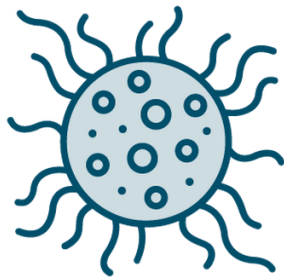


# healthwatch

## Blackburn with Darwen

[www.healthwatchbwd.co.uk](http://www.healthwatchbwd.co.uk)



**Living with Long Covid -  
read our report here**

Healthwatch Blackburn with Darwen carried out this project between Autumn 2021 and Spring 2022 to gather the experiences of residents suffering from Long Covid.

The aim of the project was to understand the range of symptoms people were experiencing, the impact on both their physical and mental health and their experiences of accessing support for Long Covid.

<https://healthwatchblackburnwithdarwen.co.uk/nproject/residents-experience-of-living-with-long-covid/>

## Youth Champions



Healthwatch BwD have successfully registered to deliver the Royal Society of Public Health's Youth Health Champions Level 2 accreditation. The Youth Health Champion programme is a national initiative that aims to give young people the skills, knowledge and confidence to act as peer educators, increasing awareness of healthy lifestyles across the local community and encouraging involvement in activities to promote positive physical and emotional wellbeing. Healthwatch are launching the programme this summer with Blackburn Youth Zone. Keep an eye on our next newsletter for updates.

## Healthwatch Together

Find out more about how we are working in partnership with our Healthwatch colleagues across Lancashire and south Cumbria.

Here you can read more about Healthwatch Together and what we do, as well as find out more about the projects we have worked on.

<https://healthwatchblackburnwithdarwen.co.uk/about-us/healthwatch-together/>



## We would love to hear your views

We extended our project to hear the views and experiences of members of the LGBT+ community who have needed to access support for eating disorders or their mental health.

Tell us how services do or could better meet the needs of the LGBTQ+ community. Complete our quick survey below and we will use this feedback to inform and shape services for the future.

## Enter & View

Our Enter & View Team are keeping busy inspecting local care homes for you.

Their two recent inspection reports for the Franciscan Convent and Higher Bank Care Home can be found on our website



**Bowel Cancer**

**Chat Together  
#BowelCancer**

Find out more and visit [bowelcanceruk.org.uk/supportevents](https://www.bowelcanceruk.org.uk/supportevents)

An online meet up for people living with and beyond bowel cancer. A welcoming place to talk to others with bowel cancer and meet others.

Chat Together is a FREE, one-hour weekly Zoom with a small group of people. The 6-week programmes are a chance to share experiences in a friendly supportive environment.

## Cannot find the support you need?

Healthwatch is here for you. In times of worry or stress, we can be there to find you the best place to go for help, find the health and social care information that you need or advise on how to make a complaint or where to go for extra support.

Get in touch with us [here](#)