



Men's Health Event

Bringing people together to support men's health through open conversation, shared experience, and access to practical wellbeing support.

February 2026



healthwatch
Central Bedfordshire

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Introduction

Healthwatch Central Bedfordshire (HWCB), in partnership with Councillor Steve Addy, Mayor of Ampthill, and Luke Newman, Founder and CEO of 'For Men To Talk', delivered a Men's Health Event on 6th February 2026. The event aimed to raise awareness of men's physical and mental health, reduce stigma, and improve access to local support and services.

The event was developed in response to well-recognised challenges around men's health, particularly the fact that men are often less likely to seek help, engage with health services, or speak openly about physical and mental wellbeing. This can lead to issues being identified later, poorer health outcomes, and increased pressure on health and care services. The event sought to address these challenges by creating a safe, informal, and accessible community space where men could engage with health information and support in a way that felt approachable and non-clinical.

The event brought together health professionals, community organisations, voluntary sector partners, and people with lived experience to provide information, inspiration, and practical support in a welcoming, community-based setting. Attendees were able to access free blood pressure checks, offering a simple but important opportunity to identify potential health concerns early. Where readings were outside the normal range, individuals were advised to follow up with their GP, supporting early intervention and prevention of longer-term health issues such as heart disease and stroke.

A key strength of the event was its 'one-stop shop' approach. By bringing multiple services, professionals, and support organisations together in one place, the event made it easier for men to seek advice, ask questions, and access information without the need to navigate multiple services independently. Hearing personal stories from speakers with lived experience of mental health challenges, cancer, and recovery also helped normalise conversations about health and wellbeing, with many attendees reporting that these stories were inspiring and encouraged reflection on their own health and the importance of seeking support.

The event also placed strong emphasis on social connection and community wellbeing. Attendees were able to enjoy a complimentary lunch, meet others from their local community, and engage in informal conversations with peers, speakers, and service providers. Visitors received a goody bag containing additional information, resources, and signposting to local services, supporting continued engagement with health and wellbeing beyond the event itself.

The event was highly successful, attracting over 60 visitors throughout the morning. Attendees engaged with a diverse programme of speakers and visited a wide range of stallholders offering advice, signposting, and wellbeing support. Feedback from attendees and stallholders highlights the strong impact of the event and its value to the local community.



Community Need and Impact

Community-based men's health events of this kind are relatively rare, despite clear and ongoing need. Feedback from local residents and partner organisations consistently highlights that men often face barriers to accessing health and wellbeing support, including stigma, lack of awareness, and limited opportunities to engage in informal, preventative settings. This event directly responded to that gap by offering an accessible, welcoming environment focused on prevention, early intervention, and peer support.

The strong attendance, high levels of engagement, and positive feedback demonstrate both the demand for and the impact of this type of community provision. By offering health checks, direct access to professionals, lived-experience storytelling, and a wide range of local support services in one place, the event helped reduce barriers to seeking help and encouraged earlier engagement with health and care services.

The event also delivered wider community benefits by strengthening local partnerships, increasing awareness of available services, and fostering a sense of connection and shared responsibility for men's health and wellbeing. Given the success of this event and the clear appetite for similar opportunities, Healthwatch Central Bedfordshire recognises the importance of continuing to develop and deliver further men's health events to meet ongoing community need and support improved health outcomes across the area.



Aims and Objectives

The key aims of the Men's Health Event were to:

- ◆ Raise awareness of men's mental and physical health issues, supporting improved health literacy and helping to address known inequalities in men's health outcomes
- ◆ Encourage open conversations around mental health, cancer, and wellbeing, contributing to stigma reduction and supporting earlier engagement with health and care services
- ◆ Promote prevention and early intervention, including access to health checks and screening, enabling the early identification of potential health concerns and appropriate signposting to primary care
- ◆ Improve access to advice and support in a non-clinical setting, reducing barriers to help-seeking and supporting men who may be less likely to engage with traditional services
- ◆ Provide effective signposting to local health, care, and voluntary sector services, supporting timely access to appropriate support and reducing reliance on crisis or acute services
- ◆ Use lived experience and peer-led approaches to motivate engagement, helping to encourage behaviour change and increase confidence in seeking healthcare advice
- ◆ Strengthening community connections and partnership working, supporting a coordinated, place-based approach to prevention and men's health across Central Bedfordshire



Methodology

The Men's Health Event was delivered as an in-person, half-day community engagement and prevention-focused event, designed to be accessible, welcoming, and practical for local men and those supporting them.

