



WHAT DO YOU THINK?

Are you someone with a long-term health problem, or a relative or friend of someone?

- What sorts of services would you enjoy?
- What will help you to have a good quality of life?
- What will help you feel part of your community?
- Is there something you would like to do during the day, or at evenings or week-ends?

The Ythan Health and Wellbeing Group brings together people who live with long-term physical health problems, relatives and other people who want to see better opportunities and services.

We are gathering the views of people who have long-term health problems and their families.

HOW TO HAVE YOUR SAY

- You can complete our on-line survey through the website.
- You can get a copy of our survey and send it in by post.
- You can tell someone else what you want to say and they can write it and send it in for you.
- You can contact Anne Connor and she will arrange a telephone interview. (Anne and Catherine are helping us gather people's views and write the report.)

You can meet up with Anne or Catherine and tell them what you think during the week of 27th April.

- They will meet you for an individual interview.
- They will come to your group.

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There is more information about the project at: www.otbds.org
Look for the Ythan Health and Wellbeing Group