

Healthwatch Central Bedfordshire

JUST ASK...

We're here to listen



Healthwatch Central Bedfordshire is coming to a location near you!

Need advice on **health, social care or other local services**? Want to find out what support is available in your area? Come and chat with us! We'll be joined by partner organisations and local voluntary groups, ready to provide **information, guidance and support** tailored to your needs.

Find us at a venue near you:

DATE	JUST ASK 2026	TIME
Friday 24th April	Asda, DUNSTABLE	9am-1.30pm
Tuesday 19th May	Market Square, LEIGHTON BUZZARD	9am-1.30pm
Tuesday 23rd June	Market Square, BIGGLESWADE	9am-1.30pm
Friday 24th July	Flitwick Market, Dunstable Road, FLITWICK	9am-1.30pm
Thursday 13th August	High Street, SHEFFORD	9am-1.30pm
Friday 4th September	Morrison's, HOUGHTON REGIS	9am-1.30pm

No question is too big or small – just ask! Whether you need support, have concerns, or simply want to have your say, we're here to help.

Come along, get informed, and make your voice heard!

Healthwatch Central Bedfordshire – Working for You.