



Health contacts

Community organisations

- Leisure centres 01727 744250 – Managed by InspireAll on behalf of Hertsmere Borough Council
- Communities 1st 020 8207 4504 – Connecting and supporting local voluntary organisations
- Carers in Herts 01992 58 69 69 – Supporting carers in Hertfordshire
- Citizens Advice 0344 411 1444 – Independent support and advice

Hertsmere Borough Council

Hertsmere Borough Council provides services such as environmental health, leisure and parks and housing needs.

- Healthy Hub – 020 8207 7801 or www.hertsmere.gov.uk/healthyhubs
Free information, advice and support to stay healthy and well including smoking cessation, weight management, health MOTs
- We Move, She Moves – wemoveshemoves.me.uk

Hertfordshire County Council

Hertfordshire County Council provides services such as youth provision, early years childcare, health and social care, and public health.

- Herts Health Walks
 - Health in Herts
 - Hertfordshire Cycling
 - Change4Life
 - Family Centres
 - Libraries
 - YC Herts 0300 123 7538
 - Herts Help 0300 123 4044
- www.hertfordshire.gov.uk/services/health-in-herts

NHS Services

- A&E 999 – Only in emergency
- Urgent care – When it's urgent but not life threatening
- NHS 111 – Need help fast and it's not an emergency
- Doctors – For symptoms that don't go away
- Dentists – Oral hygiene, tooth ache, ulcers
- App – To book and manage appointments, to get advice
- Local pharmacy – Feeling poorly and need advice
- Self-care – For common ailments and illnesses

www.nhs.uk/service-search/service-finder

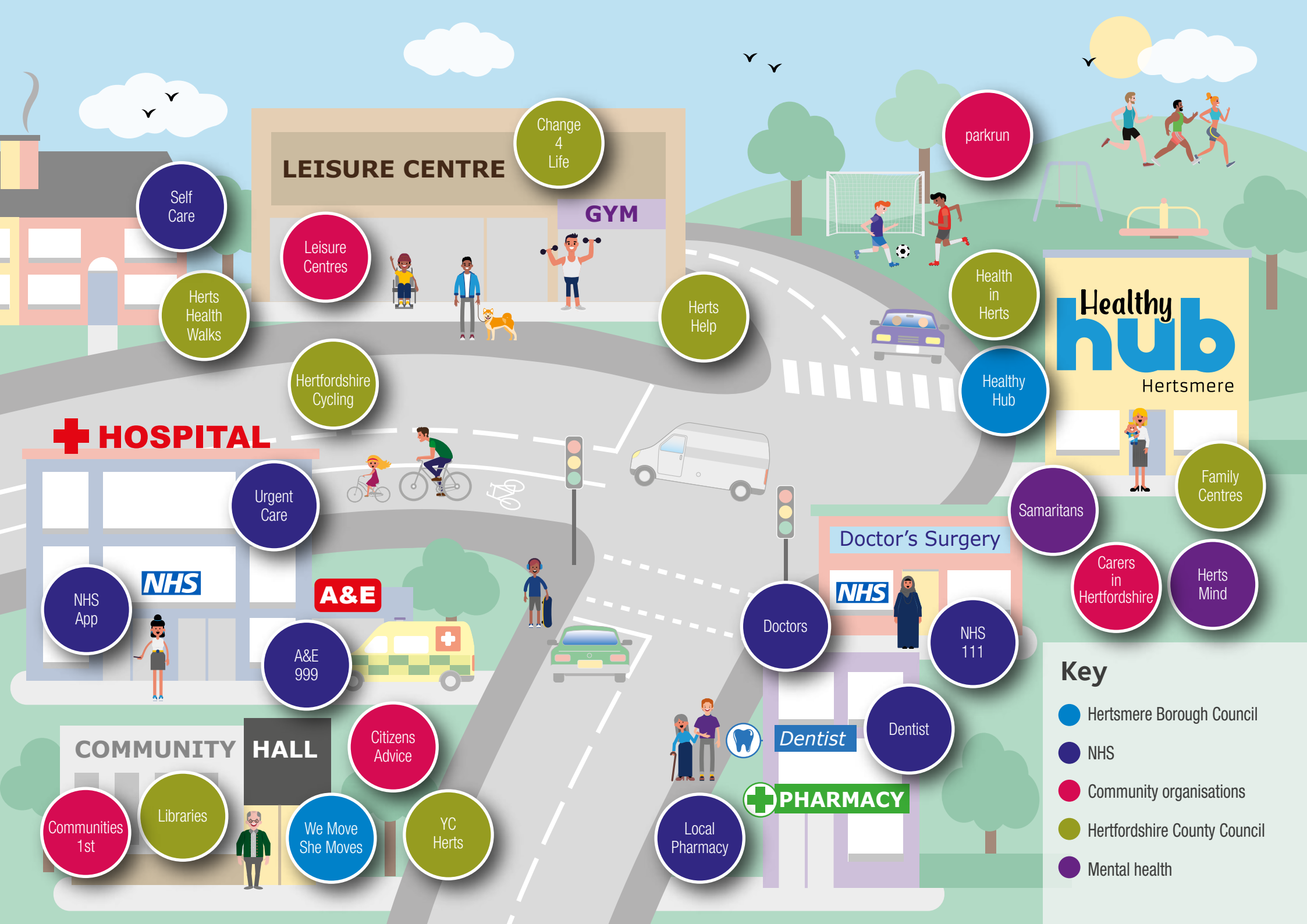
Health in Hertsmere

Useful contact details to help you stay healthy



In emergencies
or life-threatening
situations, call
999





HOSPITAL

LEISURE CENTRE

Change
4
Life

GYM

**Healthy
hub**
Hertsmere

NHS

Doctor's Surgery

NHS

COMMUNITY HALL

PHARMACY

Self
Care

Leisure
Centres

Herts
Health
Walks

Hertfordshire
Cycling

Herts
Help

Health
in
Herts

Healthy
Hub

Urgent
Care

NHS
App

A&E

A&E
999

Doctors

NHS
111

Citizens
Advice

Communities
1st

Libraries

We Move
She Moves

YC
Herts

Local
Pharmacy

Dentist

Dentist

Samaritans

Carers
in
Hertfordshire

Family
Centres

Herts
Mind

Key

- Hertsmere Borough Council
- NHS
- Community organisations
- Hertfordshire County Council
- Mental health