



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

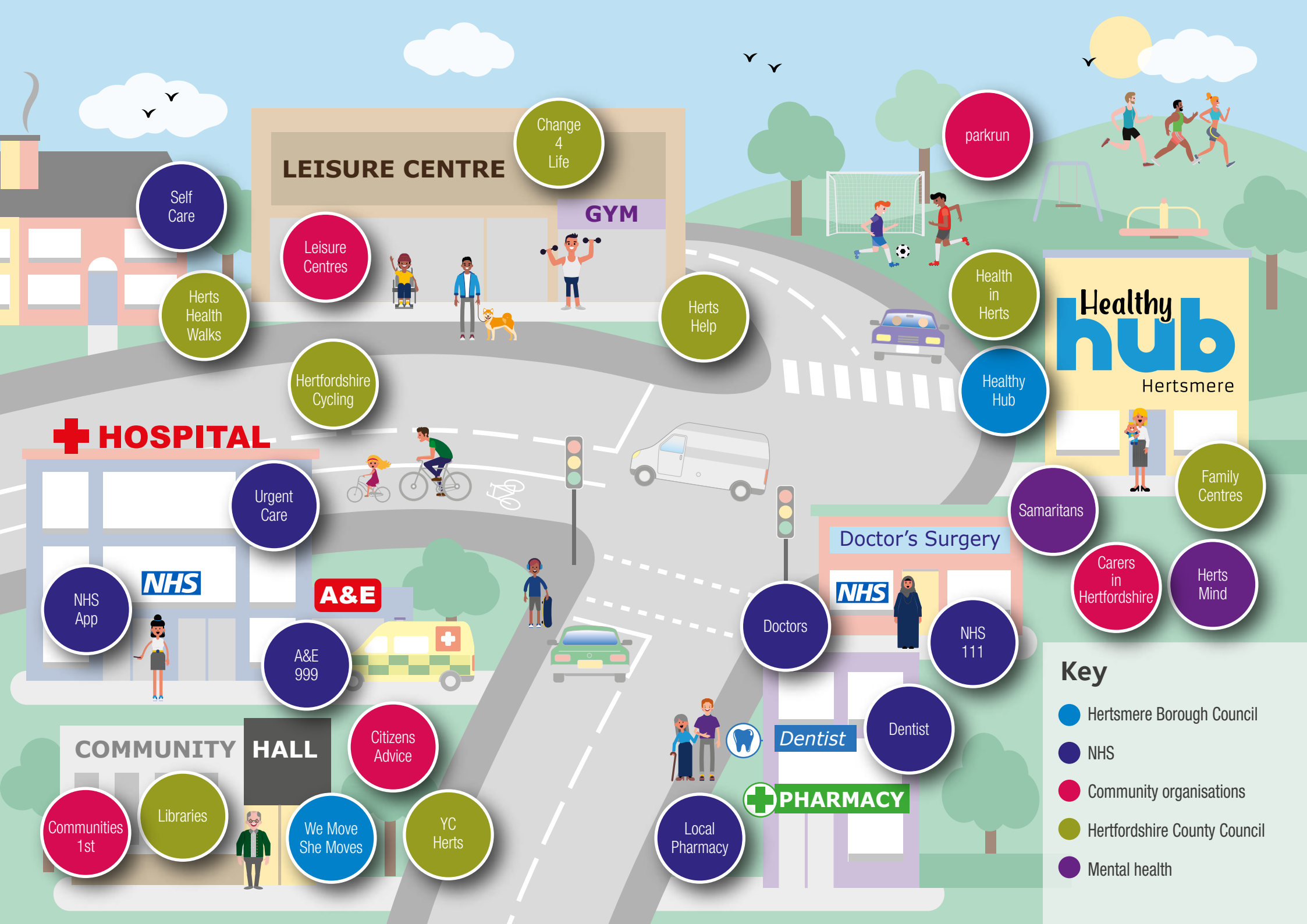
Health in Hertsmere

Useful contact details to help you stay healthy



In emergencies
or life-threatening
situations, call
999





LEISURE CENTRE

Change
4
Life

GYM

Self
Care

Leisure
Centres

Herts
Health
Walks

Herts
Help

Hertfordshire
Cycling

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

Dentist

Dentist

PHARMACY

Local
Pharmacy

COMMUNITY HALL

Citizens
Advice

Communities
1st

Libraries

We Move
She Moves

YC
Herts

Key

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