



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:

<i>Mollington & Backford VH</i>	<i>11/02/2019</i>	<i>2pm</i>
<i>Upton United Reform Church</i>	<i>13/02/2019</i>	<i>11am</i>
<i>Mickle Trafford Village Hall</i>	<i>11/02/2019</i>	<i>11am</i>
<i>Blacon Enterprise Centre</i>	<i>04/02/2019</i>	<i>9.30am</i>
<i>Blacon Enterprise Centre</i>	<i>18/02/2019</i>	<i>2pm</i>
<i>Lache Community Centre</i>	<i>15/02/2019</i>	<i>10am (TBC)</i>
<i>Chester Deaf Centre</i>	<i>20/02/2019</i>	<i>2pm</i>
<i>Vicars Cross Community Centre</i>	<i>12/02/2019</i>	<i>11am</i>
<i>Hoole Community Centre</i>	<i>12/02/2019</i>	<i>2pm</i>
<i>NewsScene LIVE!</i>	<i>12/02/2019</i>	<i>11am</i>
<i>Frodsham Community Centre</i>	<i>13/02/2019</i>	<i>2pm</i>
<i>Helsby Community Centre</i>	<i>13/02/2019</i>	<i>11am</i>
<i>Elton Community Centre</i>	<i>11/02/2019</i>	<i>11am</i>
<i>Barbour Institute</i>	<i>14/02/2019</i>	<i>11am</i>
<i>Malpas Jubilee Hall</i>	<i>14/02/2019</i>	<i>2pm</i>
<i>Eaton Jessie Hughes</i>	<i>14/02/2019</i>	<i>11am</i>
<i>Flatt Lane Community Centre</i>	<i>12/02/2019</i>	<i>10am</i>
<i>Westminster Community Centre</i>	<i>14/02/2019</i>	<i>10am</i>
<i>Little Sutton Community Centre</i>	<i>08/02/2019</i>	<i>10am</i>
<i>Thelwall Community Centre</i>	<i>05/02/2019</i>	<i>10am</i>
<i>Neston Youth Community Centre</i>	<i>18/02/2019</i>	<i>11am</i>
<i>Ness Village Hall</i>	<i>18/02/2019</i>	<i>2.30pm</i>
<i>Willaston Memorial Hall</i>	<i>18/02/2019</i>	<i>11am</i>
<i>Wharton Library</i>	<i>12/02/2019</i>	<i>2pm</i>
<i>Dingle Centre Winsford</i>	<i>14/02/2019</i>	<i>10am</i>
<i>Dingle Centre Winsford</i>	<i>14/02/2019</i>	<i>12pm</i>
<i>Cuddington & Sandiway VH</i>	<i>20/02/2019</i>	<i>11am</i>
<i>Barnton Memorial Hall</i>	<i>19/02/2019</i>	<i>2pm</i>
<i>Lach Dennis Village Hall</i>	<i>19/02/2019</i>	<i>11am</i>
<i>Winnington Park Rec Centre</i>	<i>20/02/2019</i>	<i>2pm</i>