HWCB worked in close partnership with Councillor Steve Addy, Mayor of Ampthill, and Luke Newman, Founder and CEO of 'For Men To Talk', to design, plan, promote, and deliver the event. Regular planning meetings were held in the lead-up to 6th February 2026 to agree the purpose and desired outcomes for the day, identify priority themes (including mental health, cancer awareness, cardiovascular health, and resilience), recruit and coordinate speakers and stallholders, and design the overall structure of the event. This included developing an extensive agenda that balanced clinical expertise, service information, lived-experience presentations, and opportunities for informal discussion and networking.

A mixed-format engagement model was used to maximise participation and impact. This included a structured programme of short talks, access to healthcare professionals for informal conversations and questions, a wide range of information stalls from local and regional organisations, and blood pressure checks available on the day. Breaks and a complimentary lunch were built into the programme to support informal conversations, peer connection, and engagement with stallholders. Attendees also received a goody bag containing additional information and signposting resources to encourage follow-up and continued engagement with services after the event.



Promotion for the event was delivered jointly by all three partners and was intentionally wide-reaching to encourage attendance from a broad cross-section of the local community, including men who may not routinely engage with health services. Promotional activity included regular social media posts across partner channels, the distribution of physical posters throughout Ampthill and in community-facing venues, and the sharing of event information with key stakeholders and partner networks to amplify reach and encourage attendance. A copy of the event poster can be found in Appendix A.

Evaluation and feedback were integral to the methodology. Evaluation forms were created specifically for visitors and stallholders to capture feedback on their experience of the event, the relevance and accessibility of the content, and the perceived impact on awareness and help-seeking. These forms also invited suggestions for improvement and ideas to inform the planning of future men's health events. This was complemented by informal conversations on the day and follow-up comments, with qualitative feedback used to assess the success of the event and identify learning for future delivery.

Event Overview

The event opened with a welcome from Councillor Steve Addy, Ampthill Town Mayor, who emphasised the importance of community-led approaches to men's health and wellbeing. His introduction helped set a supportive, inclusive tone for the morning and reinforced the value of bringing local people, services, and lived experience together in one space.



The speaker programme was carefully curated to provide a balanced mix of lived experience, clinical expertise, and service insight. Luke Newman, Founder and CEO of 'For Men To Talk', shared his personal mental health journey and spoke about the value of peer support, alongside raising awareness of prostate cancer and the importance of requesting PSA testing. Dave Bateson, Founder of Ampthill vs Cancer, delivered a powerful and relatable account of his cancer experience and subsequent fundraising work,

highlighting the impact of community action and early engagement with healthcare.

Clinical insight was provided by Dr Alison Rimmer from Lea Vale Medical Practice, who spoke about cardiovascular health, including hypertension and cholesterol. This input offered practical, evidence-based information that complemented the personal stories shared by other speakers. Tony McCool, former professional footballer, spoke openly about loss, resilience, and rebuilding his life, offering a compelling account of navigating significant personal challenges. Claire Young, Founder of Claire's Boob Battle, explored themes of resilience, leadership, and adapting to unexpected life events, while Neil Waring, Deputy Director of YouTurn Futures, outlined local support available to men experiencing mental health challenges, recovery needs, and wider wellbeing issues.



Together, the speakers provided a varied and engaging programme that combined inspiration, practical information, and clear messages about seeking support and maintaining wellbeing.

Alongside the speaker programme, eleven stallholders attended, representing a broad range of health, wellbeing, and support services. These included organisations offering mental health support, carers' services, diabetes education, leisure and fitness opportunities, and community advice. The presence of stallholders throughout the event enabled attendees to engage directly with services, ask questions, and access information in an informal setting. A full list of stallholders can be found at Appendix B.

Attendance and Engagement

The Men's Health Event attracted over 60 visitors from the local community. When stallholders, presenters, and delivery staff are included, overall attendance at the event was in excess of 85 people. This level of turnout demonstrates strong community interest and highlights the value of accessible, place-based approaches to men's health engagement.

Engagement levels were high throughout the morning, with many attendees remaining on site for extended periods and attending multiple speaker sessions. This sustained participation indicates that the content was perceived as relevant, accessible, and valuable.

