



# Local Health Matters Colchester

**Come along to hear the latest North East Essex developments  
and take part in discussions that could lead to changes**

*Open to all - Free - No booking necessary*

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**When is it?**  
**Wednesday 23<sup>rd</sup>**  
**January 2019**  
**2pm to 4pm**

**Where is it?**  
**Stillwater Centre, House**  
**Heath Business Park,**  
**Whitehall Road, Colchester,**  
**CO2 8GU (next to**  
**Bannatyne's Health Club)**

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## ***Topics to include***

### **Plans for Improving community health services in North East Essex**

A review of the current situation facing hospital & community services across North East Essex and what can be done in the future

### **Psychiatric Liaison**

Information on Mental Health services for adults in North East Essex

### **Health, Wellbeing & Lifestyle Services**

Find out about services offer by Provide including smoking cessation & weight management

### **Coping with Winter Pressures at Colchester Hospital**

**Plus an Open Forum to give you  
a chance to contribute to discussion**

For more information on either this meeting or the Health Forum in general please contact:  
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on 01206 918707 or by email; [paula.martin4@nhs.net](mailto:paula.martin4@nhs.net)