



## 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](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
- 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)

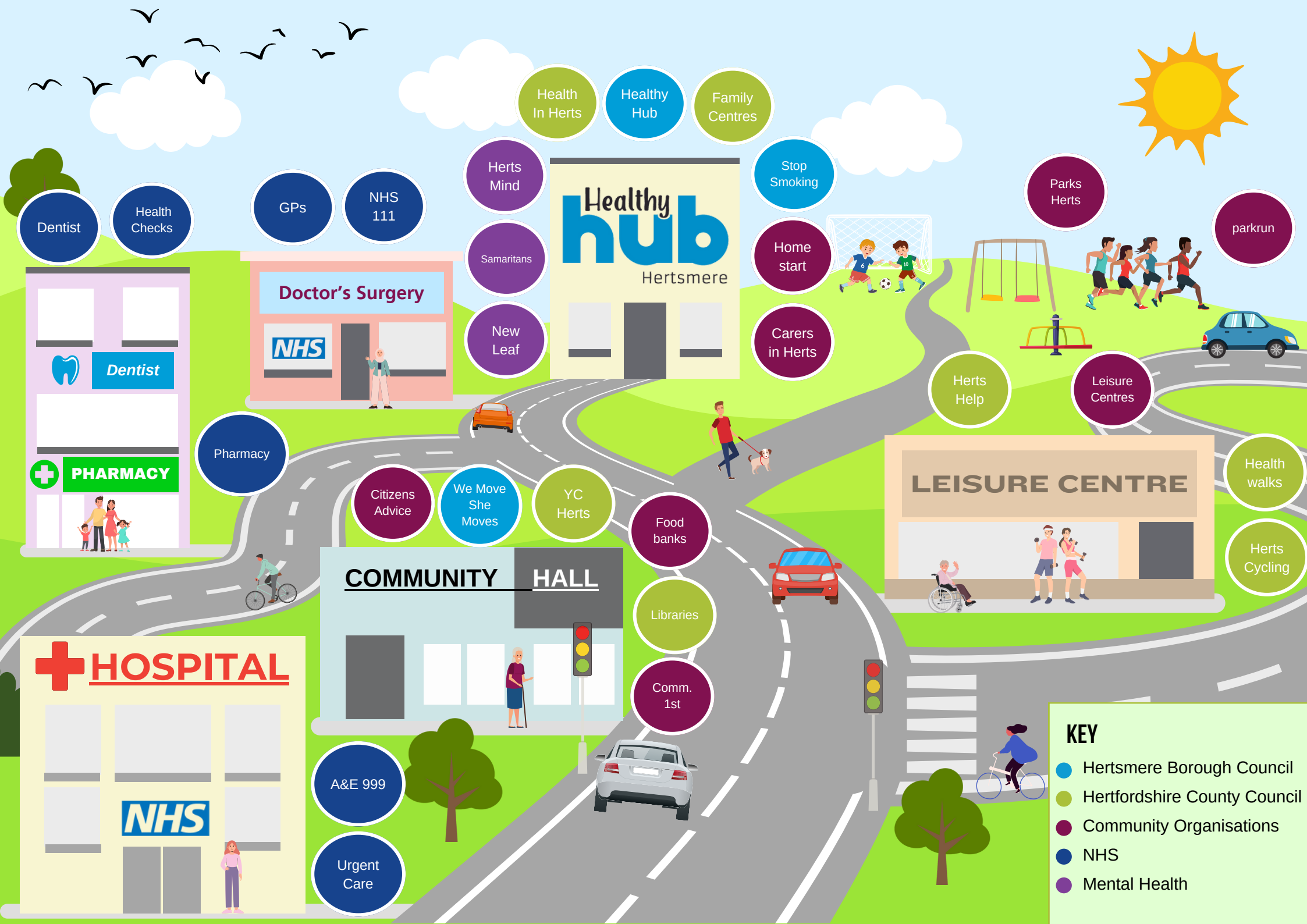
### NHS Services

- 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
- Local pharmacy - Feeling poorly and need advice [www.nhs.uk/service-search](http://www.nhs.uk/service-search) service finder

# Health in Hertsmere

Useful contact details to help you stay healthy





Dentist  
Health Checks

**Dentist**

**PHARMACY**

GP's  
NHS 111

**Doctor's Surgery**

**NHS**

Pharmacy

Health In Herts  
Healthy Hub  
Family Centres

**Healthy hub**  
Hertsmere

Herts Mind  
Samaritans  
New Leaf

Stop Smoking  
Home start  
Carers in Herts

Parks Herts

parkrun



Herts Help

Leisure Centres

Citizens Advice

We Move She Moves

YC Herts

Food banks

**LEISURE CENTRE**

Health walks

Herts Cycling

**COMMUNITY HALL**

Libraries

Comm. 1st

**HOSPITAL**

**NHS**

A&E 999

Urgent Care

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