costs and give you a £10 high street shopping voucher to thank you for taking part. The sessions won't last more than 2 hours and there will be refreshments.

If you can't make a community conversation, you can take part in other ways:

You can take part electronically by visiting:

www.cheshireaction.org.uk/community-conversations

You can also have a 1-2-1 phone call with one of our team if that's more convenient. Just call **Chris Davenport on 01244 400222** to arrange this.

** Long term conditions include diabetes, COPD, heart conditions, epilepsy, arthritis, chronic pain, neuromuscular conditions and some long term mental health problems.*

The Community Conversations will be taking place at venues in the following areas during February:

Upton United Reform Church	13-02-19	11am
Frodsham Community Centre	13-02-19	2pm
Helsby Community Centre	13-02-19	11am
Barbour Institute	14-02-19	11am
Malpas Jubilee Hall	14-02-19	2pm
Eaton Jessie Hughes	14-02-19	11am
Westminster Community Centre	14-02-19	11am
Dingle Centre Winsford	14-02-19	10am
Lache Community Centre	15-02-19	10am
Blacon Enterprise Centre	18-02-19	2pm
Neston Youth Community Centre	18-02-19	11am
Ness Village Hall	18-02-19	2.30pm
Willaston Memorial Hall	18-02-19	11am
Barnton Memorial Hall	19-02-19	2pm
Lach Dennis Village Hall	19-02-19	11am
Chester Deaf Centre	20-02-19	2pm
Cuddington & Sandiway VH	20-02-19	11am
Winnington Park Rec Centre	20-02-19	2pm
Newscene LIVE!	25/02/19	10am
Parade Enterprise Centre, Blacon	25/02/19	2pm
Flatt Lane Community Centre	26/02/19	10am
Thelwall Community Centre	26/02/19	2pm
Barnton Village Hall	27/02/19	10am
Dingle Centre	27/02/19	2pm
Barbour Institute	28/02/19	10am
Frodsham Community Centre	28/02/19	2pm
Neston Youth Centre	01/03/19	10am