

# Shining a light on your future



## This event is for

- people who have had a long stay in hospital
- people who are in hospital now

## We will be coming together to celebrate life in the community and will look at

- Real people's life after leaving hospital
- "We are all citizens"
- Lots of talking together and sharing ideas





Refreshments and lunch will  
be provided.



We can help with your travel costs.

The events all start at 10am until 2pm



Date	Where	To book a place click here
24th May	Darlington	<a href="http://bit.ly/2IpQmV6">http://bit.ly/2IpQmV6</a>
4th June	Morpeth	<a href="http://bit.ly/2G1UfwN">http://bit.ly/2G1UfwN</a>
5th June	Newcastle	<a href="http://bit.ly/2UKNskr">http://bit.ly/2UKNskr</a>
11th June	Hartlepool	<a href="http://bit.ly/2VCjDzY">http://bit.ly/2VCjDzY</a>
20th June	Sunderland	<a href="http://bit.ly/2WYN7YY">http://bit.ly/2WYN7YY</a>
21st June	Middlesbrough	<a href="http://bit.ly/2uUIKDt">http://bit.ly/2uUIKDt</a>

Or

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