

# Ageing Well in Blackburn and Darwen



# Age well - Live well

**We all have good times throughout our lives - but as we get older, we face new challenges.**

Our **NEW** Ageing Well Campaign can help you face these challenges by putting you in touch with people and services that can help you to feel yourself again.

If you are dealing with a new health condition, have been bereaved, have caring responsibilities or you just want to get out more and meet people and don't know where to start - we are here to help you.



**Strength and Balance Class**

**Remember the old saying - a problem shared is a problem halved?**

All these situations (and more) can take their toll on your wellbeing and happiness and this can make it harder to carry on doing the things you enjoy. We are here for you.

It can be hard to ask for help, especially if you haven't done it before, but help received at the right time can set you right and allow you to continue doing all the things you love.

It can be tempting to brush things under the carpet and try and forget about them. Please don't, this **NEW** campaign is here to help you face challenges, and put you in contact with services that can provide the help or opportunities you need.



**Walking Workouts**

The campaign is being run by **Blackburn with Darwen Council** and our partners in **Age UK Blackburn with Darwen**, and over the next few months we will be highlighting the different services in our borough which are there just to support you in Ageing Well - with happiness, self-contentment, enjoyable social relationships, and your independence.

Whether you need an ear to talk to, a course to help you learn a new skill or a group to help you meet new people or keep you physically active, we can point you in the right direction.

## **Not sure what you need?**

We can help with that too. We will be sharing stories of local people, their challenges and what it was that helped them to find joy and happiness again.

**Why not join us and give something a go?**

**Talk and Tunes 50+  
£1 Per session**

**Albion Mill Community Hub  
Blackburn, BB2 4LX**

**Every Tuesday  
2.30pm - 3.30pm**

**Join us for a brew, a chat  
and a sing-a-long**



# Organisations who can help

## Age UK Blackburn with Darwen

Tel: 01254 266620

Email: [heretohelp@nhs.net](mailto:heretohelp@nhs.net)

Website: [www.ageukbwd.org.uk](http://www.ageukbwd.org.uk)



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## BwD Carers Service

Tel: 01254 688440

Email: [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)

Website: [www.bwdcarers.org](http://www.bwdcarers.org)



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## Flourishing Minds

Tel: 01257 682037

Email: [flourishingminds@lancashiremind.org.uk](mailto:flourishingminds@lancashiremind.org.uk)

Website: [www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)



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## Wellbeing Service

Tel: 01254 682037

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

Website: [www.refreshbwd.com](http://www.refreshbwd.com)



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## Care Network

Tel: 01254 507255

Email: [info@carenetwork.org.uk](mailto:info@carenetwork.org.uk)

Website: [www.carenetwork.org.uk](http://www.carenetwork.org.uk)



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For more info visit [www.bewellbwd.com](http://www.bewellbwd.com)