Attendees actively engaged with speakers, healthcare professionals, and stallholders, making use of the opportunity to ask questions, seek advice, and explore support options.



Feedback captured through evaluation forms completed by visitors, stallholders, and presenters identified several consistent themes. These included the value of having multiple services available in one place, the importance of informal access to professionals, and the impact of hearing personal stories alongside clinical information. Attendees reported increased awareness of local services, greater confidence in seeking advice or support, and a clearer understanding of when and how to access healthcare, including primary care follow-up where appropriate.

Stallholders reported a high level of meaningful interaction, with many conversations focused on prevention, early intervention, and next steps rather than general information alone. Several organisations highlighted that the event enabled them to engage with men who may not routinely access services, supporting commissioning priorities around early engagement and reducing reliance on crisis or acute pathways.

Overall, the event demonstrated effective reach, high-quality engagement, and clear preventative value. The combination of attendance levels, sustained participation, and positive evaluation feedback indicates that this model of community-based delivery is effective in engaging men, improving awareness, and supporting earlier access to advice and support.

Short written comments such as **“Excellent all round”**, **“Well organised”**, and **“Thank you to all”** further support the high levels of engagement observed throughout the event.

Evaluation data further indicates that attendees were willing to travel from across Central Bedfordshire and neighbouring areas, reinforcing the appeal and perceived value of accessible, community-based men's health events.



Evaluation Insights and Reach

Evaluation forms were completed by 37 attendees, providing valuable quantitative and qualitative insight into participant experience, engagement, and reach.

Overall satisfaction with the event was very high. The venue, support staff, speakers, refreshments, and overall organisation were rated as 'excellent' or 'very good' by the majority of respondents, with no ratings of 'poor' across any category. This demonstrates consistent quality across both delivery and content.

Engagement with the event was strong. The majority of respondents reported attending the whole event, while others remained for extended periods of up to two hours or more. Importantly, 34 out of 37 respondents were able to visit the majority of information stands, indicating that the event layout and pacing supported meaningful engagement.

Evaluation responses also highlight the effectiveness of the event's preventative and 'one-stop shop' approach. Almost all respondents who were seeking specific advice or information reported finding what they needed, and 35 respondents listened to one or more presentations. Attendees identified lived experience presentations and clinical input as particularly informative, reinforcing the value of combining personal stories with professional expertise.

The event achieved broad local reach. Attendees travelled from Ampthill and surrounding towns and villages including Barton-le-Clay, Maulden, Silsoe, Leighton Buzzard, Flitwick, Houghton Regis, Dunstable, Bedford, Wixams, and Luton. This demonstrates that the event attracted interest beyond the immediate locality and served a wider community.

Ethnicity data collected through evaluation forms provides useful baseline insight into the profile of attendees. The majority of respondents identified as White British, with a small number of attendees identifying as White Irish, Black British, or other ethnic backgrounds. While this reflects the local population profile of Ampthill and surrounding areas, it also highlights an opportunity to further strengthen engagement with men from more diverse communities in future delivery. This insight will inform future outreach and partnership working, supporting targeted promotion and engagement approaches to ensure men's health initiatives are accessible and inclusive for all communities across Central Bedfordshire.

Demographic information shows the event successfully engaged its intended audience, with the majority of respondents identifying as male and representation across a wide age range, including those over 50 who are more likely to benefit from preventative health messaging and early intervention.

Promotional data indicates that the event was accessed through a variety of channels, including social media, HWCB communications, local advertising, word of mouth and local radio. This suggests that a multi-channel approach is effective in reaching men who may not routinely engage with health services.



Feedback and Impact

Feedback gathered from attendees, speakers, stallholders, and partners provides strong qualitative evidence of the event's impact. Comments were collected through evaluation forms, informal conversations on the day, and follow-up correspondence. Together, this feedback reflects perceptions of the event's quality, relevance, accessibility, and community value, and helps demonstrate the effectiveness of this approach to men's health engagement.

Attendee Feedback

Feedback from attendees was overwhelmingly positive and highlighted the value of the event as a welcoming, accessible space to engage with men's health topics. Attendees particularly valued the opportunity to hear personal stories, access information in a non-clinical environment, and speak directly with professionals and support organisations.

Short written comments captured through evaluation forms further reinforce the positive experience reported by attendees, highlighting the quality of organisation, the relevance of content, and the impact of hearing lived experience.

