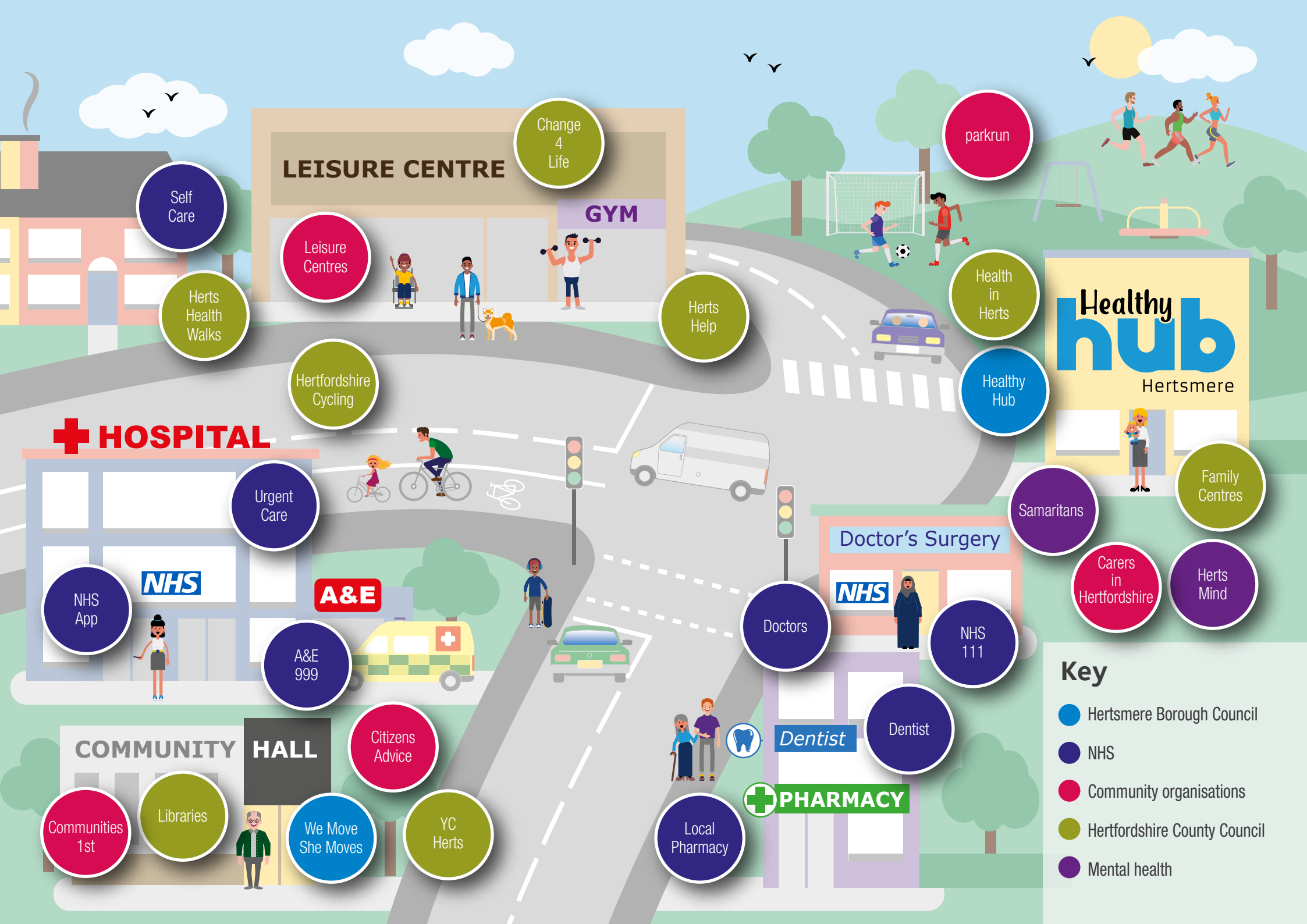


# Health in Hertsmere

Useful contact details to help you stay healthy



In emergencies  
or life-threatening  
situations, call  
**999**



Self Care

Change 4 Life

Leisure Centres

Herts Health Walks

Hertfordshire Cycling

Herts Help

parkrun

Health in Herts

Healthy Hub

Healthy hub Hertsmere

Family Centres

Samaritans

Carers in Hertfordshire

Herts Mind

HOSPITAL

Urgent Care

NHS App

NHS

A&E

A&E 999

Doctors

Doctor's Surgery

NHS

NHS 111

COMMUNITY HALL

Citizens Advice

Communities 1st

Libraries

We Move She Moves

YC Herts

Local Pharmacy

PHARMACY

Dentist

Dentist

Key

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



# Health contacts

## Community organisations

- Leisure centres 01727 744250 - Managed by InspireAll on behalf of Hertsmere Borough Council
- Communities 1<sup>st</sup> 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](http://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](http://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](http://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](http://www.nhs.uk/service-search) service finder