

EVERYTHING STARTS WITH YOU

See how a little bit of activity can help
you manage your health condition.
Visit [WeAreUndefeatable.co.uk](https://www.WeAreUndefeatable.co.uk)

Proudly supporting
**WE ARE
UNDEFEATABLE**

We Are Undefeatable in Blackburn with Darwen

We Are Undefeatable are working with Together an Active Future and organisations across Blackburn with Darwen to deliver a localised version of the national We Are Undefeatable campaign; storytellers will be residents of the borough and the campaign will signpost to local activities and services.



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MACMILLAN
CANCER SUPPORT



Stroke
Association

MS Society

DIABETES UK
KNOX DIABETES FOOT MONITOR



What is We Are Undefeatable?

We Are Undefeatable is a campaign developed by 15 leading health and social care charities, backed with National Lottery funding and expertise from Sport England, to inspire and support people living with a long-term health condition to move more in a way that works for them.

The campaign features the real-life experiences of people with health conditions being active despite the ups, downs and challenges they may face. Campaign storyteller, Zoe, is a Stroke Survivor from Blackburn with Darwen shares her experiences of moving more to support her recovery.

Find out more about Zoe's story and the We Are Undefeatable campaign by visiting WeAreUndefeatable.co.uk

How you can get involved?

We're looking for adults who:

- Live in Blackburn with Darwen
- Live with one or more long-term health condition
- Are physically active in some way
- Feel comfortable having their photograph taken and featuring in a short video
- Want to help inspire others by sharing their story

If you know someone who is willing to share how their condition impacts their daily life and how being active helps them, please get in touch with **Alison**:
Email: alison.whittaker-stewart@blackburn.gov.uk or Call: 0777 977 5686

As a token of our appreciation and in lieu of your time, you'll be offered a one-off payment of £250.

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