

**Spare 5
minutes...**

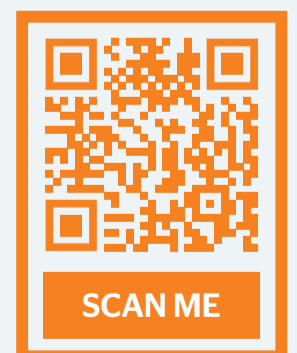
**...to help
make a
difference**

Pass it on! You can be an ambassador...

**Be part of the campaign to empower people to feel
confident and spare time for meaningful conversations.**

Creating better connections for health and community.

Get in touch to find out more!



0151 230 8957
spare5@healthwatchwirral.co.uk
www.healthwatchwirral.co.uk

healthwatch
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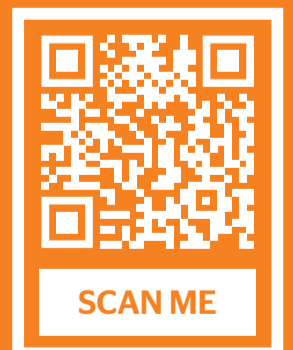
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