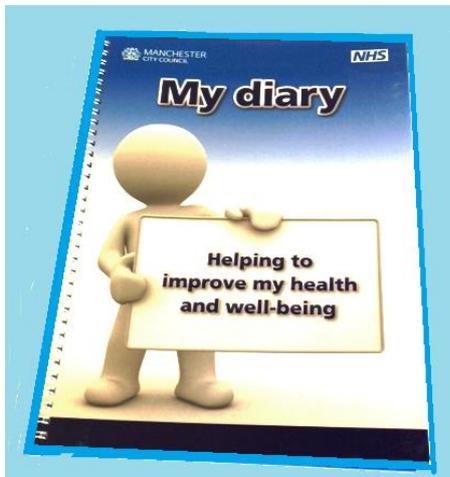


### Interested in keeping a diary?

NHS Manchester Clinical Commissioning Groups are looking for patients and/or their carers to take part in keeping an experience diary. The feedback provided will provide us with a valuable insight into your experience of using local NHS health and well-being services.

If you are living with a long-term health condition, such as diabetes, epilepsy, cancer, chronic kidney disease or asthma, this is your opportunity to share your experiences with us. If you live with mental health problems, or have recently had a stroke or are pregnant you can also use the diary to share with us your experiences of the care and treatment you receive using NHS services.

You must be living in, and be registered with a GP in Manchester to complete a diary. The diaries will need to be kept for a minimum of 8 weeks. It is hoped that during that time we will receive feedback on your experiences of using a variety of health and well-being services. You will be able to return the diary to us via a freepost envelope. We can also return the diaries to you.



All of the information you provide in your diary will be kept confidential and no patient identifiable information will be shared. The feedback will be analysed and used to influence developments and changes in local NHS services.

If you are interested in keeping a diary, please email [talkinghealthmanchester@nhs.net](mailto:talkinghealthmanchester@nhs.net) or call 0161 765 4004.