



Volunteers needed!

Self-Care Week begins 16 November and we're looking for volunteers to help us to talk with the public at Time Square, Princess Square, GP surgeries and locations across Bracknell Forest.

Self-Care Week is an annual national awareness week that promotes healthy lifestyles and provides useful tips on how to avoid unnecessary trips to the GP or A&E.

We need people to help at Princess Square, Bracknell from 10.30am to 1.00pm and 1.00pm to 3.30pm between Monday 16 November and Sunday 22 November.

If you would like to volunteer, please give us a call on 01344 352765 or ASCHH.CommissioningTeam@bracknell-forest.gov.uk



To see more of what's going on for Self-Care Week 2015 visit www.bracknell-forest.gov.uk/selfcare

NHS
*Bracknell and Ascot
Clinical Commissioning Group*

