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CARDIFF & VALE REGIONAL PARTNERSHIP BOARD

EmpowerMind - Our Mental Health & Wellbeing as Older People

Wednesday March 19th , Cornerstone, Charles Street, Cardiff, CF10 2GA
10.30am-3.30pm - Including lunch & refreshments

Do you use NHS mental health services for older people?

A welcome to older people 65, people with dementia, family and friends (unpaid carers)

Improving mental health and wellbeing, improving lives, improving services...

Come along to participate in a fun day together, share what works well and what would make a difference.

The day includes presentations, conversations, yoga and more

Expenses available.

If you have caring responsibilities please let us know so that we can support you to attend.

For info and booking contact Cardiff and Vale Regional Partnership Board - Hsc.Integration@wales.nhs.uk