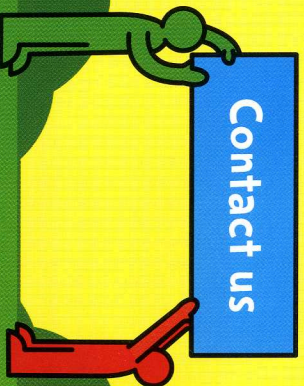


**re:fresh**  
your health and wellbeing



**We're here to help  
you make a change  
and stick with it!**



You can ask your GP to refer you to the Wellbeing Service or contact us direct:

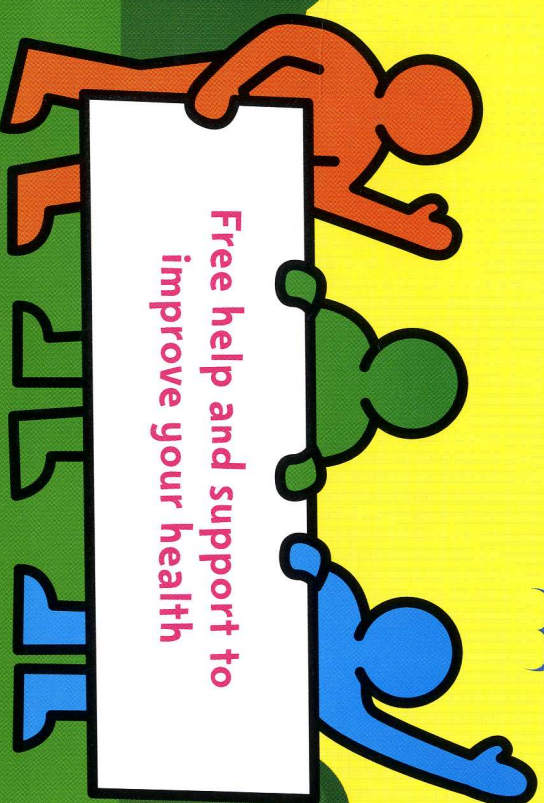
**Call: 01254 682 037**

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

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

**Blackburn with Darwen**

**Wellbeing  
Service**



**change  
4 life**

Est. 1974 Blackburn with Darwen

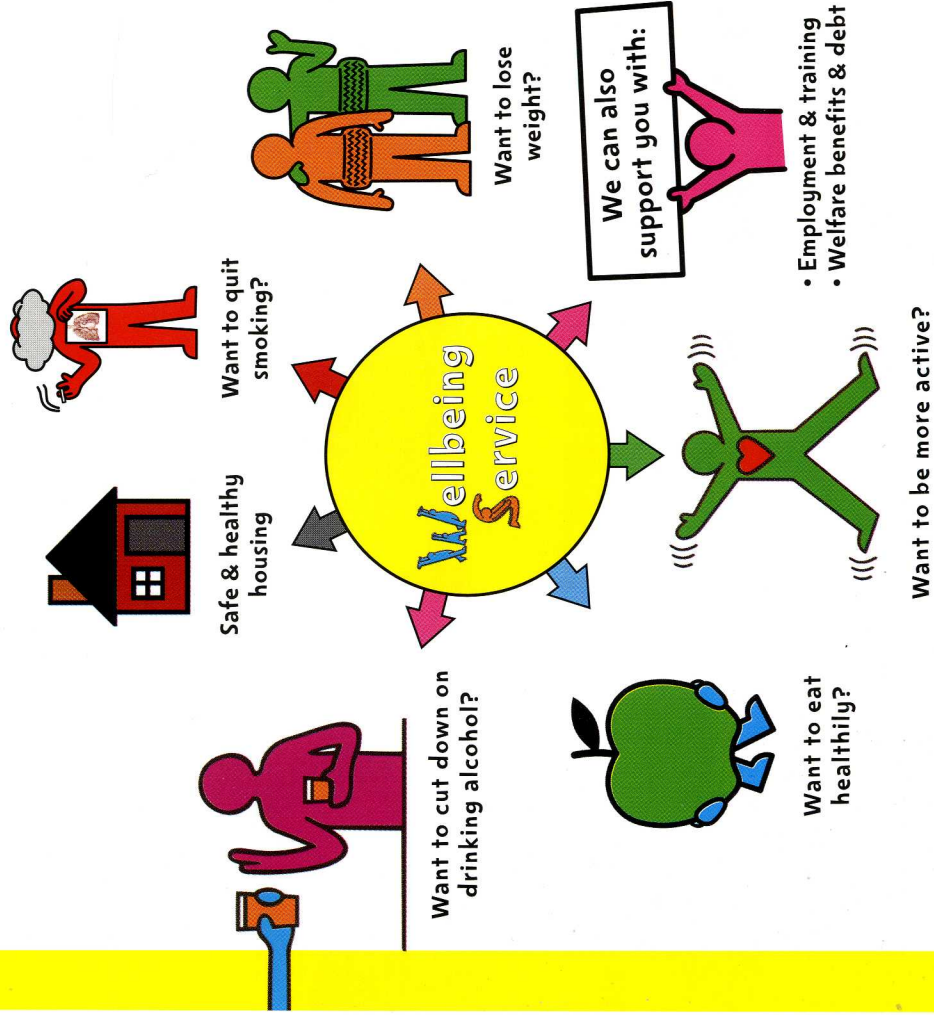


**re:refresh**  
your health and wellbeing



## What is the Wellbeing Service?

- It's a new service from Blackburn with Darwen Borough Council that brings together a wide range of services into one single access point to make getting help easier.
- It's not just about healthy lifestyle services; we know that poor housing or money worries can affect emotional and physical health just as much as smoking or not exercising enough.



## Want to feel healthier and happier but don't know where to start?

- We know that sometimes it can seem difficult to make a change and stick with it, that's where we come in!
- It's never too late to change your life for the better. You don't have to worry about finding the right service to help. We'll speak to you and then put you in the touch with the best service to meet your needs.

## What we will do for you?

- Support you to make changes to improve your health and provide access to a range of helpful, free services.
- Offer any information, advice and guidance you might need.

## What you'll need to do

- All you have to do is get in touch! Check the back page of this leaflet and pick whichever option suits you best.

## Who's it for?

- The Wellbeing Service will support anyone aged 16 years+ who lives, works or has a GP in Blackburn with Darwen.