Many attendees commented on the inclusive atmosphere, the openness and authenticity of speakers, and the benefit of being able to access multiple services and sources of advice in one place. This feedback suggests that the event successfully reduced barriers to engagement and supported increased confidence in seeking information and support.

Speaker Feedback

Speakers expressed strong appreciation for the opportunity to contribute and recognised the positive impact of the event on the local community. Feedback from presenters reflects both the quality of organisation and the importance of creating platforms where lived experience and professional insight can inform and inspire others.



This was a great event.

Justin, About Time Creative



This was a great event for men – I'm uplifted.

Really useful – stalls were informative too.

For the time I was here, it was a great event.

So important to continue to raise awareness of men's health.

Great – well done!



Thanks for having me, really enjoyed the day.

Dave Bateson, Speaker – Ampt Hill vs Cancer



These comments highlight the value speakers placed on the event's purpose, reach, and community focus, as well as their confidence in its ability to make a meaningful difference.

Additional attendee feedback highlighted the impact of hearing personal stories and the confidence gained through lived experience contributions.

Stallholder and Partner Feedback

Stallholders and partner organisations reported high levels of engagement and meaningful conversations with attendees throughout the event. Feedback indicated that the format enabled organisations to connect with men who may not routinely access services, supporting early engagement and preventative approaches.

Stallholders also valued the opportunity to work alongside other organisations in a collaborative setting, reinforcing the importance of community-based, partnership-led events in improving awareness of and access to support.

Thank you for your email, and it was my pleasure. The event was fantastic, I didn't expect so many people and I felt very proud to support something that I know will make a genuine difference to our community. Please do keep in touch.

Claire Young – Claire's Boob Battle



Inspiring to hear how someone can come back from a difficult journey.

Gave me confidence.

All the speakers were fantastic.



Speakers on the day: Dave Bateson, Tony McCool, Neill Waring, Cllr Steve Addy, Claire Young, Dr Alison Rimmer, Luke Newman

Outcomes

The Men's Health Event delivered a range of positive outcomes aligned with prevention, early intervention, and community engagement priorities. By providing an accessible and informal setting, the event successfully created a safe and inclusive space in which men felt able to engage in conversations about their physical and mental health. This approach supported increased confidence in discussing health concerns and reduced barriers to seeking advice or support.

The event contributed to improved awareness and understanding of key health issues affecting men, including mental health, cancer, and cardiovascular health. Through exposure to both professional expertise and lived experience, attendees gained clearer insight into risk factors, the importance of early action, and the support available locally. This increased awareness supports preventative behaviours and informed decision-making, which are central to improving long-term health outcomes.

A significant outcome of the event was the effective connection of attendees with local health, care, and voluntary sector services. The presence of multiple organisations in one place enabled timely signposting and encouraged onward engagement with appropriate support. This supports system objectives to promote earlier access to advice, reduce escalation to crisis services, and make better use of community-based provision.

The event also strengthened partnership working between statutory services, voluntary organisations, and community groups. These strengthened relationships support more coordinated, place-based approaches to men's health and wellbeing and create a stronger foundation for future collaborative delivery.

The strong level of attendance, sustained engagement throughout the morning, and consistently positive feedback demonstrate clear demand for community-based men's health events of this kind. Collectively, these outcomes indicate that this model of delivery offers a valuable and scalable approach to supporting men's health, reducing inequalities, and contributing to wider population health and prevention agendas.



Value for the System

In addition to the benefits for individuals and the community, the Men's Health Event delivered clear value for the wider health and care system. By supporting prevention, early intervention, and informed help-seeking, the event contributed to reducing avoidable escalation to crisis or acute services. Opportunities such as blood pressure checks, direct access to professionals, and timely signposting supported earlier identification of potential health concerns and encouraged appropriate use of primary and community care.

The event model also represents an efficient use of resources by bringing multiple services together in one setting, enabling shared engagement, joint working, and increased reach without duplication of effort. This 'one-stop shop' approach supports system priorities around integration, place-based working, and improved access to support for populations who are traditionally less likely to engage.

By strengthening relationships between statutory services, voluntary sector organisations, and community leaders, the event helped build local capacity and resilience, supporting longer-term sustainability in men's health engagement. The success of the event demonstrates that community-led, partnership-based delivery can complement commissioned services, improve population health outcomes, and contribute to reducing health inequalities, offering a scalable and cost-effective model for future delivery.

