

Have you or someone you support used the Mental Health or Learning Disabilities services of BCUHB in North Wales? Or are you involved in services like social care, healthcare, or charity work?

You  
Speak, We  
Listen

We need your help to create a plan that helps these services listen better and build stronger relationships.

We'd love for you to join our events in November! But there are plenty of other ways to get involved too. To find out more email [BCU.ICan@wales.nhs.uk](mailto:BCU.ICan@wales.nhs.uk)

## TO REGISTER FOR AN EVENT

Go to <https://MHLDEvents.eventbrite.com> and pick which date you want to attend or phone - 0800 085 3382

SCAN ME



## Join us at a venue near you

Rhyl Rugby Club

Date: 7th November 2024

Porthmadog FC

Date: 19th November 2024

Oriel Mon, Llangefni

Date 12th November 2024

Coleg Cambria – Wrexham

Date: 21st November 2024

All events - 10.30am - 2.30pm, lunch and refreshments included

If you are unable to join us in person you can register for our virtual events:

14th November 2024 - in welsh 1pm - 2.30pm

28th November 2024 - bilingual 6pm - 8.30pm