



Lancashire &
South Cumbria
NHS Foundation Trust

Let's talk at the Chai centre

Want to learn more about how to improve your wellbeing?
Come and talk to us and see what's on offer!



- Bring a Friend With you
- Free Advice & Information
- Learn About Local Services
- Lunch Provided

Join us on Thursday 10th October 11:00am – 1:00pm at the Chai Centre, Burnley, BB10 1BY



From IAPT to
NHS Talking Therapies:
new name, same service



The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**



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