The geographic spread of attendees and high satisfaction ratings suggest that this model offers a scalable, place-based approach capable of supporting prevention and early engagement across multiple communities.



Learning and Future Opportunities

The Men's Health Event generated valuable learning to inform the future design and delivery of community-based men's health initiatives. One of the most significant learning points was the impact of lived experience storytelling in engaging attendees and encouraging reflection. Personal accounts helped to humanise health issues, build trust, and make conversations about health feel more relatable and accessible, particularly for those who may be hesitant to engage with traditional services.

The event also demonstrated the effectiveness of integrating clinical expertise with community and voluntary sector support. The presence of healthcare professionals alongside local organisations enabled a more holistic approach, combining evidence-based information with practical, community-led support. This reinforced the importance of partnership working in delivering preventative interventions that are both credible and approachable.

Feedback and engagement patterns highlighted a clear appetite for further men's health-focused events delivered in familiar, accessible community venues. Attendees and partners indicated that local, informal settings help reduce stigma and increase participation, particularly for men who may not routinely access health services. This suggests strong potential for replicating and scaling this model across other communities.

Looking ahead, future events could build on this success by expanding outreach and promotion to reach a wider and more diverse audience, including those at higher risk of health inequalities. There is also opportunity to broaden the thematic focus of future events to reflect wider determinants of health, such as employment, financial wellbeing, caring responsibilities, and the management of long-term conditions. Incorporating these themes would further strengthen the preventative impact of future events and align with place-based and population health priorities.





Next Steps

Building on the success of the Men's Health Event and the learning identified, HWCB intends to work with partners to develop further community-based men's health initiatives. Future delivery will focus on replicating this effective model in other local areas, ensuring events are accessible, welcoming, and responsive to local need.

Next steps will include strengthening and widening partnerships with statutory services, voluntary and community sector organisations, and local leaders to support coordinated planning and delivery. This will help ensure future events continue to align with prevention, early intervention, and place-based working priorities, while maximising reach and impact.

HWCB will also seek to enhance outreach and engagement, using targeted promotion to reach men who are less likely to engage with health services, including those experiencing health inequalities. Learning from evaluation feedback will inform refinements to event design, content, and delivery, ensuring continuous improvement and responsiveness to community feedback.

Subject to funding and partner support, future events will explore a broader range of topics linked to men's health and wellbeing, including long-term condition management, mental health recovery, employment and financial wellbeing, and support for carers. Evaluation will remain integral to future delivery, enabling ongoing measurement of impact and providing evidence to support sustainability and commissioning decisions.

Sponsors and Acknowledgements

Healthwatch Central Bedfordshire would like to formally acknowledge and thank the organisations and individuals whose support and collaboration made the Men's Health Event possible. The success of the event reflects a strong partnership approach and a shared commitment to improving men's health and wellbeing within the local community.

The event was generously supported by three local sponsors whose contributions helped enable the delivery of a welcoming, high-quality community event:

- ◆ **Amphill Fireplaces**, whose support contributed to key event and venue costs
- ◆ **Amphill vs Cancer**, a community-led organisation committed to raising awareness and supporting those affected by cancer
- ◆ **Workshop**, whose sponsorship helped enhance the overall experience for attendees

Healthwatch Central Bedfordshire would also like to extend sincere thanks to its delivery partners, **Councillor Steve Addy, Mayor of Amphill**, and **Luke Newman**, Founder and CEO of **'For Men To Talk'**, for their ongoing commitment, leadership, and collaborative working throughout the planning, promotion, and delivery of the event.

Grateful thanks are also extended to all speakers and presenters for sharing their professional expertise and personal experiences, and to the stallholders and partner organisations who provided information, advice, and support on the day. Their contributions were central to the event's 'one-stop shop' approach and its preventative focus.

Finally, Healthwatch Central Bedfordshire would like to thank all those who attended the event. The engagement, openness, and willingness of visitors to take part in conversations about men's health were fundamental to the success of the day. Without the collective involvement of sponsors, partners, presenters, stallholders, and attendees, this event would not have been possible.



Conclusion

The Men's Health Event delivered a highly effective, community-led approach to engaging men in conversations about physical and mental wellbeing, prevention, and early intervention. The strong turnout, with over 60 visitors and more than 85 people attending overall including presenters, stallholders, and staff, demonstrates clear community demand for accessible, informal men's health initiatives delivered in trusted local settings.

