



HEALTH AND WELLBEING CONFERENCE FOR YOUNG PEOPLE (13-25)

FREE TO
ATTEND WITH
PRE-BOOKED
TICKET

WHEN AND WHERE?



**Tuesday 24th October
2023 - 10am to 3pm**

**Centre Parcs,
Woburn Forest**



YOUR WELLBEING & MENTAL HEALTH

Help us to explore what has really affected young people during and since the pandemic



LOCAL SERVICES

Would you like to learn more about support services available in your area, including general activities and volunteering?



GAINING SKILLS

Support and better prepare young people to develop key skills needed for their future health and wellbeing

SHARING EXPERIENCES



Empower young people to give feedback, and share their experiences of children's services, and their ideas for improvement

WHAT TO EXPECT



Attendees will have the opportunity to interact in a drama production, take part in a variety of workshops, share their learning and experiences on film, as well as speaking directly with key stakeholders, who will use all the information and feedback provided to help improve service provision locally.



HOW TO BOOK YOUR PLACE



Please scan the QR code below to book via Eventbrite, by 24th September. The event is free of charge, but tickets are required.

If you have any questions please contact Eleanor on 0300 303 8554 email to eleanor.ryles@healthwatch-centralbedfordshire.org.uk



SUB-TROPICAL SWIMMING PARADISE



The event is free of charge, refreshments and lunch will be provided. Every young person attending will also get free access to the sub-tropical swimming paradise pool at Centre Parcs after the event.