



NEW HAYESBANK SURGERY

25TH JULY 2025 3PM TO 4.30PM

Time to Think is an informal session run by Pilgrim's Wellbeing.

It is a chance to find out more about future care planning – What steps you can take to help you stay in control should you become less well.

Nobody likes to think of a time when we might be less well, or unable to make choices and decisions for ourselves, but thinking ahead and planning for a time in the future when we may find ourselves in this situation, gives us some control over what might happen to us. It helps our families and those caring for us know what choices and decisions we would make for ourselves if we could.

Previous attendees have said:

“Very informative session”

“We loved it, it has helped a lot”

“Make this more well know, it's extremely helpful”

Future care planning is important for everybody to consider as none of us know what's ahead but it may be more important to you if you have a chronic or life limiting illness.

You are welcome to bring a family member or friend with you.