The event successfully addressed known barriers to men's engagement with health and care services by creating a safe, welcoming, and non-clinical environment in which attendees felt able to seek advice, access blood pressure checks, and engage with professionals and support organisations. The combination of lived experience storytelling, clinical expertise, and practical signposting enabled attendees to increase their awareness, build confidence, and consider positive next steps in relation to their own health or that of someone they support.

Positive feedback from attendees, speakers, and stallholders consistently highlighted the quality of organisation, the relevance of content, and the value of bringing multiple services together in one place. Attendee comments describing the event as **"excellent all round"**, **"well organised"**, and **"uplifting"** reinforce the qualitative evidence presented throughout this report and reflect the meaningful impact of the event on those who attended.

Beyond individual benefit, the event delivered wider value for the health and care system by supporting prevention, encouraging earlier engagement with primary and community services, and strengthening partnership working across statutory, voluntary, and community sectors. This model of delivery demonstrates how community-based, partnership-led events can complement commissioned services, contribute to reducing health inequalities, and support more sustainable use of system resources.

HWCB will use the learning from this event to inform future engagement activity and continue working with partners to develop further men's health initiatives. The success of this event provides a strong evidence base to support the commissioning of similar community-focused men's health events, enabling continued progress toward improved outcomes, reduced stigma, and better access to support for men across Central Bedfordshire.





**Appendix A –
Event Poster**



Men's Health Event – Ampthill

Friday 6th February 2026

Time: 9.30am to 1.30pm

Parkside Hall, Woburn Street, Ampthill MK45 2HX

Men can sometimes delay seeking help for physical or mental health concerns. This event offers practical support, expert insights, and the chance to take positive steps towards better wellbeing.



What's happening on the day

- ◆ A marketplace of local organisations offering advice, support, and services to men and their families.
- ◆ Guest speakers sharing lived experience stories and expert knowledge on men's health and wellbeing.
- ◆ Information on routine health checks and how to access support locally.

This is a diverse and all inclusive event. Please advise when booking if you have any specific access requirements, such as wheelchair access or interpreter required.

Supported by:



Scan the QR Code to book your place or contact us - see below



Please contact us at info@healthwatch-centralbedfordshire.org.uk or call 0300 303 8554 to book your place.

A woman with dark hair tied back, wearing glasses and a white button-down shirt, is speaking into a black microphone. She is standing in front of a projection screen. The screen displays the text "gs align" in white on a blue background with yellow lightning bolt graphics. In the foreground, the back of a person's head with dark curly hair is visible, looking towards the speaker. A green banner with white text is overlaid on the image.

gs align

Appendix B – Stallholders

Stallholders

- ◆ **Anxiety Breakthrough Coach**
- ◆ **Bedford Samaritans**
- ◆ **Bedfordshire & Luton Hospital NHS Foundation Trust**
- ◆ **Bedfordshire Hospitals NHS Foundation Trust – Diabetes Education Team**
- ◆ **Carers In Bedfordshire**
- ◆ **Chrysalis Centre**
- ◆ **Everyone Active**
- ◆ **Good Life Sorted**
- ◆ **Healthwatch Central Bedfordshire**
- ◆ **IMPAKT**
- ◆ **Parallel Lives**





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About Healthwatch Central Bedfordshire

Healthwatch Central Bedfordshire is the local consumer champion promoting choice and influencing the provision of high quality health, social care and wellbeing services for all across Central Bedfordshire.

Healthwatch Central Bedfordshire (HWCB) has significant statutory powers to ensure that the voice of the consumer is strengthened and heard by those who commission, deliver and regulate health and care services. HWCB engages and consults with all sections of the local population so that a wide cross-section of views are heard, understood and acted upon. Everything we say and do is informed by our connections to local people and our expertise is grounded in their experience.

Healthwatch Central Bedfordshire is one of three local Healthwatch in the County of Bedfordshire and belong to a network of local Healthwatch. Healthwatch England leads, supports and guides the Healthwatch network which is made up of the national body and local Healthwatch across each of the 152 local authority areas in England.

Healthwatch is the only body looking solely at people's experience across all health and social care. As a statutory watchdog our role is to ensure that local health and social care services, and the local decision-makers put the experiences of people at the heart of their care.

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