

Blackburn with Darwen

# Wellbeing Service

Have you got patients that need help with any of these?



## Who's it for?

- Anyone aged 16 years+ who lives, works or has a GP in Blackburn with Darwen.

## Referrals for:

- Exercise referral.
- Weight management.
- Falls prevention.

Complete sections A, B & D of the referral form

## For everything else:

Complete sections A, C & D of the referral form

## Send referrals to:

BwD Wellbeing Service  
Blackburn Central Library  
Town Hall Street, BB2 1AH

For information on what is available, or advice on referring, contact our Hub Advisors:

Call: 01254 682 037

Visit: [www.refreshbwd.com/change](http://www.refreshbwd.com/change)

Email: [wellbeing@blackburn.gov.uk](mailto:wellbeing@blackburn.gov.uk)

Free help and support to improve your patients health