



Health contacts

Community organisations

- Leisure centres 01727 744250 - Managed by InspireAll
- Communities 1st 020 8207 5115 - 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
- Family Centres
- Libraries
- YC Herts 0300 123 7538
- Herts Help 0300 123 4044

www.hertfordshire.gov.uk/services/health-in-herts

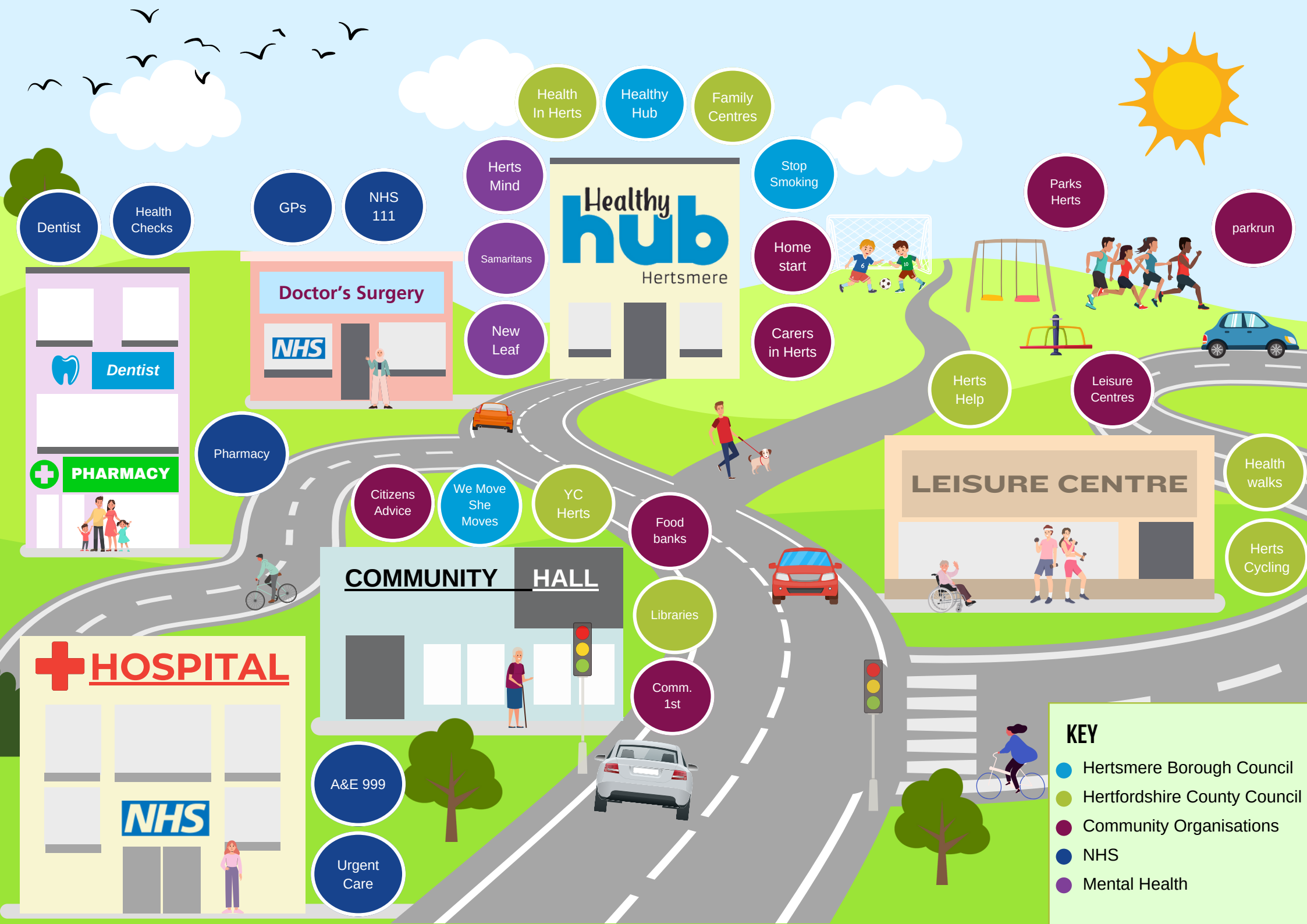
NHS Services

- 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
- Local pharmacy - Feeling poorly and need advice www.nhs.uk/service-search service finder

Health in Hertsmere

Useful contact details to help you stay healthy





Dentist

Health Checks

GPs

NHS 111

Herts Mind

Samaritans

New Leaf

Health In Herts

Healthy Hub

Family Centres

Stop Smoking

Home start

Carers in Herts

Parks Herts

parkrun

Herts Help

Leisure Centres

Pharmacy

Citizens Advice

We Move She Moves

YC Herts

Food banks

Libraries

Comm. 1st

Health walks

Herts Cycling

A&E 999

Urgent Care

- KEY**
- Hertsmere Borough Council
 - Hertfordshire County Council
 - Community Organisations
 - NHS
 - Mental Health